



OSLO  
INTERNATIONAL  
SCHOOL

## Primary School Guide

*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 the school day 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

### What do I need to bring to school?

You need to bring your own school bag (backpack) with your lunch, pencil case, and a water bottle. Take a look at our [Essential Supplies](#) list to find out what else you need to bring to school.

### What about lunch and snacks?

There are two options for our students for lunch. You can bring your own healthy lunch from home each day or order your lunch via the [Community Portal](#) from the OIS Lunch Service, which delivers hot lunches to school 3 days each week.

Remember to pack a healthy snack as part of your day too!

### Nut or Food Allergies

We request that parents of children with nut or other food allergies, communicate this to the class teacher. This information will be shared with the school nurse. When appropriate, a no-nuts policy may be introduced in classrooms.

### What do I do if I get hurt or sick at school?

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

### When will I go outside for break?

You will have two outside break times each day. Lunch and an outdoor break of 30 minutes are after lesson 3. There is an outdoor break of 15 minutes after lesson 5. We go outside in all kinds of weather, even in the rain or snow, so it is important to have the right clothing to be outside. Click here (link) to see what kind of clothes we recommend you wear or bring to school.

### 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. Everyone, including teachers and students, will help you learn quickly and be happy here at your new school.

### 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.

### 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.

### 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. Check our [Dressing for All Weather](#) list.

Don't forget that all spare clothes should be labelled. You need to keep a set of rain clothes at school for rainy days.

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.

### What do I wear for PE lessons?

**Years 1 through 4** students should wear track pants and a t-shirt to school on days they have PE lessons.

**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. We ask that students not wear jewellery to lessons and that long hair is tied back.

To protect the special floors of our gymnasium, all students need non-marking shoes for their P.E. lessons (a good idea is that they be your indoor shoes you keep here at school).

### School Swimming

Each year group has a five-week block of swimming during the year. You will need swimwear, a towel and you can also have goggles and a swim cap.

### Technology at OIS

iPads are used in some lessons and are available to students as an educational tool. Students also have a weekly computer (ICT) lesson in the computer lab.

### Do we have music and art lessons?

Yes. You will have lessons with one of our specialist teachers. Private lessons in several instruments are available as part of our [After School Activity Programme](#). Detailed information and sign-up is via our Community Portal.

### Will I learn Norwegian?

Yes, all our students learn Norwegian, and have lessons as part of their weekly class timetable. Students are placed in Norwegian classes based on their level. If you are new to OIS and have never learned Norwegian, you will start in one of the beginner classes. Learning to speak Norwegian and discovering Norwegian culture is an enjoyable experience for all!

### Will I have homework?

Students at OIS get some homework. This will vary in amount according to your year level. Check our [Homework Policy](#).

### Do we have tests?

Yes, occasionally. However, there's no need to worry. Tests are utilized to facilitate your learning process and to inform our teaching methods.

### How do I get to and from school?

Students at OIS have lots of options to get to and from school. Parents can sign-up for the school bus service if they wish. There are many different pick-up and drop off points in and around Oslo. If you catch a bus to school, it will bring you right to the front gate. In the afternoon, we do a quick roll call of bus students, who are then escorted by teachers to the correct bus for their journey home.

Some students walk to school if they live nearby or take the T-bane (Oslo's underground train system). Lots of students come with their parents. If you get driven to school, we have a drop off point for cars at the front gate.

If students are collected by parents in the afternoon, parents/guardians should wait at the front gate to collect you. Parents should avoid parking in front of the school during bus drop off and pick-up times.

### Are there activities after school?

Yes! There are lots of different activities for you to do after school as part of our After School Activity Programme. Information is on the Community Portal 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](mailto:absentprimary@oslois.no) and "cc" in the class teacher by gam.

### Who should I contact if I need more information?

Feel free to approach any staff member at the school if you have questions. Your primary point of contact should be your Class Teacher or the School Counsellor, Ms. Lange. You can either knock on her door or leave a message if she's unavailable. If neither the Teacher nor the Counsellor can assist you, they'll direct you to someone who can. Remember, don't hesitate to ask if you're curious or unsure about anything.

**School Phone Number:** + 47 67 81 82 90

**School Website:** [www.oslointernationalschool.no](http://www.oslointernationalschool.no)

Access to the Community Portal for parents will be organised by the school a few weeks before your child starts at OIS. Your username will be your personal email address.

**School E-mail:** [ois.main@oslois.no](mailto:ois.main@oslois.no)

[primary@oslois.no](mailto:primary@oslois.no)

**Absence E-mail:** [absentprimary@oslois.no](mailto:absentprimary@oslois.no)

### Welcome to Oslo International School!

