

Big Heart Group KCare @ Cedar

Important Information for parents



Important Notes

Arrival

*7.00am to 7.40am
8.10am to 8.30am*

***Please note that there is a blackout time between 7.40am to 8.10am to prevent congestion and for transition of children from KCare to MK AM Session.**

Dismissal

5.30pm, 6.00pm, 6.30pm

***Please note that there is a blackout time from 4.50pm to 5.15pm to prevent congestion and for transition of children from MK to KCare after MK Session. If you are arriving before 5.30pm to give KCare a call. Do give us 10 mins to prepare the children and we will bring them down**

For the safety of our children, parents are not allowed to open the white gates by themselves. A staff will open the gates at the timing provided.

SCHEDULE FOR FIRST 2 DAYS (3rd and 4th Jan 2023)

For K1 children enrolled in MK, AM Session:

| Time | Venue |
|-----------------|--------------------------|
| 8.00 to 9.30am | MK |
| 9.30 to 10am | Kcare – Circle Time |
| 10am to 10.30am | Toilet break / Tea Break |
| 10.30am to 11am | Game Time! |

For K1 Children enrolled in MK, PM Session:

| Time | Venue |
|------------------|--------------------------|
| 1.00 to 2.30pm | MK |
| 2.30 to 3.00pm | Kcare – Circle Time |
| 3.00pm to 3.30pm | Toilet break / Tea Break |
| 3.30pm to 4.00pm | Game Time! |

A TYPICAL DAY

*Please take note that
shower is only on a NEEDS-
TO-BASIS

SAMPLE TIMETABLE (AM KCare)

| Time | Activity |
|-------------|---|
| 0700 – 0830 | Arrival / Health Check and Breakfast |
| 0830 – 0930 | Modular Activity Session |
| 0930 – 1030 | Outdoor |
| 1030 – 1130 | Shower / Nap |
| 1130 - 1230 | Lunch |
| 1230 - 1245 | Reading Time |
| 1245 - 1300 | Get Ready for MOE Kindergarten |
| 1300 - 1700 | MOE Kindergarten |
| 1700 - 1830 | Arrival / Health Check and Indoor Free play |
| 1830 - 1900 | Daily Reflection/ Quiet Time / Dismissal |

A TYPICAL DAY

*Please take note that
shower is only on a NEEDS-
TO-BASIS

SAMPLE TIMETABLE (PM KCare)

| Time | Activity |
|-------------|--|
| 0700 – 0745 | Arrival and Health Check / Ready for MOE |
| 0800 - 1200 | MOE Kindergarten |
| 1200 - 1215 | Arrival and Health Check |
| 1215 – 1245 | Lunch / Shower |
| 1245 - 1300 | Reading Time |
| 1300 - 1400 | Nap |
| 1400 - 1430 | Afternoon Tea |
| 1430 – 1530 | Modular Activity |
| 1530 - 1630 | Outdoor |
| 1630 - 1830 | Indoor Free Play |
| 1830 - 1900 | Daily Reflection/ Quiet Time / Dismissal |

Holiday Programme

*Please take note that
shower is only on a NEEDS-
TO-BASIS

SAMPLE TIMETABLE (Full Day)

| Time | Activity |
|-------------|---|
| 0700 - 0800 | Arrival / Health Check |
| 0800 - 0830 | Breakfast |
| 0830 - 0930 | Circle Time/ Focus Value Discussion (including 15 minutes of dedicated reading time) |
| 0930 - 1030 | Outdoor |
| 1030 - 1100 | Morning Tea break |
| 1100 - 1200 | Modular Activity Session |
| 1200 – 1330 | Lunch / Shower |
| 1330 – 1430 | Nap / Rest |
| 1430 – 1530 | Holiday Activity |
| 1530 – 1600 | Afternoon Tea break |
| 1600 – 1700 | Indoor / Outdoor Modular Activities (including 15 minutes of dedicated reading time) |
| 1700 - 1900 | Daily Reflection/ Indoor Free Play / Quiet Time and Dismissal |





MEALS AND SAMPLE MENU



Menu - Week 1

21th November to 25th November



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|--|
|  Breakfast | Cereal with Milk | Wholemeal Bread with Strawberry Jam with milk | Cereal with Milk | Wholemeal Bread with Strawberry Jam with milk | Pandan Cake with milk |
|  Lunch With seasonal cut fruit | Mixed Grain Rice Oriental Chicken & Mushroom Stew Xiao Bai Cai with Carrots Lotus Root Soup | Mixed Grain Vegetable & Minced Chicken Porridge (Long Cabbage & Minced Chicken) Sliced Fish with Carrots and Mushrooms | Mixed Grain Rice Baked Teriyaki Chicken Broccoli with Mixed Mushrooms Clear Corn Soup | Mixed Grain Rice Baby Ginger Chicken Luo Han Zai Vegetable Clear Soup | Stir Fry Wholemeal Thick Bee Hoon with Shredded Carrots and Cabbage Panfried Fish with Spring Onion & Light Sauce Braised Cabbage with Carrots Cabbage Clear Soup |
|  Lunch (Veg) With seasonal cut fruit | Mixed Grain Rice Braised Cabbage with <u>Tauksee</u> Steam Tofu with Mixed Vegetables | Mixed Grain Porridge Stir Fry Double Mushroom Shanghai Green Honey Vegetarian Char Siew | Mixed Grain Rice Tri Style Spinach Braised Pumpkin | Mixed Grain Rice Stir Fry Chap Chye Steam Tofu with Soy Sauce Braised Vegetarian Chicken with Potatoes | Vegetarian Bee Hoon Luo Han Chai Bean Paste <u>Beancurd</u> |
|  Teabreak | Wholemeal Bread with Cheese | Pandan Cake with milk | Pandan Cake with milk | Wholemeal Bread with Cheese with milk | Vanilla Cup Cake with milk |

*Menu will be given to you on your child's first day of school