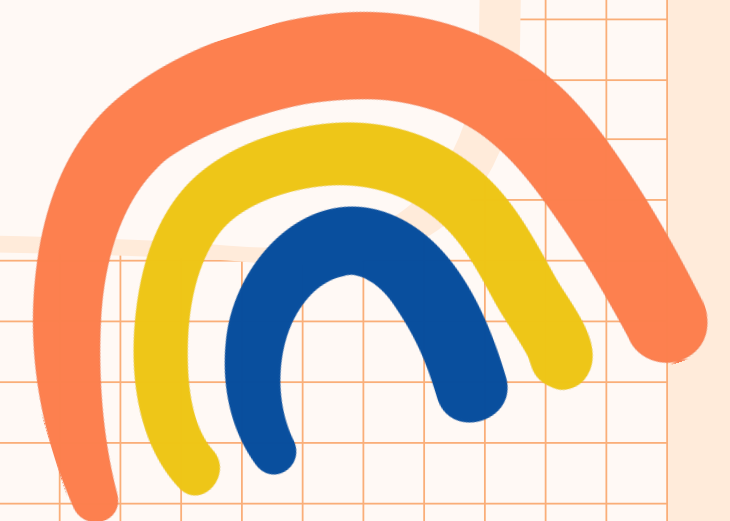
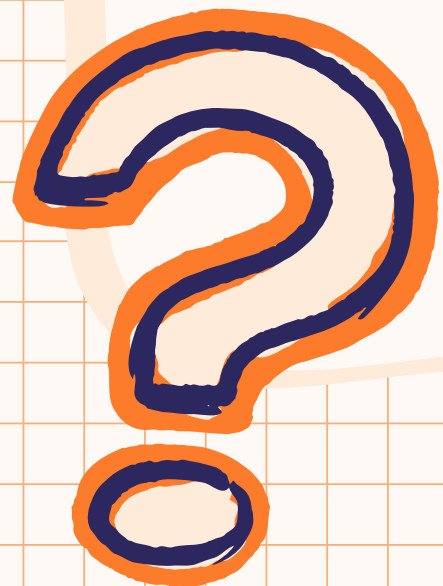
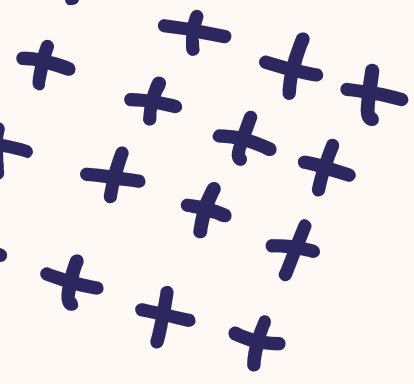


MORE INFORMATION ABOUT KCARE @ CEDAR





DISMISSAL TIMINGS

5.00pm, 6.00pm, 6.30pm



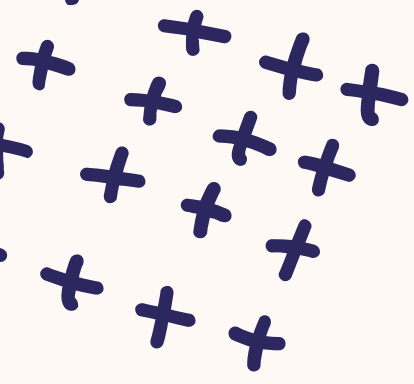
Level 3 – K1s



Level 4 – K2s

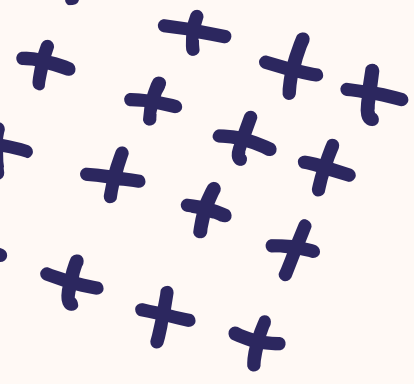
For the safety of our children, parents are not allowed to open the white gates by themselves. A staff will open the gates at the timing provided.

