

# BISS Preschool Parent Handbook and Guidelines 2024 - 2025



**BISS PRESCHOOL AS**

British International Schools of Stavanger



# Welcome to BISS Preschool and a new exciting experience for you and your child.

We look forward to meeting all the children and starting the adventure of a new school year together.

Our mission is to be a Preschool that creates the role models of the future in the belief that true role models inspire us through their actions, attitudes, and achievements as a source of inspiration and motivation. True role models exhibit integrity, kindness, perseverance, empathy, and other positive traits that positively influence and shape our lives. They have a genuine impact on us, igniting a desire within us to emulate their qualities and become better versions of ourselves. True role models are successful in their respective fields and make a positive difference in the lives of others, making them a beacon of inspiration and guidance.



*"Wonder is the beginning of wisdom"* - Socrates







# Our Preschool

At BISS Preschool, we accept children from 18 months to 6 years who wish to start their education in the English language, following an Inquiry play-based programme. Our children represent a wide range of cultural and religious backgrounds from all five continents. Their everyday experience in Preschool is broadened and enriched by being part of a multicultural community.

We believe that young children learn most effectively when they feel secure. Children develop confidence and self-esteem as they interact with adults and their peers.

We understand the importance of each child being able to learn at their own pace so that each child can reach their full potential.

We recognise the importance of a holistic approach with every child, developing not just their intellect but also their social, emotional, physical and creative sides.

As far as possible, we encourage children to direct their play, which promotes self-management and independence.

We aim to present children with challenging new experiences but, at the same time, satisfy their need for routine and repetition. By providing stimulating surroundings, we aim to awaken each child's natural curiosity about the world around them.

Many of our children go on from the BISS Preschool program to attend the BISS primary schools, while others move on in other directions. Whatever their future destination, we strive to give each child the confidence and independence they will need to take the step into the following stage of their education an easy one.

## Our Classes

BISS Preschool accepts 1.5-year-old to 6-year-old children. The classes are divided into calendar year groups from Early Years 1 - 5:

### Early Years 1 & 2:

Children who turn 18 months in 2024 (born in 2023)

Children who turn 2 in 2024 (born in 2022)

### Early Years 3:

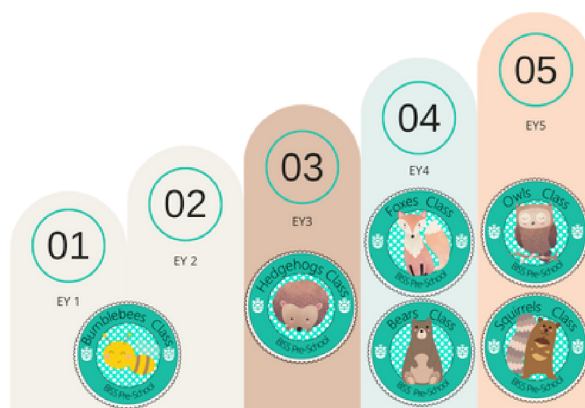
Children who turn 3 in 2024 (born in 2021)

### Early Years 4:

Children who turn 4 in 2024 (born in 2020)

### Early Years 5:

Children who turn 5 in 2024 (born in 2019)



The children learn from each other as they function independently and with guidance in an environment especially prepared for them. Small groups and individual learning will be adapted to the child's individual developmental level.



# Our Teaching Team



## Class Leads:

Becky Feeney  
Fiona Jørgensen  
Josipa Johnson  
Kelsey Waite  
Marzena Kulak  
Natalie Selvaggi  
Sophie Hillier

## Class Teachers:

Aparna Biswas  
Asha Joanna Szumilo Jackowska  
Kasha Katarzyna Szalega

## Early Years Program Coordinator:

To Be Announced - Covered by Jen Watson

## Special Educational Needs Coordinator:

Ewa Badowiec

## Accounting/Admissions Officer:

Alison Gildert

## Head of Preschool:

Jen Watson

## Teaching Assistants:

Alisha Haroon  
Amadine Lefort  
Amy Middleton  
Anastasija Jegorova  
Egita Ivanova-orji  
Eirini Trivyzadaki  
Emeline Forest  
Gemma Heirs  
Georginia Rychert  
Holly McBurn  
Joanna Goledowska  
Karolina Swieconeck  
Kasha Katarzyna Szalega  
Kerryanne Morrison  
Luz Avila  
Marion Nadeau  
Marzhan Kyrgyzbayeva  
Sreya Mukherjee

## Special Educational Needs Team:

Jennifer Todd  
Dikshita Konda



# Daily Routines

Every Preschool aged child is eager to be independent and takes pride in accomplishing tasks independently. Children this age thrive off consistency and patience, letting them care for their needs as much as possible. Please allow enough time to encourage your child to enter the school confidently, knowing they have time to hang up their clothing and put on their indoor shoes.

The Preschool day starts at 7:30 and ends at 16:30, Monday to Friday. We ask that all children arrive by 9 am to allow them time to settle into the classroom as independently as possible. It is essential that the children feel settled and comfortable in Preschool. Each child has their own labelled coat hook and basket, and knowing they will follow a familiar routine is reassuring. Parents may be assured that children who find it difficult to say 'goodbye' quickly become absorbed in play under the watchful eyes of staff. This transition time rarely lasts for more than a few seconds!

## Communication

To improve our communication with all parents, we often send messages in different formats, email, SMS, and through our MyKID app.

Each class has its mobile phone, but we ask that you only use this number to SMS in an emergency. All other non-emergency messages, including absences, will be sent through our MYKID app.

Our Teaching teams prioritise being with the children therefore any urgent messages after 9:00 am can be sent through the Preschool Office.

**You can call the Preschool Office on this number: 415 17 439**

## Class Mobile Numbers

### For emergency SMS use only:

Bumblebees: 415 17 814

Hedgehogs: 415 16 476

Foxes: 415 15 734

Bears: 415 15 736

Squirrels: 415 15 739

Owls: 415 15 797

## MY KID APP

To improve our communication with all parents, we purchased an app called MYKID, where you can easily send messages directly to your teachers, see pictures, check sleeping times, read updates, register absences and much more.

## Settling in

We have staggered starting days to allow each child to settle in the best way possible. Therefore not all children will begin on the same day. This enables teaching teams to give each child the time and attention they need during the first few days.

During the first few weeks of starting BISS Preschool, your child (and parents, too) may feel a little unsure and possibly upset at the thought of leaving you. This is perfectly natural. We will do everything we can to help you go through this process.

Parents and their children will be invited to a 'meet your teacher' appointment where you'll meet the teaching team who will work with your child. You'll have a 30-minute appointment to tell the class team all about your child's needs and preferences.





## Settling In - Some tips for parents

- Arrive in plenty of time so your child feels relaxed and relaxed. Take your time when taking off their coat and putting on their indoor shoes. Relax and chat with other parents and children; many new friendships start this way!
- Come into the class with your child and encourage them to choose an activity to do at the start of the day. Spend a little time playing together.
- We advise parents not to slip out of the classroom without saying goodbye to their child, as this will violate their trust. Please let your child know that you are going out and will return at the end of the school day.
- Some children may find the first few sessions a little difficult though we will comfort them as long as it is needed to make them feel more relaxed. If a child is severely upset, we will, of course, call you.
- Most children settle and start looking forward to Preschool within a week or two.

The most important thing is to talk to your child about Preschool, to ask what they did during the session, and to be enthusiastic and responsive. Use the pictures from our app and ask your child to retell their day.

If your child knows you are involved and interested in their experiences at BISS Preschool, they will gain confidence and self-esteem rapidly. To help with this settling-in process, we maintain a simple routine that your child will soon become familiar with.

