

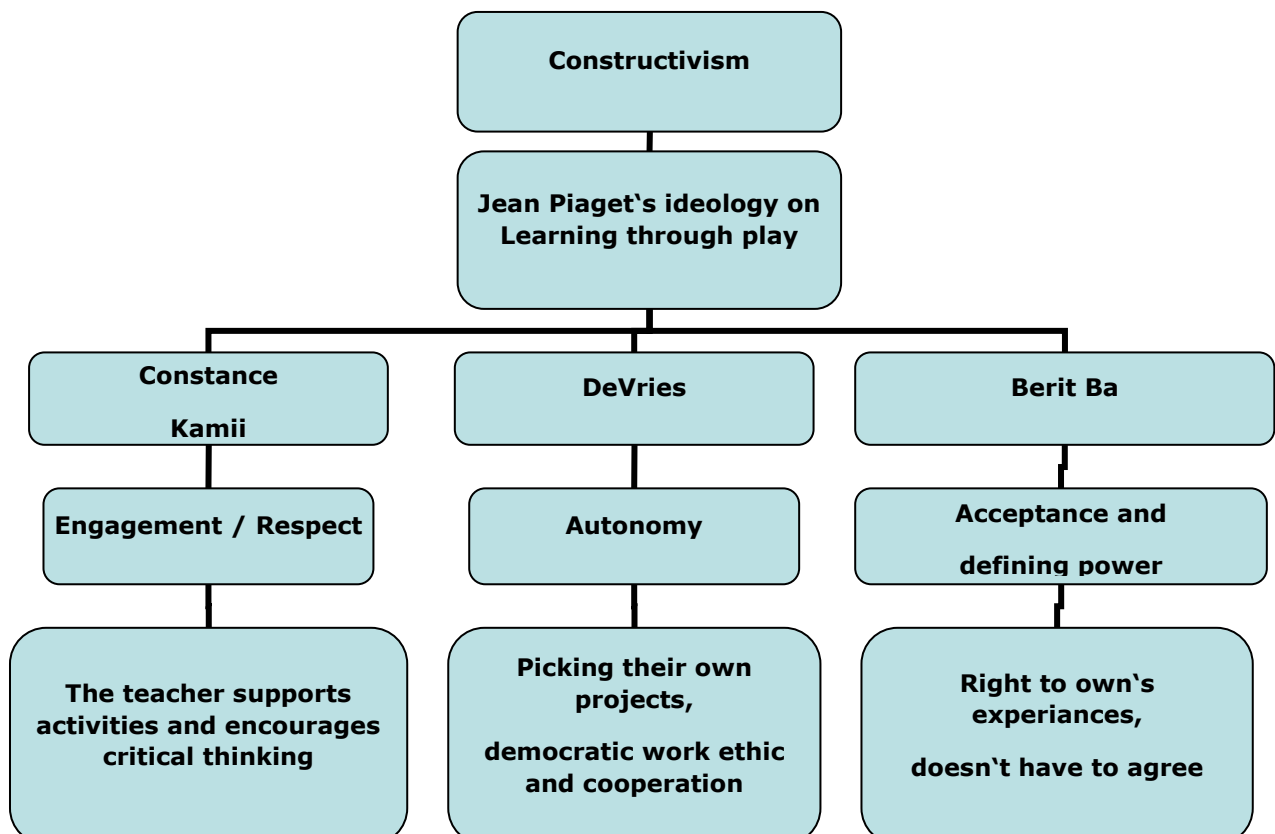
Hello and welcome to Rjúpnahæð

Because of Covid-19 disease control we are sad to say there will not be a common parental meeting this year. For that reason we ask you to read this letter carefully because it contains extensive applicable and necessary information.

