



Lørenskog
kommune

Short information meeting on preschool day



Too much or too little information?

Useful information at the right time.

- Information meeting on preschool day
- Parents' meeting at the start of SFO (after-school program)
- Ordinary parent meeting at the start in August/September



If you need further information, you are welcome to contact the school.



Agenda: Practical information until the school starts

- Brief introduction about Solheim school
- Vigilo – digital communication between home, school and SFO
- Who at the school can help you with your queries?
- Equipment that your child needs
- Packed lunch and drinks at school and meals at SFO
- Schedule and daily routine at school
- Opening hours at SFO for different types of placement contracts
- Safe start at SFO = safe students for school start
- How can parents help prepare their child for school start?
- Important dates in August
- Information about the first day of school
- Group composition

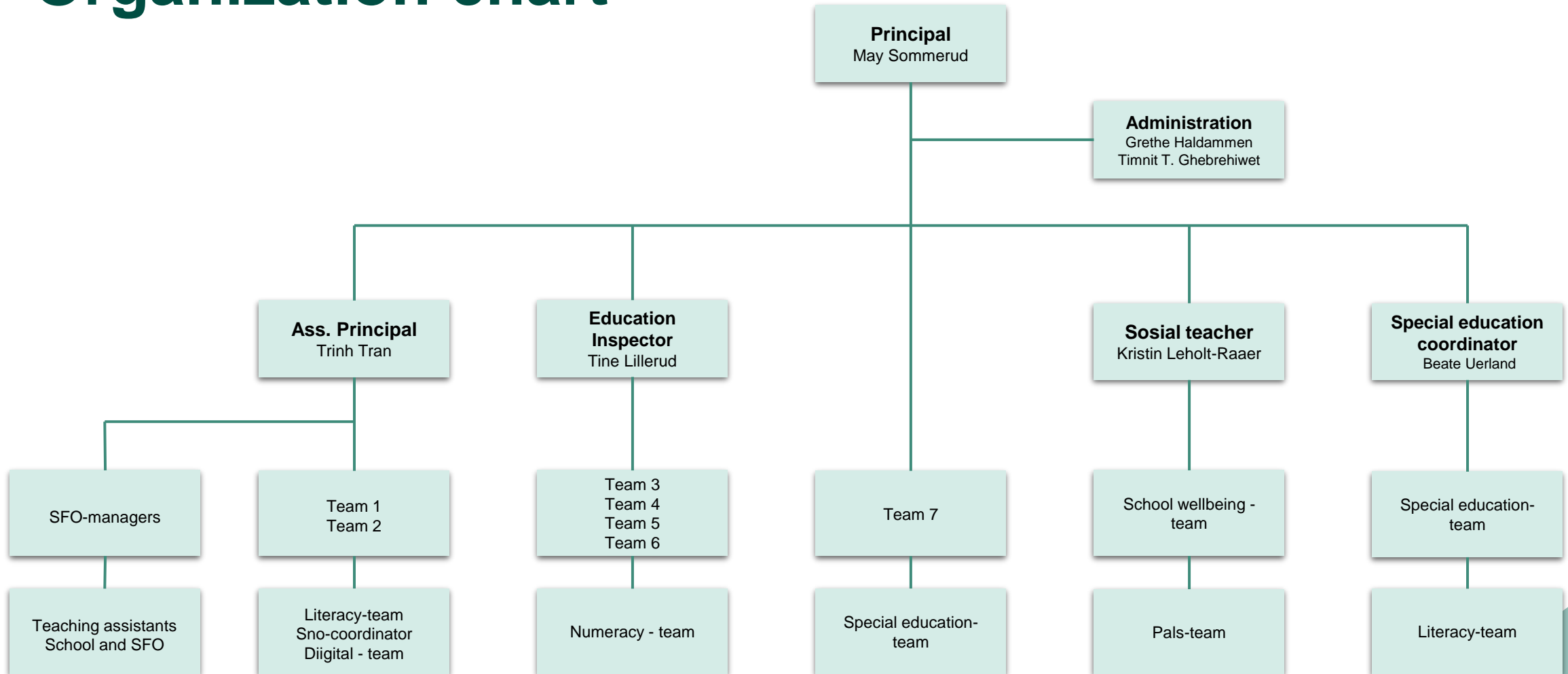


Solheim school

- A three-parallel multicultural primary school (main building and pavilion)
- Approx. 500 fantastic, active and polite students from all corners of the world
- There is room for 28 students in each class
- 75 dedicated employees
- The school building is from 2007
- 1st and 2nd grades stay safely in the pavilion, both in school hour and SFO
- 3rd and 4th grades have their own SFO-base at the main school.
- SFO estimate 230 users for the next school year
- 2 SFO base-leaders and 20 assistants



Organization chart



Vigilo



[About Vigilo](#)

[Log in](#)

- In Lørenskog municipality, Vigilo is used for digital communication between parents, the school and after-school care
- Vigilo can be used via application on mobile phone and tablet or browser from all types of devices
- First time login is through ID-porten
- Encourages all parents to download and log in to the application as soon as possible



Who can help you with your queries?

School-related?

Teacher

SFO-related?

SFO-manager

Assistant principal and SFO-leader

Rektor



Equipment

- Backpack; large enough for A4 booklets and books
- Free school materials; The child does not need to bring their own pencil case
- Mandatory indoor shoes
- Rain jacket and rain pants, rain boots
- Winter suit / winter jacket and pants, warm winter boots when it gets cold
- Hats, scarves, mittens (avoid gloves)
- At least one changing kit in the wardrobe area: underwear, socks, trousers, shirt, long-sleeved sweater (changed according to seasons)
- **Mobile phones and smartwatches should be at home and not taken to school.**



Packed lunch, drinks and meals at SFO

- The student must bring a packed lunch and an empty water bottle every day to school