### Settling in Early Years 1 & 2 and 3

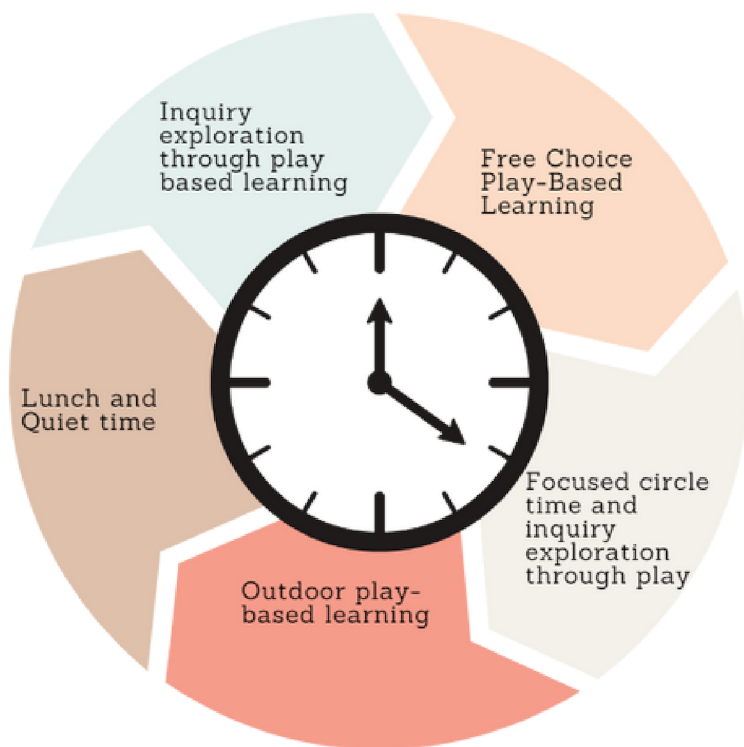
- On the first day, children will stay for two hours in Preschool with their parents for the first half an hour.
- On the second day, children will stay for three hours.
- On the third day, children will stay for three hours or a full day if they are settled.
- On the fourth day, children will stay for a full day.

*"You're off to great places. Today is your first day!  
Your mountain is waiting, so get on your way"*  
- Dr. Seuss



# A Typical Day in Preschool

Our classes open at 07:30 and close at 16:30. Our core activities are usually held between 9 and 3pm. Our classes are flexible with their day in order to support the children's individual needs.



We start our day with exploration through play in our class rooms

We come together for circle time and our inquiry discussions.

We take our learning outside to our local environment

We have a break in the middle of the day for some quiet time and a rest

We then continue with our learning inside or outside in the afternoon

## Sleeping at BISS Preschool

We provide an opportunity for each child to rest during our busy day.

- In EY1&2 the children have a set sleep time every day. The children are encouraged to sleep and will sleep for as long as needed.
- In EY3 the children are given a fixed quiet resting period. The children are encouraged to rest and relax listening to soft music. If needed the children can sleep for a short time.
- In EY4 & EY5 the children are offered a quiet time each day to lie down and rest. Stories are read and soft music is played. Sometimes children sleep during this period however this is not actively encouraged.

## Some of our Activities

We provide many fun play opportunities such as sand, water, play dough, puzzles, large construction, dressing up, role play, imaginative play, early science experiments, craft activities, cooking, music, gym, and a wide range of outdoor activities both in our playgrounds and in the local woods and fjord area.

All classes have time in the school hall once a week, and we can use this facility on other occasions. The Preschool classes have provocations each week, introducing them to many different experiences.

# Our Educational Programme

The children in BISS Preschool follow a program introducing Inquiry-Driven Play-Based Learning through the Norwegian Rammeplan Framework Plan.

BISS Preschool is an authorised and approved kindergarten (barnehage). This means that the Preschool has permission from the Norwegian Government to deliver and run an early-year setting in Norway. The preschool is monitored regularly to ensure that the philosophy and practices set out by the Norwegian Rammeplan Framework Plan continue to be implemented.

## Inquiry-based learning and Play-based learning

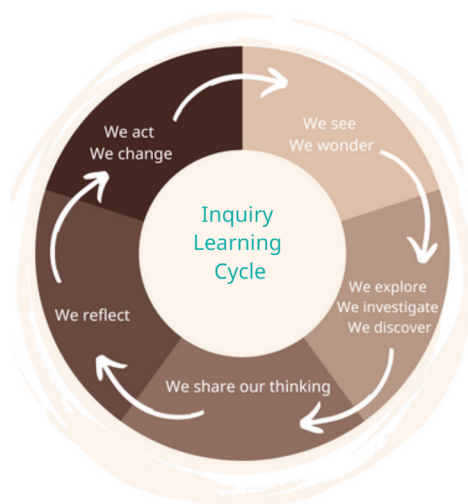
At BISS Preschool, we use two educational approaches in our classroom: inquiry-based learning and play-based learning. Inquiry-Based Teaching is a child-centred approach to learning that focuses on questioning, problem-solving, and critical thinking. In our classroom, we encourage children to ask questions, investigate and explore ideas, and make connections between what they already know and what they are learning. By engaging in this approach, children develop essential skills such as creativity, communication, and collaboration, which are crucial for success in today's world.

Play-Based Learning is another important approach that we use in our classroom. Play is essential to a child's development, and it is through play that children learn about the world around them. Our classroom is designed to provide opportunities for children to engage in purposeful play that supports their learning and development. Children are encouraged to explore their ideas, experiment, and problem-solve during play in a safe and supportive environment.

The Norwegian National Curriculum Framework for Early Childhood Education and Care, or "Rammeplanen", supports Inquiry-Based Teaching and Play-Based Learning. This framework emphasises the importance of providing children with experiences promoting social, emotional, and cognitive development. This framework guides our classroom, and we work hard to ensure your child receives a high-quality education.

## The role of our Holistic Educators in Inquiry Learning and the Inquiry Cycle

Apart from imparting the Rammeplan framework, our educators emphasise individuality as a human essence. The educators' role is to create engaging classrooms that promote curiosity and exploration, which support children to become active learners, a core of our inquiry learning approach. BISS Preschool teaching teams scaffold children's learning with rich conversations to expand children's thinking and assist them in comprehending the connection between ideas and concepts. We aim to tailor the learning plan that not only considers children's interests but, above all, their needs, abilities, and capabilities, which is the foundation of a holistic learning environment.



## What is scaffolding?

Scaffolding can also be called "Vygotsky's Zone of Proximal Development (ZPD)"; it is a teaching method where children acquire their learning with the support of educators.

Our educators observe and assess each child, establishing where the children need support in developing their skills and learning.

