



OSLO
INTERNATIONAL
SCHOOL

Primary School Guide 2022 - 23

Information about Primary: Years 1 to Year 6

This short, easy-to-read document will help answer questions you may have about starting at Oslo International School.

What time does school begin and end?

The school bell rings at 08.40: The first lesson begins at 08.45 and the last lesson finishes at 15.00. The daily schedule for Primary is as follows;

Lesson	Time
1	08:45 - 09:30
2	09:30 - 10:15
3	10:15 - 10:55
Lunch + Break	10:55 - 11:50
4	11:50 - 12:30
5	12:30 - 13:15
Break	13:15 - 13:30
6	13:30 - 14:15
7	14:15 - 15:00

How will I find my way around school?

On the first day, your teacher will give your new class a tour of the school so that you know where the classrooms, gyms, computer lab, library and toilets are. Somebody will always help you if you don't know – just ask.

Will people understand me if I don't speak English?

Many children start at our school without being able to speak English. We have specially trained teachers who will help you learn. If you already know some English words, that's great. If not, don't worry – we will help you learn quickly and to be happy here at your new school.

How will my mum or dad know if I need them?

We have everybody's telephone number in school, so we can ring them if we need to.

What do I do if I hurt myself?

We have a full-time school nurse and a First Aid Room. The Nurse's Office is situated in the main Primary corridor, next to the main entrance to the school.

When will I go out to play?

Lunch and then an outdoor break of 30 minutes are after lesson 3. There is an outdoor break of 15 minutes after lesson 5. If the weather is really bad or very cold, you may have your break in your classroom. Teachers supervise you at each break time. There will always be an adult there to look after you. However, you will still go out in rainy weather – have a rain suit and water-proof boots here in school to wear on rainy days!

Does the school have a uniform?

There is no OIS school uniform. In Norway, we dress to suit the climate: in winter it is often cold and snowy and in summer, warm and sunny. We recommend that you wear several layers of clothing, so you can stay as warm or as cool as you need.

The Parents' Association sells school spirit-wear clothing and reflectors during the school year. They will give advance notice as to when they will be selling them.

Do I need any special equipment?

You need to bring your own school bag (backpack). On the school website is a list of supplies to bring in each day. Don't forget all spare clothes should be labelled. You need to keep a set of rain clothes at school for rainy days.

Can I bring toys to school?

Please do not bring personal toys or items to school in case they get lost or broken. We have lots of toys and games in school.

Do I need a PE kit?

Years 1 through 4 students should wear track pants and a t-shirt to school on days they have PE lessons, and have non-marking shoes (they can be their indoor shoes kept here at school).

Year 5 and 6 students change into their PE clothing for their lessons. The PE kit should include a T-shirt, pair of shorts and/or track suit trousers/jogging pants and a pair of training shoes with non-marking soles for indoors (they can be their indoor shoes kept here at school). Remember to take your kit home each week to be cleaned. We ask that students not wear jewellery to lessons and long hair is tied back.

What food do I need?

OIS does not have a cafeteria, but we have a delivery service for lunch meals 3 days each week – you order these meals on the parents portal of the school website under *OISPA Food Service*. Otherwise, you will need to bring a healthy lunch and snack and a refillable water bottle. Please do not bring canned drinks, crisps (potato chips), sweets (candies), or chewing gum. We request that parents of children with nut or other food allergies, communicate this to their contact teacher. This information will be shared with other parents in the class and with the nurses office. When appropriate, a no-nuts policy may be introduced in classrooms.

Technology at OIS

Every student in the Primary School has their own iPad. You will also have a weekly computer (ICT) lesson in the computer lab.

Do we have music lessons?

Yes. You will have lessons with one of our music teachers. Private lessons in several instruments are available as part of our After School Activity Program – please see the information on the school website.

Will I learn Norwegian?

Yes, all our students learn Norwegian, and have lessons as part of their weekly class timetable.

What about school rules?

Your teacher will talk to you about classroom and playground rules. The most important thing in our school is to treat others kindly, just as you would wish to be treated.

Will I have homework?

Students at OIS get homework. This will vary in amount according to your year level.

How will my parents know where to collect me after school?

For students who are collected after school, parents / guardians should wait at the school gate to collect you.

How will I know which bus to get on at the end of the day?

Students who catch the bus home will go to a designated room for a roll-call, then taken out to the bus by a teacher.

If I come to school on the bus, where shall I go when I get off?

School buses stop to drop off bus students at the gate by the Primary School entrance. Members of staff will be on duty in the playground when the bus arrives.

After School Club

If you go to the After School Club, your parents can collect you at the latest by 17.05.

Do we have tests?

Yes, sometimes, but they are nothing to worry about. We use tests to help you learn and to help us to know what, and how, to teach you.

Do Mum and Dad get a chance to meet my teacher?

Yes, the school organises several meetings for parents during the school year. If your parents wish to have a meeting with your teacher, they can email them to make an appointment with them.

Are there after school activities?

Yes! There are lots of different activities. Information is on the school website.

What if I can't be at school?

If you won't be in school at the start of the day due to illness, or for another reason, such as if you are attending an appointment, your parents need to send an email to absentprimary@oslois.no and "cc" in the class teacher by gam.

Who should I contact if I want to know something?

Do not be afraid to ask any of the school staff if there are things you wonder about. The best person to ask is your class teacher or the School Counsellor, Ms. Lange. You can knock on her door or leave a message for her if she is not there. If the teacher or Counsellor cannot help, they will find someone who can. But don't forget, if you are wondering about anything, just ask!

School Phone Number: + 47 67 81 82 90

School Website: www.oslointernationalschool.no

Parents portal username: guest@ois.school
Password: OISparent2018

School E-mail: ois.main@oslois.no

primary@oslois.no

Absence E-mail: absentprimary@oslois.no



Welcome to Oslo International School!