- Parents need to ensure that their child eat breakfast every day, and that their packed lunches or school meals contain enough healthy food and drink.
- Meals at SFO:
 - We serve a snack right after school (not a proper dinner)
 - We try to serve 2 hot dishes a week
 - If the child is still hungry and has a long day at SFO, the parents must make an extra packed lunch

[Advice og tips about healthy packed school lunch](#)



Timetable for 1st grade next year

	Time	Monday	Tuesday	Wednesday	Tuesday	Friday
Religious Norwegian	08.30 - 09.00	x	x	x	x	x
Math	09.00 - 09.30	x	x	x	x	x
Science	09.30 - 10.00	x	x	x	x	x
English	Break time 10.00-10.15					
Social Sciences	10.15 - 10.45	x	x	x	x	x
Arts	10.45 - 11.15	x	x	x	x	x
Music	Lunch time 11.15-11.45					
Food & Health	Break time. 11.45 - 12.15					
Gymnastics	12.15 - 12.45	x	x	x	x	x
Outdoor school	12.45 - 13.15	x	x	x	x	x
	13.15 - 13.45	x				

Playtime
Station-based learning

The pupils line up in the schoolyard every morning when the bell rings. Their teacher will meet them and take them into class.



SFO (after-school program)

- All students in 1st grade get free core time at SFO up to 12 hours a week
- The municipality has decided that the schools offer 2 - 2.5 hours of free stay at SFO right after school every day.
- Students who need to use SFO beyond free core time must apply for a full place, 1890 NOK
- Meal surcharge is NOK 220 per month.
- It is important that parents familiarise themselves with the [regulations for applying, changing and terminating an SFO place](#), and relate to the various deadlines for when the changes must be applied.
- Changing the SFO place is done by the parents themselves when logging in to Vigilo.



Opening hours at SFO

	Mandag	Tirsdag - fredag
Morning SFO – <u>only for students with a “full-time” place</u>	07.00 – 08.15	07.00 – 08.15
The students go out and line up with the rest of the class. The contact teacher picks up the students when the bell rings for school start	08.15 – 08.30	08.15 – 08.30
School hours	08.30 – 13.45	08.30 – 13.15
Afternoon SFO - for students in 1st grade with “free core time”-place (a total of 12 hours/week)	13.45 – 15.45	13.15 – 15.45
The SFO day is over for students with “full-time” places	17.00	17.00



Safe start at SFO

- We find that early start in SFO before school starts helps pupils become more confident in the first period at school.
- For the first few weeks, SFO will prioritize acclimatisation in a safe environment for 1st grader. We will have focus on get to know each other, the venue and the outdoor area.
- SFO opens on Tuesday 30th of July after summer holiday
- Those who have applied for SFO-place will receive a separate invitation.