Pick up points are at the respective levels

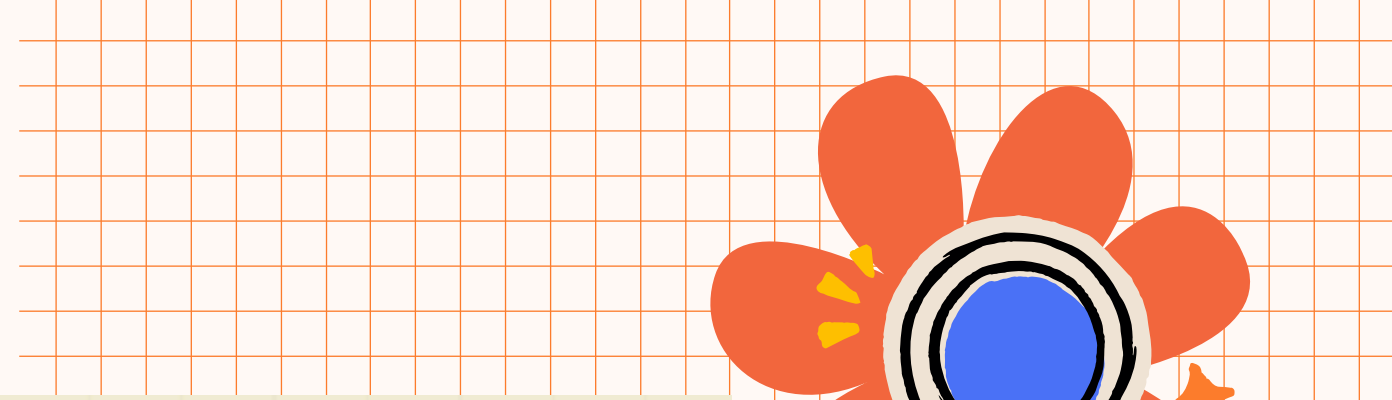


SCHEDULE FOR FIRST 2 DAYS

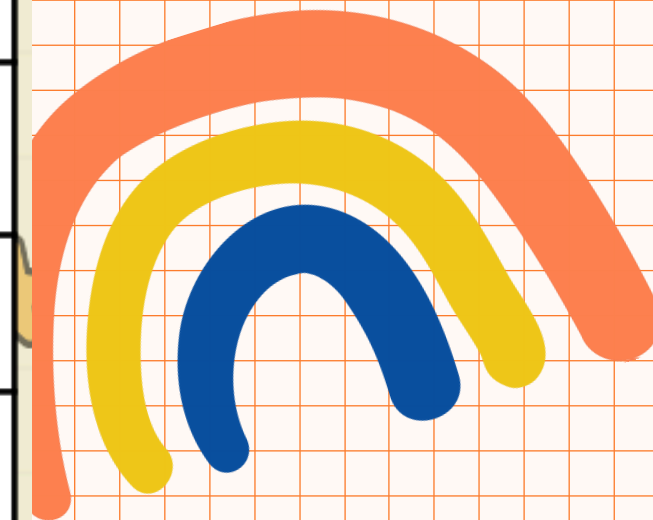
Time	Programme
8.00am to 9.30am	MK
9.30am to 11.00am	KCare

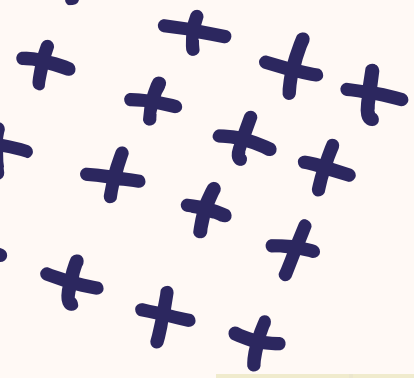


A TYPICAL DAY



Time	Activity
11.50 am – 12.00 pm	Transition and Health Check
12.00 pm – 1.15 pm	Lunch / Wipe down
1.15 pm – 1.30 pm	Reading Time
1.30 pm – 2.30 pm	Rest / Nap
2.30 pm – 3.00 pm	Afternoon Tea break
3.00 pm – 4.00 pm	Modular Activities
4.00 pm – 4.30 pm	Outdoor Activities
4.30 pm – 5.00 pm	Quiet Time and Circle Time
5.00 pm – 7.00 pm	Indoor Free Play and Dismissal