Policy and ideology of Rjúpnahæð:

The pre-school Rjúpnahæð follows the guidelines of The Icelandic national curriculum guide for preschools (Aðalnámskrá leikskóla) and in accordance with the preschool constructivism ideology of Kamii and DeVries. The beginning of constructivism can be traced to Piaget and Vygotsky. They observed that the child builds up knowledge and learns through its own activities. The tools the child utilizes is play. Play is at the core of raising and teaching a child. We see the child as an active participant in developing his or her social skills, moral compass and intellectual capacity. Our main goal is to support and develop the child's autonomy, using democracy as our guiding light. We organize the child's environment based on the premises of the child according to his/her development and capabilities at any given time. This includes having all the materials needed visible and accessible for the child. We aim to have both the materials and the child's environment encouraging, curious, interesting and innovating. Our hope is to encourage a drive within the child to investigate, innovate and research both within and without the bounds of the preschool. The educational policy towards autonomy utilizes the writings of DeVries and Kamii and includes the principles of United Nations Convention on the Rights of the Child. At Rjúpnahæð we emphasize including the children in the school community by getting their views and opinions on the issues they concern themselves with. All of the above constructs are clearly connected with United Nations Global Goals and emphasis on sustainability education.

Theories Rjúpnahæð follows:



What is preschool education:

- learning through play
- learning through every day life at preschool
- learning through communication
- learning through creative work and creative thoughts

What is autonomy:

- Autonomy is a power one can only develop from within through cooperation
- Autonomy is not the same as complete freedom, an autonomous individual takes into account all relevant perspectives when making decisions
- Autonomy is when a child governs him- / herself
- Autonomy is a presupposition for democracy

Ways to promote democracy:

- Democratic work ethic
- Cooperation
- Make impactful decisions
- Be responsible for various tasks in one's environment
- Self-governing – to be responsible for oneself by acknowledging and deal with natural and logical consequences of one's actions
- The child gets the opportunities to try, sense and create on it's own terms and according to his/hers interests and development
- Design of the school environment
- *Environment is accessible to the child*
- Minimize control and governance
- *To respect the children, accept and support them to see different perspectives*
- *Strengthen their identity*

Ways towards goals:

- everyday life
 - during meal time, nap time, outdoor activities, in the bathroom, in the changing room, comunal-time, free-flow
- in group-work
 - music
 - exercise
 - theme-work
 - arts and crafts
- learning through discovering – open questions
 - mindmap
 - project-work

Free-flow/autonomy – designing school environment:

- In free flow the environment is designed for the children to work independently, be mostly self-sufficient and carry responsibility
 - For example regarding cleaning up and treatment of the environment and materials
- Free-flow utilizes all play-areas
- Free-flow is between 8:00-9:40 in the morning

Rjúpnahæð's daily schedule:

07:30-8:00	Preschool opens
8:00-8:30	Breakfast - Oatmeal
08:00-9:00	Children greeted in home-room or free-flow
9:00-9:40	Fruit-time
9:20/40-10:00	Reflection-circle
10:00-11:30	Free-flow / Groupwork / Lundur / Laupur / Outside activities / Outside learning
11:30- 11:45	Singing/Story-telling/Reflection-circle
11:20 -12:30	Lunch
11:20-12:45	Story time (older children) / Naptime (younger children)
12:45-14:20	Free-flow / Groupwork / Lundur / Laupur / Outside activities / Outside learning
14:20-15:15	Tea-time / Play time in home-room
15:00-16:00	Play time in home-room / Free-flow / Quiet time / Outside activities
16:00-16:30	Home rooms unite – Free flow / Outside activities. Rjúpnahæð closes.

Lundur: is our exercise in the common room. All home-rooms have a scheduled time in the common room on a weekly basis except Þrastahreiður which has three part-days a week. Linda oversees the common room for Þrastar-, Lóu-, Spóa- og Arnarhreiðri but Viktor oversees the common room for Álftahreiðri og Hlynur hjá Krummahreiðri. The common room is very popular with the children 😊

Laupur: is the arts and crafts facilities overseen by Jóna Gulla. All home-rooms have a scheduled time in the common room on a weekly basis except Þrastahreiður which has three part-days a week. In Laupur the children do various projects, work with various materials and are introduced to creativity and art in its diversity. We suggest the children do not wear their nice or favorite clothes on the days when they go to Laupur since accidents are bound to happen, even though they wear an apron. Keep

in mind the days for Laupur are days of creative work which require working clothes (for example worn clothes) 😊

Traditions at Rjúpnahæð

Birthdays – to celebrate the children's birthday they can choose an outfit from the birthday closet and wear it throughout their day. During lunch they get a special birthday plate and their table and glass are decorated in celebration of their birthday.