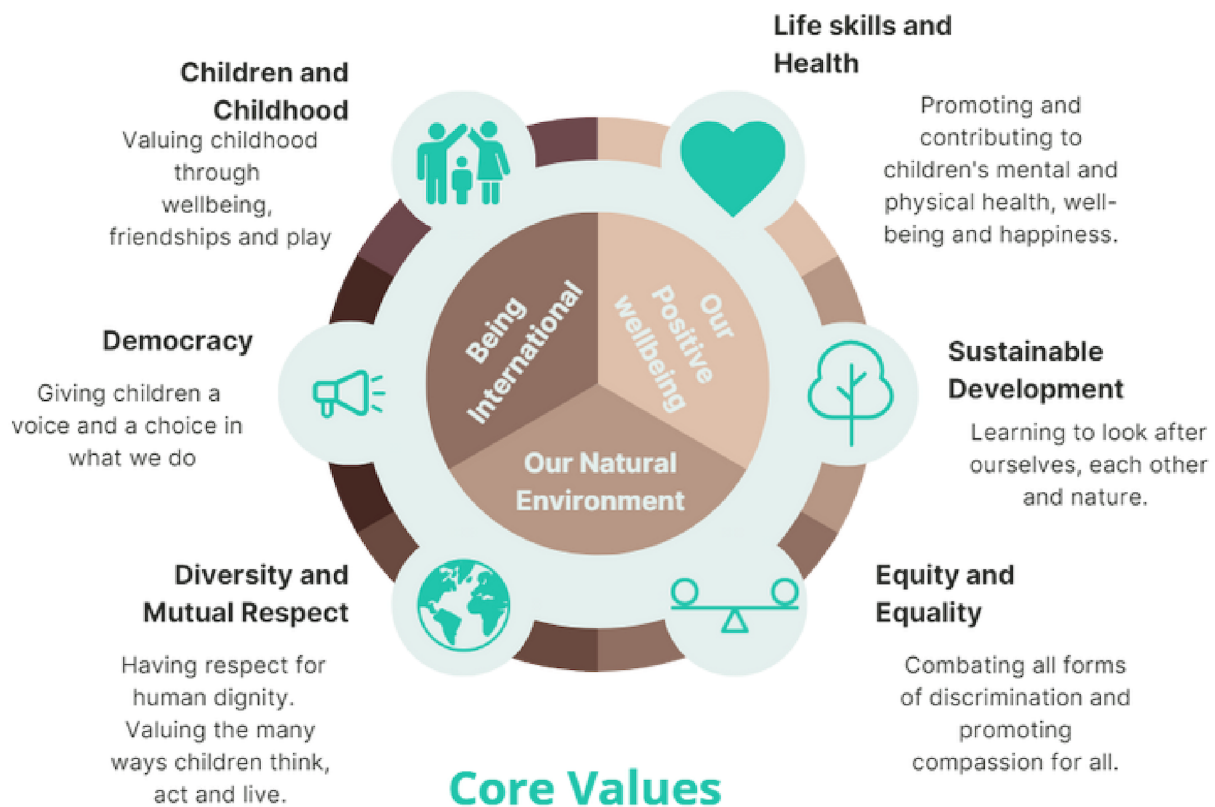


## Our Core Values

In the Rammeplan Framework, core values are the foundation for all preschools in Norway.

In BISS Preschool, we hold these close as well as our own BISS Preschool values that are important to our Preschool Community. These include:

- **Being International:** our learning community consists of over 35 different nationalities
- **Our positive well-being:** we value the well-being of our children and educators, allowing everyone to learn and grow in a positive and supportive environment.
- **Our natural environment:** our location enables us to every day take our learning and inquiries outside in our child-focused play areas, forest environments or enjoying the local beach.



## The ways we learn

Through our program, we support the development of skills that promote how children learn, which is to build their knowledge and skills by actively participating through hands-on experiences.

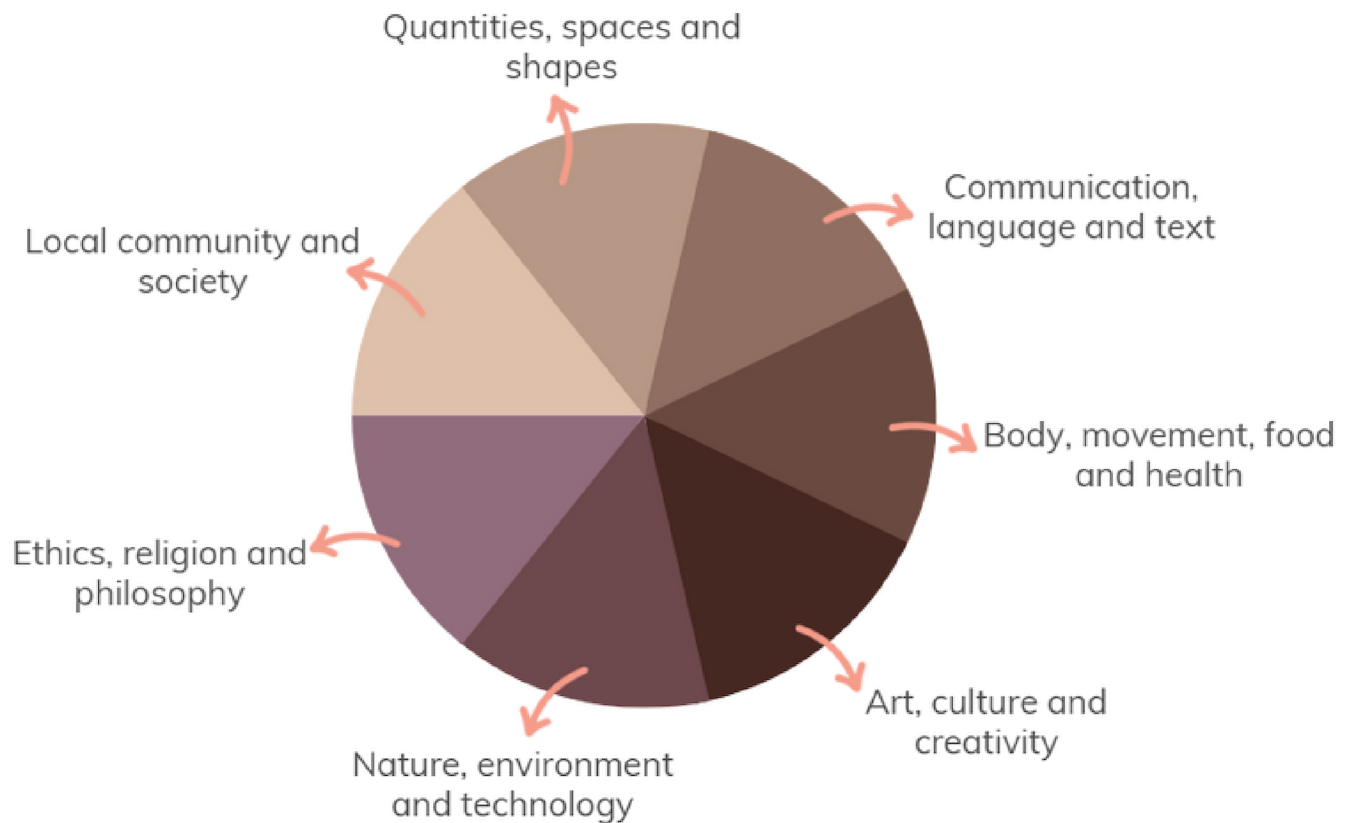
Play engages children to explore and expand their thinking deeply and assists them in making connections between concepts and ideas. These skills are actively used in our learning and everyday life. These include:

- Hands-on Play
- Curiosity and Thinking
- Observations and Research
- Communication
- Social skills and teamwork
- Self-regulation and independence.

These skills are critical to a child's learning journey and help build the foundations for critical thinking, interpreting information, and analysing data through managing time and complex decision-making, which support children in becoming perpetual learners.



Our Program follows the Norwegian Rammeplan Framework Plan. This means that throughout their BISS Preschool journey, every child will experience and inquire through scaffolded play in each of the Rammeplan areas of learning.



## Learning Areas

### Planning the Program and the Learning Areas

Our Educators continuously collaborate to ensure all areas of the learning program are children-oriented, considering children's interests and meeting their individual learning needs.

Each classroom will travel their learning journey, covering a range of learning areas, all to support children in reaching their fullest potential.

Teaching Teams and the Preschool Program Coordinator engage in focused professional conversations to analyse and reflect on their practice while making decisions about appropriate student support.

Even though our program is child-centred, our teaching team regularly reviews that all learning areas are balanced and addressed throughout the year.

*"Education begins the moment we see children as innately wise and capable beings. Only then can we play along in their world."*

*~ Vince Gowmon*



### Ethics, religion, and philosophy

As children develop their sense of identity and construct their own identity within their families and communities, they can investigate the diversity of cultures, values, beliefs, histories, and environments through play. Children will celebrate and understand each other unique belief systems. They develop respect and value for the similarities and differences within a community. Our nurturing educators emphasise building trusting relationships, which are crucial for children to create a sense of belonging when they feel accepted, develop attachments, and trust those who care for them.

### Communication, language, and text

Play-based learning encourages children to develop their language and communication skills by actively engaging with others through meaningful social interactions. Through scaffolded play, the children will develop their communication skills by openly expressing their ideas and feelings, supporting their communication and language skills. Children will express themselves and construct meaning through verbal and nonverbal communication. Children will respond through movement to traditional and contemporary music, dance, and storytelling, broadening their understanding of the world in which they live. Our Skilled educators will support the maintenance of home language and culture and expose children to different languages and dialects, which will encourage appreciation of the linguistic diversity of our BISS school community.