HOLIDAY PROGRAMME



Time	Activity
7.00 am – 8.30am	Arrival/Health Check Breakfast and Circle Time
8.30 am – 9.30 am	Indoor / Outdoor Modular Activity
9.30 am – 10.30 am	Indoor Free Play
10.30 am – 11.00 am	Morning Tea break
11.00 am – 11.30 am	Reading Time
11.30 am – 2.30 pm	Lunch, Wipe down, Rest/Nap
2.30 pm – 3.00 pm	Afternoon Tea Break
3.00 pm – 4.00 pm	Indoor / Outdoor Modular Activity
4.00 pm – 4.30 pm	Outdoor Free Play
4.30 pm – 5.00 pm	Quiet Time and Circle Time
5.00 pm – 7.00 pm	Indoor Free Play/ Daily Reflection/ Dismissal

Note: Sequence of activities may differ from class to class



SAMPLE MENU



BIG HEART KCARE
@Cedar
Inspiring Minds · Touching Hearts

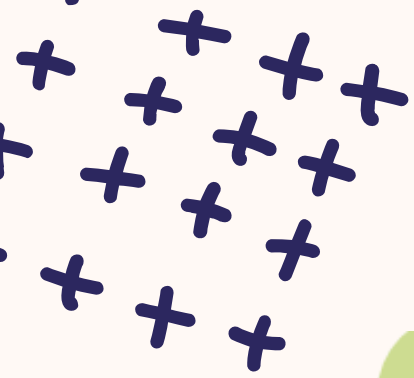


	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Bread with Cheese Soy Milk	Cereal (Cornflakes) Milk	Wholemeal Bread with Strawberry Milk	Cereal (Cornflakes) Milk	Oat Biscuits Soy Milk
Lunch With seasonal cut fruit	Chicken Bolognese with Slow Cooked Minced Chicken with Tomato Sauce and Mixed Vegetables	Mixed Grain Rice with Teriyaki Fish with Sesame Seeds and Stir Fried Cabbage and Carrot Slice	Dairy Free Mash Potato with French Style Chicken Stew with Broccoli and Mushrooms	Mixed Grain Rice Braised Fish with Clear Seaweed Broth and Rice Krispers Stir Fried Spinach with Sliced Shitake Mushrooms	Mixed Grain Rice Stir Fired Basil Chicken with Onion and Garlic Saute Xiao Bai Cai with Carrot
Lunch (Veg) With seasonal cut fruit	Whole Grain Pasta Slow Cooked Minced Bean curd with Tomato Sauce and Mixed Vegetables	Mixed Grain Rice Teriyaki Tofu with Sesame Seeds Stir Fried Cabbage and Carrot Slice	Dairy Free Mash Potato French Style Bean curd Stew with Broccoli and Mushrooms	Mixed Grain Rice Braised Tofu with Clear Seaweed Broth and Rice Krispers Stir Fried Spinach with Sliced Shitake Mushrooms	Mixed Grain Rice Stir Fried Bean Curd Mushrooms Sauté Xiao Bai Cai with Carrots
Teabreak	Cream Cracker Milo	Wholemeal Bread with Strawberry Soy Milk	Cereal (Koko Crunch) Milk	Wholemeal Bread with Kaya Soya Milk	Wholemeal Bread with Cheese Soy Milk

** ALL FOOD SERVES W/ DAILY VEGGIES. ANY SIDE STATED IS SUBJECTS TO AVAILABILITY.
** VEGGIES – BROCCOLI, CAULIFLOWER, GREEN LEAFY VEGGIES, ROOT VEGGIES.
**NOODLE – BEE HOON, KWAY TEOW, MEE TAI MAK.

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

KCare PM Session	KCare Holiday Session
<ul style="list-style-type: none"> ✓ Lunch ✓ Afternoon Snack 	<ul style="list-style-type: none"> ✓ Breakfast ✓ Morning Snack ✓ Lunch ✓ Afternoon Snack



COMMUNICATIONS



We encourage and appreciate frequent communication between the KCare service operator and parents.

Contact us at:



Telephone:

9457 5036



Email:

cedar_kcare@shgstudentcare.com.sg

Operating Hours	Term Time	School Holidays
(Closed on Saturdays, Sundays, Public Holidays, Teacher's Day, Children's Day and up to 6 additional days each year)	Monday to Friday 12pm to 7pm	Monday to Friday 7am to 7pm

