

More Information about KCare @ Cedar



ARRIVAL / DISMISSAL TIMINGS

Arrival

*7.00am to 7.45am
8.10am to 8.30am*

***Please note that there is a blackout time between 7.45am 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.**

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

For K1 children enrolled in MK, AM Session:

Time	Venue
8.00am to 9.30am	MK
9.30am to 10.30am	KCare

For K1 Children enrolled in MK, PM Session:

Time	Venue
1.00pm to 2.30pm	MK
2.30pm to 4.00pm	KCare

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	Modular Activity Session
0930 - 1030	Outdoor
1030 - 1100	Morning Tea break
1100 - 1200	Indoor Free Play
1200 – 1300	Lunch / Shower
1300 – 1430	Nap / Rest
1430 – 1530	Afternoon Tea Break
1530 – 1630	Holiday Activity
1630 – 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



	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 Fried 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 TEOU, MEE TAI MAK.

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

*On a normal school term, meals will be served 3 times a day.

*During school holiday, meals will be served 4 times a day. There will be morning snack time.

Communication

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: Monday to Friday 7am to 7pm, including school holidays
(Closed on Saturdays, Sundays, Public Holidays and up to 6 additional days each year)