

# Welcome to Hulduheimar-Sel Trölladeild



## The school's motto is:

**Well-being** - We want everyone to feel good with us, because if you feel good, it increases your chances of flourishing and prospering.

**Activity** - We want to strengthen the children in their own learning and work, because children learn best by doing it themselves.

**Welfare** - We want to promote the well-being of children by laying a good foundation so that individuals can enjoy themselves in society in the future.

Phone number in Hulduheimar - Seli  
462-3034

Trölladeild: 5958034

Website: [www.hulduheimar.karellen.is](http://www.hulduheimar.karellen.is)

email [snjolaug@akureyri.is](mailto:snjolaug@akureyri.is)

Facebook: Hulduheimar sel

## Daily schedule of Trölladeild

07:45 - 08:15 The children come to school / play

08:15 - 09:00 Breakfast / play

09:00 - 11:00 Breathing exercises -  
fruit time - outdoor activities

11:00 - 11:15 Storytime/singing

11:15 - 11:45 Lunch

11:55 - 14:00 Relaxation / Sleep

14:05 - 14:20 Singing

14:20 - 14:45 Coffee time

14:45 - 15:15 Play

15:15 - 16:15 Outdoor activities / the children go home

We emphasize that the children rest around noon and do not wake them up until at least 45 minutes of sleep.

**Peace of mind — awareness and meditation in kindergarten** is a project that involves both employees and children. We believe that children need more peace in their daily lives. Children should be able to live in the present and enjoy it. We want to contribute to this by making the daily routine simple, we learn together to achieve peace of mind and body through breathing exercises, yoga and mindfulness. The children will be in smaller groups with their teacher and work on projects they choose with their teacher.



## Child safety

- Parents, always remember to lock the front door when you walk through it.
- Please do not have the car running outside the school.
- Always let us know if the child is absent due to illness or leave.
- Let the supervising teacher know if there are changes at home that can affect the child's behavior.
- Staff are not allowed to hand over a child to a person who is not registered at the school. We have to be informed if anyone other than the parents pick up the child.
- Children under the age of 12 are not allowed to pick up the child except in exceptional cases.

## Karellen

We use the Karellen kindergarten system. It is very easy to use and parents are encouraged to download the karellen app, create an account and follow the latest information from the school and also parents can let us know if the child is sick or on leave by using the app. Parents can see how children sleep and eat with the app. Pictures of staff can be found on the website <http://hulduheimar.karellen.is/> We have a facebook page, Hulduheimar sel but we only use facebook to post announcements. This is a closed group, but parents are invited to join the group when the child starts school.



The preschool is a community where adults and children build knowledge together and a place for learning opportunities. The child takes an active part in shaping their environment and knowledge. In that spirit is participatory adjustment. It is based on the fact that the child is not getting used to being left in school, but is learning to be in a new situation. With the participation adjustment, parents are likely to pass on their own sense of security and curiosity in this new situation to their children. By having parents as participants from day one, they gain security towards the school. They get to know the teachers, parents of the other kids and will feel more at ease to leave the child at school.

#### **Adaptation plan**

Day 1: Parent and child arrive at 9.00 and stay with the child until 11.00.

Day 2: Parent and child arrive from 8:00 to 12:00. Parent education at noon.

Day 3: Parent and child arrive from 8:00 to 14:00.

Parent education while the children sleep.

Day 4: The children come in the morning and say goodbye to their parents.

It is desirable that parents pick up the children in the first days at the earliest.

#### **The child's outfit**

It is important that the child has clothing that is suitable for the weather at any given time.

The child's basket in the dressing room must have a thick sweater, warm hat, buff, thick and thin mittens, mittens, wool socks and boots / warm shoes.

Raincoat and snowcoat as appropriate.

It is important that the child has enough clothing as we do not dry clothes at school. We lend bags for wet clothes that are taken home daily.

Extra clothing must be available at school. Underwear, socks, tights, trousers, shirts and sweaters.

All clothing must have the child's name on it. The children bring from home: a pillow, a blanket, a pacifier, a teddy bear or something else that belongs to the child's resting time. It is better that the blankets and pillows are the right size, oversized blankets take up a lot of storage space. The minimum rest period for the youngest children is 45 minutes.

The school buys diapers for the children. Parents can either pay the diapers with the school fees or they can bring diapers with them to school. We offer eco-friendly diapers called Bamboo. This saves us a lot of storage space and the parents do not have to worry about having to bring diapers to school. The school offers one type of wipes but parents are welcome to bring their own.



#### **School rules**

- ◆ It is important that the children arrive on time if they are to have breakfast, which starts at 8.15 and ends at 8.50.
- ◆ We ask parents not to bring the children between 11.15 and 13.00 but then we are eating and relaxing.
- ◆ All wet clothes you should take home at the end of the day. What is dry can be in the compartment or in the baby's basket, but we ask you to take everything home on Friday.
- ◆ A child who is getting sick should not come to school because then the risk of infection.
- ◆ Medicines are not given at school unless a medical certificate is presented. If children have an intolerance to food or allergies of any kind, certificate from a doctor is required.