### Quantities, spaces, and shapes

Our specially crafted classroom encourages children to initiate and join in play that promotes creativity and develops the use of representation to organise, record, and communicate mathematical ideas and concepts. BISS Preschool educators scaffold children to expand their mathematical understanding by listening carefully to children's attempts to hypothesise and develop their thinking through conversation and questioning. Children will investigate and apply their understanding of their daily activities, use patterns or identify and communicate using mathematical language and symbols. Through play, children will apply various thinking strategies to engage and manipulate objects, experiment, and solve problems, which are crucial skills.





## Nature, environment and technology

Our dedicated educators will assist children in developing a growing comprehension of language, symbols, skills, and techniques needed in the twenty-first century. Besides exploring text, sound, and imagery in emerging technologies, children will develop an appreciation and consideration for the environment. The implementation of nature in the learning programs assists in connecting with nature and supports them in becoming informed, environmentally conscious citizens.

## Local community and society

Through exploration, discoveries, and experiences, children explore each child's culture, heritage, background, and traditions within the context of their community. Children will develop a sense of belonging to groups and communities and appreciate and respect natural and constructed environments. Children must understand the reciprocal rights and responsibilities necessary for active community participation.

## Body, movement, food and health

Physical activity and attention to fine and gross motor skills are essential in the early years to support children's learning. BISS preschool children will understand how the body moves and develop positive attitudes toward physical activity, allowing them to become more independent and take greater responsibility for their health, hygiene, and personal care. It provides children with the foundations for their growing independence and satisfaction in being able to do things for themselves.

## Art, culture and creativity

Children will learn to express their ideas, thoughts, and opinions and discover and interpret arts as intellectual, emotional, and sensory experiences. Our goal is to assist in cultivating international-mindedness in children by exploring how arts and creativity play a role in developing and expressing cultures and communities. Children will actively participate in rich and inspiring learning experiences, encouraging them to reach their creative and expressive potential.





# Our Outdoor Programme

We aim to be outside with the children daily unless the weather is exceptionally bad. We have an exciting outdoor play area in delightful surroundings, and we regularly go for nature walks and play in the forest.

Our Preschool offers an Early Years Outdoor Learning Programme, and we utilise the excellent on-site and off-site outdoor venues around Gausel, giving children a greater range of learning experiences. Children will have the opportunity to try a range of new and exciting activities that they may not have encountered before:

- learn how to climb and descend the rocks, make a fire safely using flints, and use the “Kelly Kettle” to boil water and make hot chocolate and the Trangia stoves to pop popcorn and cook porridge.
- play creatively with ropes, karabiners, pulleys and other items.
- collect suitable sticks to build a mini-shelter, explore the nearby forest area and learn how to use a vegetable peeler.
- ‘loose parts play’, using materials such as cardboard boxes, toy cars and clothes pegs, double-sided Velcro and many more.
- create tunnels and dens using the boxes, draw with giant chalks and dig for treasure in the sandpit.
- experiment with slope and gradient by moving toy cars and other objects down drainage guttering.
- learn how to build and play with simple bubble frames by threading two straws together and seeing how to make differently shaped bubbles.
- prepare a vegetable patch and plant vegetables to harvest when ready for use to prepare and cook healthy dishes in the forest.
- use their senses in playing with mud and water in a natural setting.

## Parents can best prepare their children in two main ways:

- **By ensuring children have enough equipment and resources to enjoy the activities fully.** This includes personal clothing, footwear, and a small backpack (with an adjustable chest strap) to carry their lunchbox and drink for a picnic outdoors.
- **By encouraging your children to participate in outdoor activities.** Please take young children on local adventures into Stavanger’s array of outdoor spaces. Ideally, they should practice and become used to outdoor play in all weathers; eating and toileting outside, not being afraid of being dirty, wet and muddy, using knives and blades when age-appropriate (practice in the kitchen at home is ideal), being involved in barbecues and fire lighting. This will ensure children have a good grounding in various skills relevant to outdoor learning.





# The Benefits of Outdoor Education

Outdoor experiences offer invaluable learning opportunities that cannot be replicated within the confines of a traditional classroom. As parents, understanding the importance of outdoor education can empower you to provide a holistic and enriching environment for your children.

Why outdoor education is essential during the early years?

- **Holistic Development:** The natural environment stimulates sensory experiences, ignites curiosity, and encourages exploration. Children develop gross motor skills, balance, coordination, and spatial awareness by engaging in activities such as running, climbing, and playing in nature. Exposure to different terrains, textures, and elements in the outdoors enhances their sensory perception, cognition, and problem-solving abilities.
- **Physical Health and Well-being:** Encouraging outdoor education from an early age helps lay the foundation for a healthy and active lifestyle. Children who spend time outdoors are more likely to engage in physical activities, resulting in improved cardiovascular fitness, stronger bones and muscles, and better overall physical health. Additionally, exposure to natural sunlight enables the body to synthesise vitamin D, crucial for bone development and immune function.
- **Cognitive Development:** The outdoors provides endless stimulating experiences that promote cognitive development. Nature offers rich sensory input and unique learning opportunities. Children can observe, inquire, and connect with the natural world, which helps develop critical thinking, problem-solving, and decision-making skills. Research indicates that outdoor learning experiences enhance memory retention, creativity, and attention span, ultimately supporting academic achievement.
- **Emotional and Social Skills:** Outdoor education contributes significantly to children's emotional and social well-being. It provides a space for them to develop self-confidence, resilience, and emotional intelligence. Outdoor play also promotes social interaction, cooperation, and teamwork, fostering the development of crucial social skills and empathy.
- **Supervised Risk-taking.** Exploring the outdoors offers opportunities for risk-taking within a controlled environment, allowing children to test their limits, overcome challenges, and build confidence in their abilities.
- **Environmental Awareness:** Exposing children to the natural world from an early age cultivates a sense of wonder, appreciation, and respect for the environment. Outdoor education instils values of sustainability, conservation, and environmental stewardship. By observing the intricate web of life, children develop a deeper understanding of the interdependence between humans and nature, nurturing a lifelong commitment to preserving our planet.







## Our Learning Environments

Our learning spaces are specially crafted to ensure the best learning outcomes for each individual, supporting them to progress at their own pace and rhythm, according to their individual capabilities.

We use and value our classrooms and outdoor spaces as powerful tools to engage children in purposeful and meaningful experiences. Our classrooms are ever-evolving since our children's learning direction influences it.

The children have a voice and choice over their classroom play areas and contents, giving them an ownership in their space and developing responsibility for keeping their classroom a nice place to play.

The classrooms' ambience, lighting, sounds, and smells are often carefully tailored, creating a sensory-rich learning environment.

The flexible classroom structures and our play-based approach to learning encourage children to respond to their natural tendency, igniting their passion for their own learning by engaging in spontaneous, purposeful provocations and activities with the guidance of our team of holistic educators.







# Play-Based learning

Since young children have a natural drive to explore and wonder about their world, we utilise the Play-based approach for children to acquire their learning through hands-on experiences with the guidance of our skilled educators.

Educational theories are ever-evolving, focusing on prioritising and valuing children as a whole and shifting away from prescribed curriculums. These changes have also impacted the learning and teaching approaches by slowly facing out traditional teacher-directed classrooms since children's intrinsic motivation and their academic outcomes are positively influenced when children have a choice on what is learned.

For this crucial reason, play-based learning is a universal learning approach that influences preschools worldwide. Despite the misconception that Play-based learning is "just children playing aimlessly", it provides opportunities for children to acquire their learning through hands-on experiences. Since the learning is based on their interests and experiences, it ignites children's curiosity, foresting a passion for learning, which is essential to become perpetual learners.