How can parents contribute to a safer start for their child?

Independence training:

- Dressing
- Eats the packed lunch
- Toilet routine

Social skills:

- Be a good friend
- We solve difficult situations with the help of dialogue
- We tell adults about experiences of unpleasant incident

[Advice and tips from OsloMet](#)



Group composition

- 79 children from 23 kindergartens this year
- The following criteria form the basis for class composition (not prioritised order):
 - Pupils' individual needs, both socially and academically
 - Pedagogical assessments made by the school in close collaboration with the kindergarten
 - Affiliation of residence
 - Distribution of boys and girls
- It is difficult to be able to grant all your wishes when all considerations are taken care of.
- However, we hope that parents have confidence in the school when we say that it will go well.
- We make parents aware that adjustments to the groups may occur right up until the autumn holidays. If this becomes relevant, we will of course prepare both parents and students well in advance.



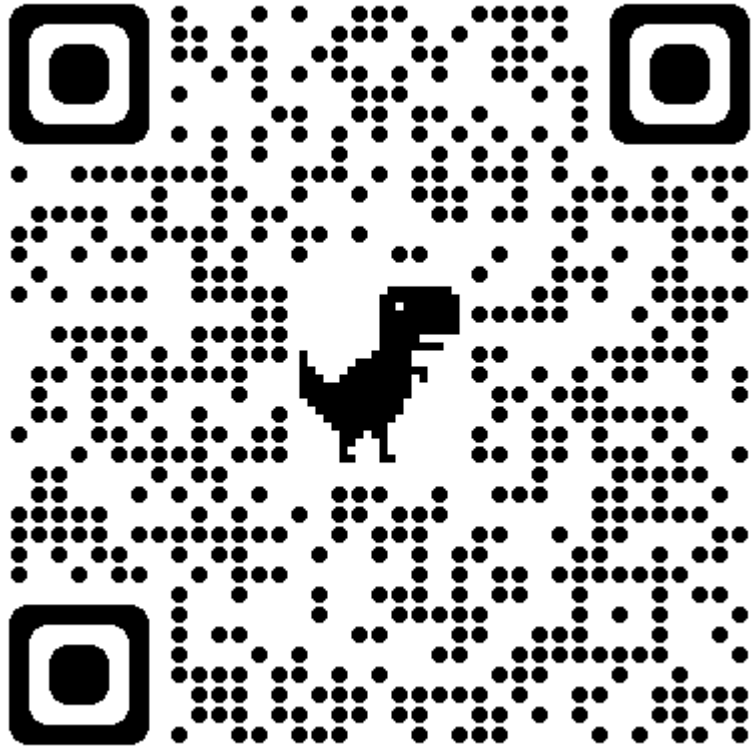
Important dates ahead

- Tuesday 30 July start at SFO after summer holiday
- Thursday and Friday 15-16 August, SFO is closed due to planning days.
- First day of school Monday 19 August. More information will be available in Vigilo or on the school's website in August.
 - 1A: 09.30-11.00
 - 1B: 10.00-11.30
 - 1C: 10.30-12.00
- Parent meeting for 1st grade is on Wednesday 28th of August from 17.00 - 19.00

[The school calendar for the next school year](#)



Visit our website



- <https://www.lorenskog.kommune.no/solheim-skole/>



Walking group and traffic situation at school

- We recommend a walking group also across the classes
- It is important that parents show consideration and drive carefully
- «Kiss and drive» is an area where you can drop your child off. Do not park there. This can cause chaos and dangerous traffic situation for our youngest and smallest pupils in the morning.



A greeting from Skolelyst

- All school starters get a small milk carton today
- You can now order milk for your children through [Skolelyst.no](https://www.skolelyst.no)



Looking forward to see you again in august!