Singing circle – is once a week where all home rooms come together, sing together, sometimes there are some happenings and fun activities.

Culture days – are celebrated in the beginning of November each year. Culture days span two weeks where we have various artists, authors, singers, musicians etc. visit with the children.

Christmas – at Rjúpnahæð we emphasize a cosy, stress free, environment during the month of December. Every year at the end of November we have a Holiday work-shop, where children and parents come together and have a nice time crafting, making traditional Icelandic Christmas puff-pastry, enjoying hot chocolate, cookies and more. In December we have Christmas singing circles where we light our advent candles, watch the Christmas play offered by the Parent Council of Rjúpnahæð, Lindarsókn preasts visit us, we have a grand holiday lunch, and finally we have a Christmas ball where some of the Icelandic Jule-lads show up and entertain the children.

Þorrinn – is the name of the fourth winter month (mid January to mid February) and has its origins in Norse mythology. We celebrate the Icelandic tradition of Þorri every year by holding a midwinter festival Þorrablót lunch at Rjúpnahæð. The weeks before the festival we learn about the old ways, how life was in Iceland, what the toys were like etc. We have also invited the „husbands/farmers“ (dads, grandfathers, uncles) to celebrate Bóndadagur (The day of Husbands/farmers) with a celebratory breakfast/tea-time.

Ash-day (Öskudagur) – at Rjúpnahæð, teachers and children alike, make their own costumes. The ideology of making ash-day costumes comes from constructivism where the learning environment is open and rich and the children get the opportunity to be independent by making their own projects. The teachers role is to create the learning environment and atmosphere which leads to learning. This we do by creating the opportunity to make ones own costume before the Ash-day celebration. We ask parents to bring a T-shirt to the preschool which the children then design and craft into their costume. We provide a vast variety of materials the children can add to reach their desired results. We start by discussing Ash-day in reflection-circle with an open question about what we desire to be on Ash-day. After the reflection-circle the children are encouraged to draw their costumes on paper like a professional designer. Eventually we cooperate and support the children to craft the T-shirt into everything they envisioned. Painting, cutting, sewing, making accessories and even how they want to be facial-painted. The whole process takes about 4-6 weeks.

Summerschool

Rjúpnahæð's summerschool starts in June. All the preschools happenings move outside. Our primary purpose is for the work during summer revolves around joy and adventure. For the work to appeal to everyone's motivation to explore, discover and seeking answers in an accepting environment, where both the child and the adult enjoy themselves. Certain subjects are available at certain places, within and without the preschool's grounds. During summerschool we are guided by the 2. , 12. og 29. articles of the Convention on the Rights of the Child where everyone are equal and are free to enjoy themselves and develop their interests on their own terms

The areas available can be seen on Rjúpnahæð's home-page <https://rjupnahaed.kopavogur.is/>

Harvest:

At the beginning of summer we plant vegetables which we harvest in August, afterwards we throw a great harvest festival ball where the children can come to the pre-school in dress-up costumes from home, there are lots of happenings and fun!

Practical information:

Illness/Sick-days: when a child comes to the preschool it is considered well enough to participate in the schools program, we do not keep the child inside during outside play to prevent illness. If the child has been ill we can occupy it inside for one day but it needs to be picked up before 16:00.

Toys from home are not permitted in the preschool, they are allowed to bring a stuffed animal for nap-time but we ask you to keep the toys at home.

Comings and goings: when children come to the preschool in the morning it's vital that a teacher from his/her home-room greets you. It is equally vital you notify a teacher from your child's home room when you pick him/her up.