The play-based approach emphasises that learning is formed and supported with the cooperation and collaboration of others. This aligns with Vygotsky's Zone of Proximal Development (ZDP), where teachers model, guide, and scaffold children to develop skills and capabilities towards independence.

BISS Preschool fosters the Play-based learning approach to achieve positive outcomes in all areas of learning with a particular focus on social and language skills. Numerous studies state a strong link between play and learning for young children, especially in problem-solving, language acquisition, literacy, numeracy, and social, physical, and emotional skills.

*"Play is the language that all our children speak"*  
~ BISS Preschool





## Our Psychosocial and Emotional Environment

Our core focus is supporting all children to reach their fullest potential. To form a strong learning foundation during the early years of education, we support fundamental developmental areas influencing children's learning, such as their emotions and social well-being.

Children's social and emotional needs must be met before achieving the fulfilment of their talents and potential; this is especially important during early childhood. At BISS Preschool, we encourage children to engage in sociodramatic play, where they learn how to cope with feelings, explore roles, share, take turns and cooperate.

As children learn through purposeful, quality play experiences, they build critical thinking skills for cognitive development and academic achievement. These include verbalisation, language comprehension, vocabulary, imagination, questioning, problem-solving, observation, empathy, cooperation skills, and the perspectives of others.

In our Preschool, we value flexible routines so the children experience predictability, which creates a feeling of safety in the learning environment. We have circle time every day, where we do the attendance, sing songs, talk about the weather, and express our thoughts, ideas, wonderings, and feelings. We read books that reinforce the capabilities and attributes embedded in the BISS Preschool Core Values we aspire for our students to aim to embody.

At the beginning of the year, we make a classroom agreement with the children, where they voice their views and ideas about the expected behaviours in Preschool. By having the children help write the code of behaviours, they feel empowered and are more motivated to respect each other and their learning environments. Consistency is integral to creating a feeling of safety for the children while providing them with the guidance and boundaries to interact respectfully with each other, their teachers, and their environment.

When a new child starts at BISS Preschool, all the children are encouraged to show empathy by reminding them how to accept and care for new friends. We use this opportunity to work with themes like friendship, sharing, self-identity, and building confidence.

*"A child's mental health is just as important as their physical health and deserves the same quality of support"*  
~ Kate Middleton





## Your Child's Wellbeing at BISS Preschool

To build a good relationship with the children, the Preschool staff ensure that each child is seen, heard, valued and respected. Great emphasis is put on the value of caring relationships between children and their peers as well as between the children and educators themselves, to foster a sense of belonging and well-being for all.

The most important way to prevent bullying in Preschool is to teach the children how to be inclusive. We are consistently modelling how to act around others, how to play together, how to make friends and how to talk to each other. Our goal is to give them a solid set of skills to help them navigate through any conflict situations they may encounter. We encourage our children to solve minor problems independently, supporting them when necessary.

At BISS Preschool, teachers and parents work together to support the children. Open lines of communication are vital to maintaining this partnership. We want parents to feel comfortable coming to us with questions or concerns about their child's wellbeing. We also let the parents know if any situation with their child happened during the day. Parents can help support their child's psychosocial development by talking with them and reinforcing the social skills they are learning at Preschool.





# Language and Mathematics

As an English-speaking International Preschool in Norway, we support children in becoming confident in their ability to use the English language while acquiring exposure to the Norwegian language and essential mathematical concepts, knowledge and skills. Educators use a range of effective activities to impart critical language and mathematical skills needed to create a strong learning foundation for future formal education.

## Writing

The classrooms in our preschool are equipped with many pre-writing activities supporting the development of fine motor skills, for example: using tongs, stringing beads, and metal insets. Manipulating small objects helps to gain pencil control and aids in future writing. Children are encouraged to tell and retell stories by drawing pictures as they develop essential writing skills. When children are developmentally ready, they begin to write about their pictures, using basic letters and familiar words.

## Reading

Our educators begin to impart reading skills to children by exposing them to rich reading experiences, such as listening to storytelling sessions and reading out stories. As children develop, they are encouraged to decode books through pictures. When children are ready, phonological sounds and other fundamental skills are introduced for future reading and writing.

## Mathematics

Mathematics concepts and knowledge are embedded throughout our educational program, ensuring children develop crucial skills, such as numbers, measurements, patterns, shapes, and data handling. Across our unit, the children acquire and apply mathematical problem-solving processes, developing logic and reasoning and communicating mathematical ideas through play.

## Norwegian Language

The Norwegian language in Preschool is incorporated into our everyday activities. Children listen to short Norwegian stories, rhymes and songs. We use opportunities in our inquiries to explore the similarities and differences between English, Norwegian and words our own home languages use, sharing these with our peers. We play games and read stories to help introduce and develop our language skills in both English and Norwegian.





# Parent Involvement

## Communication and Parent Involvement

BISS Preschool uses the MyKID app, where we can easily exchange information about activities, napping time, nappy change, etc. Parents will receive information and pictures about ongoing activities and planning. Should you wish to send a message, have a quick chat with the Preschool staff, and pass on necessary information when you drop your child off, we ask that you do this before 9:30 am. After this time, the teaching teams become busy with the children. Any important information after 09:30 can be given through the Preschool Office via email or telephone.

Parents can request a meeting through the app if there is anything lengthy to discuss or something of a private nature. Class leads are also available on request. There will be a parent-teacher conference at least twice a year to discuss your child's progress.

The Preschool children will host events for their parents during the year. Parents may also be asked to contribute to their children's learning experiences where their expertise and culture may be relevant to the classroom activities.

## Parent Committee or FAU

Parents are encouraged to become active Parent Committee (FAU) members. Two representatives for each class are elected at the beginning of the year during the parent information evening.

In accordance with barnehageloven, BISS Preschool has a samarbeidsutvalg (SU) which consists of elected BISS Preschool parent representatives, BISS Preschool staff representatives, and the Head of Preschool representing the owner.

The committee members meet every year in various formations to improve the Preschool. They meet during Parent Council meetings and Parent Information Night meetings. They can meet at other times when needed.

## Working Together with Others

The Preschool works with other Kommune services, such as health stations, Barnevern - the child protection authority, PPT and BUPA, to ensure that children receive the correct help to empower themselves to reach their full potential.

Students from institutes of learning, both from Norway and abroad, are welcomed to the Preschool to learn from our staff and to have an opportunity to practice teaching. We are happy to share our experience with them and feel their contribution enriches our knowledge as we continually strive to evaluate and improve our work.

*“Creativity is intelligence having fun”*  
- Albert Einstein



# Food and Drink

Due to our international diversity, there are a lot of different food requirements for each child. Therefore, the **Preschool does not provide lunches**; every child should bring their own.

In line with Norway's helsedirektoratet recommendations, BISS Preschool has implemented a healthy eating plan.

## Our Healthy Eating Plan

A healthy diet enables your child to grow and develop properly. Eating a healthy balance of foods can also improve your child's mood and concentration, helping them to engage better with activities and get the most out of preschool.

Parents are asked to provide food for their children daily to ensure that all individual dietary and cultural needs are met. Children will need one main meal for lunch. Those staying longer in preschool may wish to bring additional snacks.

Due to food safety and handling requirements, **we are unable to heat food or keep food hot or refrigerate.**

## Fruit Snack

To support the school's healthy eating plan, we have a fruit fee totalling 1500 NOK a year. This will allow us to provide fresh fruit, vegetables, or food required throughout the year according to the children's needs/requirements. The children will be offered fresh fruit and vegetables in the morning as well as in the afternoon.

Children will also need a small reusable bottle that can be refilled with fresh drinking water throughout the day.

## Suggested additional snacks for hungry children

- A selection of cut-up fruits and vegetables.
- Hard-boiled egg, cheese, or low-sugar yoghurt are excellent protein sources that help your child feel full.
- Dried fruit or fruit pouches can also provide healthy nutrition but are often high in sugar, so they should be given in smaller portions and less often than fresh produce.





