



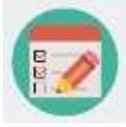
FLA KINDERGARTEN TIMETABLE 2025-26 (AGES 4-5)

TEACHER	Mrs. Esperance NKANA	TEL.# +243 990 427 616	EMAIL: espnlandu@gmail.com
PRESCHOOL VICE PRINCIPAL	Mr. Deodate KIDIKALA	TEL. # 243 823 700 780	EMAIL: deodatesell@gmail.com
PRINCIPAL	Mrs. Khurshid MUNSHI	TEL. +243 81 004 7880	EMAIL: mrsmunshi@yahoo.ca

KG pick up times are either; **Option 1 Academic: 12:00, Option 2 Activities: 13:30**

Late pick up Parents have a 15-minute grace period and will be charged \$20/hour for each late pick up.

TIME/ DAYS FLA Uniforms:	MONDAY School uniform & Dance	TUESDAY PE, School uniform & Soccer	WEDNESDAY FLA Polo with jeans & Swim	THURSDAY PE & School uniform	FRIDAY Free Day & Karate
7:00 – 7:30	Morning Songs & Routines: Attendance, Material Checklist, Rules, Washroom and Water.				
7:30-8:00	Language Development, Music & Movement: CD players, children's books, songs, stories, musical instruments and puppets to introduce Math, Language & Science lessons of the day.	Language Development, Music & Movement: CD players, children's books, songs, stories, musical instruments and puppets to introduce Math, Language & Science lessons of the day.	Language Development, Music & Movement: CD players, children's books, songs, stories, musical instruments and puppets to introduce Math, Language & Science lessons of the day.	Language Development, Music & Movement: CD players, children's books, songs, stories, musical instruments and puppets to introduce Math, Language & Science lessons of the day.	Language Development, Music & Movement: CD players, children's books, songs, stories, musical instruments and puppets to introduce Math, Language & Science lessons of the day.
8:00-9:00	Fine Motor Skills Development for Language and Math Writing Activities; tracing/writing letters or numbers, reading and writing words, sentences, math exercises.	Physical Education * Students must come wearing their PE shirt & shorts. They must also have their school uniform in their bags in case they need to change after PE.	Fine Motor Skills Development for Language and Math Writing Activities; tracing/writing letters or numbers, reading and writing words, sentences, math exercises.	Physical Education * Students must come wearing their PE shirt & shorts. They must also have their school uniform in their bags in case they need to change after PE.	Fine Motor Skills Development for Language and Math Writing Activities; tracing/writing letters or numbers, reading and writing words, sentences, math exercises.
9:00-9:30	Outdoor Science Exploration & Playground: Nature walks, sand and water table, and sensory play materials.				
9:30-10:00	BREAK IN CLASS- Eat snacks, drink water and washroom use.				
10:00-11:00	Creative Arts: Bristol color papers, playdough, scissors, glue, paint etc or Fine Motor Play: painting, coloring, playdough, stacking toys.	Life skills: Fun, everyday activities to develop independence, responsibility, and good habits.	Creative Arts: Bristol color papers, playdough, scissors, glue, paint etc or Fine Motor Play: painting, coloring, playdough, stacking toys.	Life skills: Fun, everyday activities to develop independence, responsibility, and good habits.	Creative Arts: Bristol color papers, playdough, scissors, glue, paint etc or Fine Motor Play: painting, coloring, playdough, stacking toys.
NOTE	* Students must have their Art Aprons left in class Mon-Fri. They will be sent home at the end of each week for a wash.				
11:00-11:45	RECESS ON PRESCHOOL PLAYGROUND AND LUNCH IN CLASS!				
11:45-12:00	Option 1 students get ready to go home, while others get ready for activities!				
12:00-12:25	Students change for activities: They must have each day's respective activity uniform packed in their bags to participate in activities.				
12:30-13:15	Dance	Soccer	Swim	Music	Karate
13:15-13:30	Option 2 students get ready to go home and leave by 13:30				



WHAT SHOULD PARENTS SEND IN CHILD'S BAG?

Classes	Parents to send in child's bag daily/as needed.
KG	1) 1 extra set of clothes and underwear 2) FLA activities clothes for the day 3) 1 box of tissue to keep in the class <i>When the stock is nearly finished, the teacher will notify you.</i> 4) Healthy lunch and snack or FLA lunch and snack 5) Mosquito repellent <i>When the stock is nearly finished, the teacher will notify you.</i> 6) Sterimar or any nasal spray with antihistamine syrup (If allergies exist- to be given to infirmary) during allergy seasons 7) Hand sanitizer bottle <i>When the stock is nearly finished, the teacher will notify you.</i> 8) Wet wipes 9) Hat/Cap 10) Waterproof sunblock lotion for swim days 11) Asthma sufferers should have their emergency kit labelled and kept in the infirmary 12) 1.5 Liter bottle of water 13) Student journal signed (daily) 14) 2 Small towels for hand/face to be sent home weekly for washing

LABEL YOUR CHILD'S NAME ON ALL ITEMS: If you notice that your child has brought home something that doesn't belong to them, we kindly request that you return the item to the school promptly so that it can be reunited with its rightful owner. It is a collective effort to maintain a well-organized and efficient learning environment. Please be aware that FLA cannot assume responsibility for lost uniforms or school items. Our teachers use a uniform control sheet daily to track items brought to school, but students in primary and middle schools are expected to take independent responsibility for their belongings. Please note that the school is not responsible for searching for your child's lost items. We kindly ask you to refrain from calling any staff member to request such searches. Instead, we encourage you to utilize the class group to post your message regarding any lost items. **Your cooperation in labeling your child's items and reinforcing the importance of returning found items to school is greatly appreciated.** You and your child may also visit **Lost and Found** at the pickup station.