



ISM/PRN/260/2021-22

March 26, 2022

CIRCULAR TO PARENTS – PRE - PRIMARY

Dear Parent,

Greetings from Indian School Muscat!

Your cooperation is requested to effectively manage the Pick Up and Drop Off of your children.

TRANSPORT AND SAFETY

Punctuality: The gate closes at 8:10 a.m.

Parents must ensure:

- Reliability of drivers.
- Punctuality of drivers.
- Concern for safety and comfort.
- Personally escort your child to and from the class.

Teach your child safety measures:

- Boarding / Alighting.
- The importance of being seated at all times.
- Crossing roads.
- Walking/Crossing or standing behind a stationary / moving vehicle.
- Never to dart across the road.

Your child should:

- Never disembark from your vehicle parked or stopped on the road. This is a traffic offence and puts your child in great danger as well as endangering other children.
- Always wear a name tag/badge.
- Know father's name and telephone number by heart.
- Recognize the driver and the vehicle.
- Look after his/her bag, bottle etc.
- Never leave the school premises with anyone other than a parent or designated driver
- Not be fearful when left behind – [talk to him/her and teach him/her to identify and tell the teacher or Vice Principal if the driver has left him/her behind].



Very Important – you should never take your child away from school during working hours without informing the teacher and getting permission from the Vice Principal. Your child will not be permitted to leave school with anyone other than a parent during school hours unless she/he has a letter of authority from you.

TIME MANAGEMENT

Allow time for:

1. Waking up
2. Brushing teeth
3. Bathing
4. No musical shoes or shoes with lights. They are a distraction. No long laces, no heels or slip on/platform shoes, or dungarees.
5. Dressing: Do let them wear comfortable clothes that they can handle. Eg. elasticized shorts (for both boys and girls) T-shirts, shoes with Velcro, etc.
IMPORTANT: Both boys and girls **MUST** wear underwear.
6. Having breakfast.
7. Going to the toilet (**VERY IMPORTANT**)
8. Packing/checking the bag and collecting belongings for the day.
9. Going to the transport vehicle.



IF YOUR CHILD WEARS GLASSES, PLEASE BUY HIM/HER AN ELASTIC BAND (AVAILABLE AT SPORTS SHOPS). Do not let him/her wear a cord. It is extremely dangerous. Teach him/her to take care of his/her glasses.

It is important to remember that if your child has wet the bed, he/she needs to have a bath and change ALL his/her clothes. The smell of urine remains on the clothes and the skin and it is embarrassing for your child when other children complain of the smell.

If you allow enough time for your child to complete all these things calmly before he/she leaves for school, he/she will be fresh and energetic and will be able to perform well during the day. Give your child enough time to prepare to come to school. This will in turn impact / boost their performance and self-concern.

RECOMMENDED SCHEDULE FOR THE REST OF THE DAY

- After they get back from school, get THEM to put their things away in place, give them a bath and lunch and allow them to eat on their own. Talk to them about their day in school. This is important. Your child needs to learn to communicate. Then make him/her sleep for a short while- 1-1 ½ hours only.
- He/she needs a glass of milk when they wake up and then he/she can go outdoors to play for about 2 hours preferably with their own age group.
- Home learning for about 45 minutes to an hour with mom/ dad/ both.
- Fun time/ Family time / a drive / shopping for no longer than an hour.
- Dinner. This should be eaten at the table and as a family. It's the time to teach him/her how to eat on his / her own and some accepted table manners.
- Bed, latest by 9 pm or 9:30 pm. (Your child requires about 8-9 hours of restful sleep). Do read them a story or tell them one. It is an important language learning experience and one that will bring rich rewards for your child in the years to come.

Once your child starts school, you have to adjust your life style around their hours and needs, which means no parties during the week, no late nights etc. Leave that for Fridays and Saturday only.

With warm Regards



Dr Rajeev Kumar Chauhan
Principal