## Suggested lunches

Sandwiches/pita bread/tortillas and wraps – wholegrain options and fillings which contain protein (such as fish, egg, cheese or chickpeas) will release energy slowly and are great for helping your child to stay alert through the afternoon.



Rice, pasta, couscous and noodle dishes can be a great way to include vegetables for fussy eaters by blending them into sauces.



Frittata, pizza or quiche – homemade options are better because they contain less salt and added vegetables.





## Things to consider

- Children will need to be able to feed themselves. Please consider foods that are age-appropriate for your child to consume independently, for example, finger food for younger children.
- Please send in all necessary equipment for your child's meal, including plates/bowls, cutlery or bibs. All equipment sent to preschool must be named, as it is common for children to bring similar-looking items.
- It is not possible for preschool staff to safely reheat meals for every child. If you are sending your child a warm meal, please use an insulated container.
- In Norway, packaged foods with healthier choices (lower in salt, sugar, saturated fat or higher in fibre) are marked with a keyhole icon. Ask your child to help you look out for these options when shopping.



## Nut-free policy

BISS Preschool has a nut-free policy, which means that children should not bring in any items which contain nuts. Individual classes may also need to request that certain other foods are not brought into school to protect children with other allergies. This policy is in place to protect children with allergies and safeguard other children from having to witness distressing allergic reactions in the classroom.

## Guidelines

Foods that are not allowed in preschool are:

- Nuts (including spreads and dishes made from nuts)
- Chocolate and Sweets
- Salty foods such as chips, crisps and salted crackers.
- Cakes, doughnuts and sweet waffles
- Cookies, cereal bars or yogurts containing nuts or chocolate
- Drinks which are high in sugar, carbonated or contain caffeine

If a child brings in these foods they will be wrapped up and returned home. When possible an alternative will be provided.

## Birthdays

The Preschool will provide a healthy snack to celebrate every child's birthday; we recommend discussing this with your child's teaching teams near your child's birthday. ***Per the healthy eating plan, birthday cakes cannot be accepted in preschool.***







# Clothing at BISS Preschool

In order to give our children and families choice, we offer an optional dress code for our preschool.

## Optional dress code

Our optional dress code consists of coloured T-shirts with the BISS logo. These items can be purchased online from BISS Gausel's suppliers and delivered to the BISS Preschool Office on your behalf. Coloured t-shirts can be purchased from:

<https://www.trutex.com/eu/>

Using the school "LEA CODE" for BISS GAUSEL: **LEA000132TF**

(please use the correct code for your order will be delivered to the wrong school)

## Preschool clothing

The clothing your child wears to preschool needs to be practical. Ease of toileting and promoting independence is paramount. We recommend dressing your child in layers throughout the year as the weather is usually changeable all year round.

Separate skirts and trousers are easier than dresses and overalls to allow your child to grow independence in their own self care.

Your child may often need changes of clothing, extra clothes (clearly named) should be left at their coat hook. We recommend a few full sets of clothing such as to a few pairs of underwear and socks, trousers and some spare tops and jumpers.

Please feel free to talk with a staff member if you have concerns about your child's clothing needs. We ask that every child dress appropriately for the weather, as we will go outside every day, and we usually take excursions to the forest or the park in all weathers.





We follow the guidelines for outdoor clothing from Norsk Friluftsliv and the Miljø-direktoratet

### Cold Weather



Layer 1



Layer 2



Layer 3

### Rainy Weather



Layer 1



Layer 2



Layer 3



### Windy Weather



Layer 1



Layer 2



Layer 3

### Warm Weather

Layer 1



Layer 2

#### Tips:

- Several light layers are better than fewer thicker layers
- Under layers with at least 50% wool are best for warmth.
- All children require several sets of spare clothing in preschool.
- All children require a pair of supportive indoor shoes, ideal for play and indoor games.

**Remember to label all your child's belongings**



# Birthdays

We recognise the birth of every child in the class and sing Happy Birthday in English and Norwegian. We do not have birthday parties as such. However, we celebrate each child with a crown, and Preschool will provide a sugar-free treat to share with their friends.

Birthday party invitations can be distributed in Preschool **only** if every child in the class (or all girls/boys in EY4 or EY5) is invited. We would like to ask that you use the FAU class lists and contact families independently. Children do not like feeling left out; even children this young know when they have not received an invitation. We ask that party bags be only distributed outside the preschool.

## Important Celebrations and Whole School Activities

### Shared Learning Events and Assemblies.

The Preschool has occasional assemblies with all classes. These assemblies allow all children to share their learning with the rest of the Preschool. Once a term each class holds a shared learning event so the children may share their learning with their parents. Advanced notice of any shared learning events will be given in MYKID and an email will be sent to parents.

### United Nations Day

This is a whole school event with classes participating in different peace-related activities. It is celebrated on October 24 of each year. It is a day to celebrate the United Nations' creation and our international-mindedness. We will also mark the different and wide-ranging cultures of the students, parents, and staff members at the British International School. It is a school-wide event showcasing the wonderfully diverse community of our school. It explores different cultures through stories, music, art, dance, food, and tradition.

### Autumn Costume party

In October, a costume party will be organised. Detailed information will be provided nearer the time.

### Norwegian National Day, May 17th Celebrations

The Preschool comes together to celebrate the Traditional National Celebrations of Norway. The children participate in the "Barnetorg" parade around our preschool neighbourhood. We then celebrate with traditional food and play some games together.

### End of the Year Event- EY1, EY2, EY3 and EY4.

To celebrate the end of the school year, the Preschool classes will invite their parents to a party. Further info will be provided by individual classes.

### EY5 Graduation.

As their time in preschool draws to a close the EY5 children and classes organise their graduations. This is a child-led event planned by the children themselves with families invited to mark this special occasion.

### Religious or Cultural Celebrations and Events.

The classes will celebrate the special events of the children in the classes. Families are invited to come into the classes and share any important events from their cultures or religions with their child's classmates in collaboration with the teaching teams.





# Important Information

## Preschool Opening Times.

BISS Preschool is open five days a week from 7:30 to 16:30, 10,5 months per year. The Preschool is closed on all national holidays, the whole month of July, Easter & Christmas break, and 5 INSET days per year.

## Absences and Late Arrivals

If your child is ill or you are running late, please let us know by registering this in the MYKID app or sending us a message to the Preschool Office. If your child is going to be absent from preschool because of a holiday, please tell us in advance to help us with our planning.

## Illness, Medications, and Accidents

If your child is not well during preschool, you will be informed and asked to collect them from school. If your child has an accident and you can not be contacted, the child will be cared for by a staff member and taken to Stavanger Legevakt for emergency treatment.

***Please ensure that your emergency contact details are current and immediately inform the Preschool of any changes.***

Preschool staff do not give children medication unless a Health Care Plan is in place because of long-term medical needs. Parents must meet with the class teaching team to agree on a plan of action in the case of an emergency relating to the child's condition. Cough sweets and lozenges should not be sent to preschool.

Children with inhalers or EpiPens should have these available in preschool. Please ensure that the preschool is informed of any changes in your child's health so that our records are accurate and always up to date.

Head lice and infectious conditions, such as impetigo, can take hold wherever children play and work closely together. If long hair is tied back or plaited during the preschool day, this helps to minimise outbreaks of head lice. If you discover lice or another condition is diagnosed, please inform the preschool immediately. BISS Preschool will alert parents and offer guidance to prevent the spread of infection.

## Jewellery

Wearing jewellery, especially dangling earrings and necklaces, is not permitted in preschool for Health & Safety reasons

## Location Trackers

We are requesting that parents do not attach trackers to their children, their clothing or bags. Any tracker devices found in preschool will be removed and given to the preschool office for collection by parents. Location Tracking devices are not permitted in preschool for Health & Safety reasons

## Lost Property

It is beneficial if all clothing items are identified with the owner's name so that we can reunite children with mislaid objects immediately.

