



OSLO
INTERNATIONAL
SCHOOL

A typical week in Pre-School

Information for Pre-school: Age 3-5

We are in school Monday to Friday from 08:20 to 15:05.

Each day might vary a bit, but we usually follow some form of the same routine. The children come in and have a bit of play time or carpet time. Then they might do a lesson, this can be topic related, literacy – fun with letters, numeracy – fun with numbers, creative or science related. After this the children will have a snack before playing outside. We go outside for at least an hour every day, come rain or shine. When the children come back inside they might have lunch or a lesson.

The afternoon is usually used for free play, structured games, yoga or a trip to the library. The children also have specialist lessons throughout the week such as Music, Gym, ICT and Norwegian. We aim to provide a balanced programme. Activities are provided daily, which stimulate children's development. Play may be adult-lead and related to a specific topic or it can be the children's own choice, teaching them independence.

Every week we have "Turdag", which is a walk around the neighbourhood. We might stop and have our lunch somewhere along the way. As soon as there is enough snow "turdag" is replaced by ski-school. The teachers take the children across to the Gjønnes field and teach them the basic techniques needed for Norwegian cross-country skiing. Towards the end of the school year we provide swimming classes, these take place at the local Nadderudhallen swimming pool. Children are introduced to the local environment, through exploring the nature surrounding school and visiting the local library, church and shops. Furthermore, we go to Nature School for four weeks in the autumn.

Other excursions related to topics of interest i.e. the farm, beach, skating are planned during the year. Any digital material used is age-appropriate and relevant to units of topic or is of general interest to the children (e.g. counting, alphabet, nursery rhymes). We also provide food science classes on a regular

basis. Our school focuses on healthy living and we want to encourage our Pre-School children to try and experiment with different foods.

The Pre-School program aims to help the children cooperate and play happily with each other, to gain confidence and to stimulate an interest in learning. Our objective is to

teach the children respectful behaviour and to provide them with a safe and fun environment for learning.

Furthermore, our goal is to work with the children on their emotions and social development. We also focus on physical development, on how to have control over their actions and movements. We prepare the children for an easy transition into Primary, but above all we want to provide a happy and safe place for your child to be.

We believe children should feel happy coming to Pre-School and want to provide them with a great first experience to learning. This to make sure that they continue to love learning and become excited and inquisitive students. We believe that a child's "work" is their play and aim to create situations where play is meaningful.

As parents and teachers, we will work together to make this first school experience as happy, fun and safe as possible for the children. All children are treated as individuals and "work" at their own pace. We endeavour to promote the development of the "whole child" – putting emphasise on all aspects of the child's development in a secure and caring environment.