## Parking

The preschool has very limited parking facilities, and there are no easy solutions. Public parking spaces can be found close to the preschool. Parking places are available on-site at the side of the lower school building.

## Parent Survey

Every year the Stavanger Kommune sends a questionnaire to parents with children attending a preschool/barnehage in the Kommune. This is for quality control purposes to see how satisfied parents are with the service they receive. The questionnaire is available in different languages. It will be an electronic document that parents can fill in online, and it usually comes in November. Please take your time to answer it, as we wish for the best possible service for you and your children and always welcome feedback from parents.

## Late Pick ups

Sometimes lateness is unavoidable.

- If you will be late, please inform the Preschool before 16:30.
- All children must be picked up before 16:30. We ask that you please be on time for pick up.
- **For all late pick ups, there will be a fine of 300kr within the first 15 minutes and every 15 minutes after that. This is to cover the overtime rate for staff members.**



## A guide to help parents make an informed decision as to whether their child should be kept away from school

Chicken Pox (Varicella)	5-6 days from appearance of rash and until ALL blisters are crusted over
Conjunctivitis (Pink Eye)	Until redness and discharge have gone
Diarrhoea	48 hours after free from all symptoms
Fifth's Disease (Parvovirus or Slapped Cheek)	Until child feels well
Gastroenteritis, food poisoning, salmonellosis & dysentery	Until 48 hours after free from all symptoms or until authorized by Doctor
Hand, Foot and Mouth Disease	Until a week after the symptoms begin
Head lice	Until appropriate treatment has been given
Hepatitis A	5 days from onset of jaundice
Hepatitis B and C	None
Herpes Simplex (Cold Sores)	None
Impetigo	Until skin has completely healed
Influenza	Until child feels well
Measles	5-7 days from onset of rash
Meningococcal Infection	Until fully recovered from illness
Mumps	Until all swelling has gone, usually about 10 days
Pertussis (Whooping Cough)	21 days from onset of paroxysmal cough
Roseola	Until the rash is healed and child feels well
Rubella (German Measles)	5 days from appearance of rash and child feels well
Scabies	Until the day after treatment
Scarlet Fever & Streptococcal	With appropriate medical treatment of throat infection, no less than 5 days from start of treatment
Temperature/Fever	If sent home ill, child must be off for 24 hours
Threadworm	Until treated
Tonsillitis	Until at least 24 hours after starting antibiotics
Tuberculosis	Until declared free from infection
Verrucae (Plantar Warts)	None
Vomiting	48 hours after free from symptoms



# Toileting Policy

The BISS Preschool staff are experienced in supporting children in their toileting journey.

If you think your child is developmentally ready to start using the toilet, we will endeavour to support you and your child to the best of our ability. Please make an appointment with your Class Lead to discuss the process.

Toilet learning can be a very daunting process for parents, but please be assured that our staff will work with you every step of the way to ensure the process is smooth.

Please be aware that it can take longer for a child to gain independence in their toileting at preschool as so much more is happening within the preschool environment than at home. This is why we'd like to ask you to briefly start toilet learning your child at home before it is introduced at BISS Preschool.

Please be aware of the following protocol your child's Teaching Team will follow.

1. Once you have introduced toilet learning to your child at home, we will start encouraging your child to sit on a potty or toilet at preschool.
2. Your child needs to wear suitable clothing. Clothing needs to be easy to pull down and up to encourage independence. Bodysuits and buttoned vests, dresses and overalls are not manageable during this time.
3. While your child is toilet learning, the Class Teaching Team will inform you of their progress. When you feel your child is ready to wear knickers/pants to preschool, we ask that you discuss this with your child's Class Leader beforehand.
4. Initially, we will put your child back in nappies for sleep time until your child is consistently dry throughout the day.
5. If your child has three or more accidents in one day, they will be put back into a nappy, and we will try again on their next session.
6. Accidents will be dealt with calmly, sympathetically and in a way that does not make the child think they have done anything wrong.
7. We would like to ask that you bring sufficient spare clothes for the staff to dress your child if they have an accident. (This includes extra socks and spare indoor shoes)
8. We understand that some children occasionally regress due to changes in routines at home. If your child has been dry for a while and begins to have accidents, your Class Leader will work with you to support your child through this temporary phase. Children will not be put back into nappies again but will be encouraged to visit the toilet more often to avoid accidents.

## Please Note -

Please remember that your child should always have in school the following items:

- Nappies, reusable or disposable
- Wipes,
- Nappy sacks

Last but not least - toilet learning should be done in a fun way. If children feel pressured, they may lose interest or become anxious, which could have a negative effect. Praise and positive reinforcement are very beneficial.

Should you need any help or support then, please let us know.



# Guidelines at the BISS Preschool AS

**BISS Preschool AS operates in Stavanger Kommune and is open to children between eighteen months and six years who reside in Stavanger and the surrounding area.**

**BISS Preschool is one of the organisations within the BISS family; this includes BISS Foundation, BISS Sentrum and BISS Gausel.**

## **Aim**

BISS Preschool provides an opportunity for children's development by working in cooperation with parents. The activities of BISS Preschool are carried out in accordance with the current laws and regulations for nurseries in Norway.

## **Admission criteria**

1. To children with special needs (§13), subject to availability in the age group and the group's composition.
2. To staff requesting places for their children.
3. To siblings of children currently attending BISS.
4. To children who have an international or bilingual family.
5. To children who have a Norwegian personal number.

If there are several applicants who meet all criteria equally, the Head of Preschool will make a decision based on the individual class structure, for example, the number of girls or boys in the class and finally by lottery.

## **The right to complain**

Parents have the right to complain if their child is not offered a place. They can also complain about not receiving their first or second choices. The complaint must be done in writing and shall be sent to the municipality. This must be done within 3 weeks after the decision has been communicated

## **On acceptance of an offered place in Preschool.**

When we receive your acceptance form we will issue a deposit invoice, this is also your first month Preschool fee and registration fee and is non-refundable if the place is cancelled at any time after acceptance and before your child's start date.

## **Withdrawal from BISS Preschool**

### **Cancellation of place after the acceptance of a new BISS Preschool place**

If you have not started your offered place and cancel your place at any time before your child's starting date, the deposit and registration fee is non-refundable.

### **Cancellation of place from a current BISS Preschool place**

A withdrawal form must be signed and delivered to the Admissions Office before the 1st of the month if a child is to relinquish their place at the Preschool. If notice is given after the 1st in a month the termination will not have effect until the 1st of the following month.

A three-month notice-fee policy applies to BISS Preschool; notice takes effect from the 1st day of the month following withdrawal submission. An invoice for the full three months will be issued on receipt of the withdrawal notice.

Where the withdrawal period is less than three months, the invoice will be issued in full. This is also the case if BISS Preschool terminates your place for any reason.

## **Long Term or Frequent Absences**

Once your child is accepted a place in Preschool, there is an expectation that your child will attend Preschool every day. Your Preschool place might be jeopardised if the academic year absence total is above 40 school days.



### Available space for children

The norm for play space inside is 4kvm for a child over three years and approximately 1/3 more for a child under 3. The outside requirements for space should be about six times as large as the inside space. This excludes the parking area. The Preschool has 460 m<sup>2</sup> of play space inside and 3200 m<sup>2</sup> outside. The Preschool upholds the requirements of the kindergarten law §10 using both inside and outside areas.

### Registration for Autumn, Winter and Summer breaks.

We offer places to every child upon registration during normal primary school closure periods. Registration will be requested through the MyKID app for the Autumn break in October, Winter break in February, the last two weeks of June and the first two weeks of August. All children have the right to attend Preschool during this period. It will not be possible to reserve a place after the given deadline.

### Food

To support the preschool's healthy eating plan, the preschool will send an invoice alongside your school fee invoice totalling 1500kr a year for a fruit snack. This will allow us to provide fresh fruit, vegetables, or food required throughout the year according to the children's needs/ requirements.

Children should bring their own lunch. Lunches and snacks should contain healthy foods: fruits, vegetables, sandwiches, yoghurt, milk or water. Please save sweet foods, chocolate and candies for home. Our Preschool is also nut-free to avoid strong allergic reactions to those who cannot have nuts.

### Health and Illness

Please message your child's department as soon as possible if a child is sick or absent for other reasons. Sick children should stay home as long as they have a contagious illness. The child should remain home until they can participate in all preschool activities. If your child cannot be outside to play, they need to be home. In the case of doubt, the Head of the Preschool will decide.

### Medication

If your child must take medication while attending in the preschool day the following applies:

- All medication must be in the original pharmaceutical container with the doctor's and child's name and prescribed dosage.
- A health care plan must be filled out and signed by the parent stating the name of the medication and the time and amount of medication to be administered.

### Responsibility of Children

- The staff are responsible for the children when they are attending Preschool. The Preschool is required by law to have accident insurance for the children whilst they are in attendance.
- The parents are responsible for the delivery and collection of the children. The child is insured through the preschool from the time the child is dropped off in the classroom until the parents have picked them up.
- All children must be signed out from the Preschool on collection in the communication MyKID app.
- A message must be given in advance if the child is to be collected by someone other than those that usually collect the child. These messages to the staff shall be in writing in the communication app.
- The staff are not responsible for the children's clothing or other personal items. The team are not allowed to take children as passengers in their own vehicles without written permission from the parents/guardians (on the appropriate documentation) unless in an emergency.

### Late pick-ups

Sometimes lateness is unavoidable.

- If you will be late, please inform the Preschool before 16:30.
- All children must be picked up before 16:30. We ask that you please be on time for pick up.
- For late arrivals, there will be a fine of 300kr within the first 15 minutes and every 15 minutes after that. This is to cover the overtime rate for staff members.
- If you are habitually late picking up your child from childcare at closing hours, and staff members have to stay longer, you may be required to give up your child's place in preschool.



## Invoicing Guidelines 2024 / 2025

- All invoices are sent directly to parents; BISS does not enter into financial discussions with any third party (employer)
- It is the parent's responsibility to ensure all payments are made on time.
- If reimbursement is to be made by an employer, it must be processed directly by the parent with their employer in time for the payment due date to be met.

Invoices can be issued as follows:

- Monthly – invoices will be sent on the 1st day of each month from 1st August to 1st June – 11 invoices per annum
- Half Yearly – invoices will be sent on the following dates:-
  - 1st August 2022 (period August 2022 to December 2022)
  - 1st January 2023 (period January 2023 to June 2023)

Invoice Payment Due Dates

- Twice Yearly (August & January) 30 days
- Monthly Invoice 10 days

Parents are liable for any late fees or debt collection notices if the payment due date is not met.

BISS has an automated reminder service that will issue reminders and debt collection orders as follows.

- three days past due date - email reminder
- eight days past due date - reminder with fee 35kr\*
- 13 days past due date - 2nd reminder with fee 35kr\* and every 5 days thereafter.

\*no refunds of reminder fees will be made for payments made after the due date.

- 28 days past due date - Referral to debt collection agency\*

\* When a referral is made to the Debt Collection Agency, payment must be made directly to them as instructed. BISS will not cancel collection notices once issued.

Invoices will be automatically set up for monthly payment. Please complete the payment authorisation form on the BISS website if you wish to change this.

## Parent Reduction

If your annual family income is below the specified amount set by the Norwegian Government, you are entitled to apply for a reduction in Preschool fees. To do this, you must apply directly to your Kommune and will receive a letter from them advising of the discounted amount payable.

To apply this discount to your school account, you should forward the letter to Alison Gildert at [accounting@biss.no](mailto:accounting@biss.no).

Please note we are only able to apply a discount with the official documentation from your Kommune.

## Sibling Discount

You are entitled to receive a sibling discount if you have two or more children attending BISS Preschool. This discount will be automatically included in your invoice. There is no discount available for children attending other BISS schools.

If you have any questions concerning the above,  
please do not hesitate to contact Alison Gildert at [accounting@biss.no](mailto:accounting@biss.no)

# Finding Support

Stavanger Kommune and all other Kommune in Norway provide valuable resources for parents by offering support to families. These organizations are dedicated to assisting and guiding to ensure the well-being of families in various aspects of life. Whether you need support with parenting, wellbeing or health services, these agencies are here to help. We encourage you to explore the services they offer and reach out for assistance when needed. Remember, you are not alone, and there are valuable community resources available to support you and your family on this journey of parenthood.

## Public Health Centres “Helsestasjon”

The public health centre is free of charge, offering services for children aged 0-6 years and their families. We work on prevention and health promotion, provide advice and counselling, and wish to support parents in their role as parents. Children are offered health check-ups and vaccinations consistent with national guidelines and the National Immunisation Programme. Contact your kommune for your nearest centre.

## Kommunalt tverrfaglig spisetem Barne- og familiesenter

The Children and Family Centre has an interdisciplinary eating team that can provide support and guidance on how best to help children who have an eating difficulty. The team consists of a public health nurse, family counsellor, occupational therapist, physiotherapist, clinical nutritionist and special educator. This can be sourced from your local Helsestasjon or through the Child and Family Centre.

## Child and Family Centre “Barne- og familiesenteret”

The Child and Family Centre help to ensure that children, young people and parents get the help and support they need. They can help you find the right offer of help, no matter the situation. Contact the family centre by phone Tel: 95275211

## Child Welfare Agency “Barnevern”

The Child Welfare Service’s task is to provide children, adolescents and families with help and support when there is a difficult situation in the home or a child is in need of help. Emergency Contact Tel: 116111

As always we are here to help also. You can always reach out to your teaching team or to the Head of Preschool by emailing [jennifer.watson@biss.no](mailto:jennifer.watson@biss.no)

## After Preschool Clubs

LOCATION	
Our classes are held at the British International School of Stavanger, located at the Gausel Campus. We train in the Lower School Hall.	
TERM DATES	
Classes are held on Wednesdays during school term time. full schedule will be provided upon registration.	
CLASS TIMES	
LP – 4.00 - 4.30	
Collection by authorised personnel straight from the classroom (BISS Preschool only) at 3.45pm. Pick up by parents 4.30 pm from the lower school playground.	
<b>To apply please email</b> <a href="mailto:pumataekwondonorway@gmail.com">pumataekwondonorway@gmail.com</a>	
Little P.U.M.A. Taekwondo - Norway	
The Little P.U.M.A.s programme is a modern method of teaching younger martial arts students, specifically those aged 4-6. It has been designed to stimulate and engage younger children, helping them to learn whilst having FUN!	
In today's lifestyle children generally spend a lot of time being sedentary – watching television and playing computer games is fine in small amounts, but research has shown that when children exercise it has a significant benefit to their health later in life. Our classes encourage the children to be active, through races, <u>games</u> and activities. They particularly like to race the instructors – and they usually win!	
The Little PUMA's programme uses the principles of Respect, Discipline, Courtesy and Confidence to teach important life skills through a theme-based syllabus. The themes include:	
<ul style="list-style-type: none"><li>• Co-ordination</li><li>• Discipline</li><li>• Focus/concentration</li><li>• Balance</li><li>• Stranger danger/emergency skills</li><li>• Teamwork/leadership</li><li>• Fitness</li><li>• Memory</li></ul>	
Through these themes we can supplement the teachings of parents and schools to help make the children more focused and aware of their environment. The students and the parents will be able to see the benefits very quickly, and the improvements will continue to come as the child builds on their experiences.	







# BISS PRESCHOOL AS

British International Schools of Stavanger

## Contact details

BISS Preschool  
Gauselbakken 105  
4032 Stavanger  
Tel: 41517439

Website: [www.biss.no](http://www.biss.no)

Head of Preschool:  
[jennifer.watson@biss.no](mailto:jennifer.watson@biss.no)