Spare clothes/bags: spare clothes are kept in bags in home room tagged with the child's name, we also request washable reuseable bags for wet/dirty clothes which need to go home at end of day. By getting such bags we have your help to minimize the use of plastic at Rjúpnahæð.

Out-door clothing: it is very important to bring all the clothes the child needs for the diverse weather conditions in Iceland 😊. The clothes can be stored at the preschools dressing room but we request you take the bag home. The designated locker space each child has is not big enough to store the bag for the whole week (during the covid epidemic we have asked parents to keep the clothes in the bag at the end of day to minimize contact between children's clothing, the bag can hang in the locker space throughout the week instead).

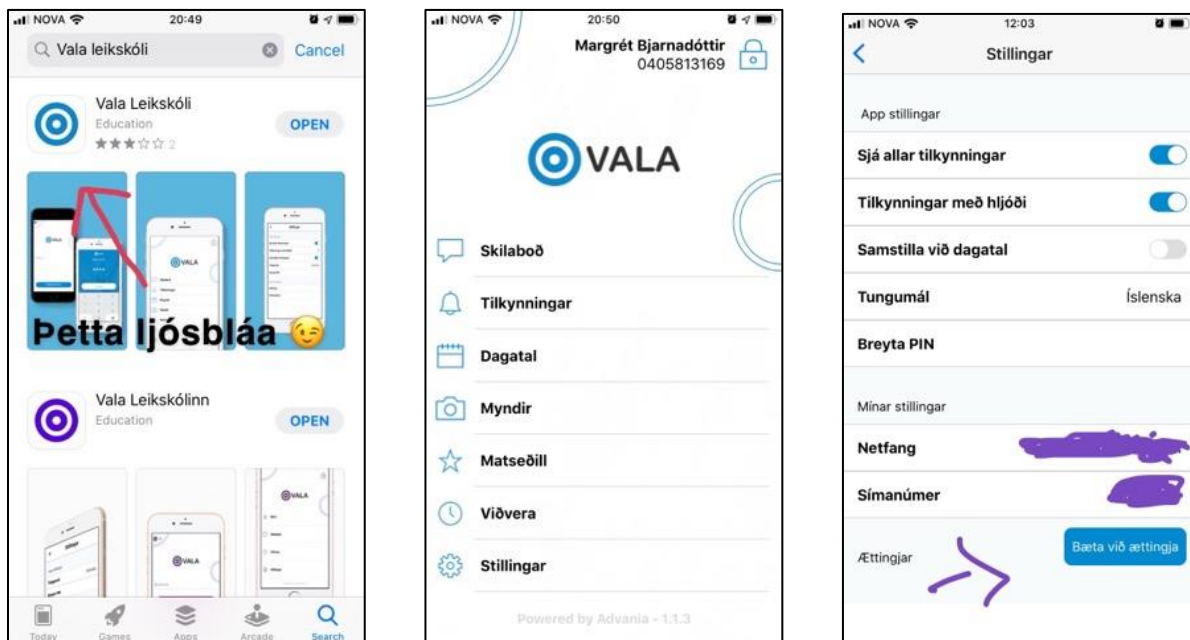
It's vital parents check the child's locker space at end of day and take home if any of the clothes are wet or need washing so to be ready for use the following day (mittens, shoes, boots and rain-wear are the most common ones to get wet).

Diet: if your child has allergies or intolerance you need to present the head teacher at homeroom with a doctor's note, the teacher then passess along the relevant information to those who need it (for example the kitchen).

Who picks the child up: a teacher needs to be notified if someone other than parents are picking up your child.

Vala:

A year ago we launched a new website which we are constantly making more efficient. The system for our webpage is called Lísá and is connected to the educational program Vala and includes an information app called Vala leikskóli (see pictures).



In the app parents and guardians can send and receive messages (for example if someone else is picking up your child or if the child needs to be ready for pick up earlier than regularly), see news from the school, upcoming events, menu, how long your child slept and how much it had for lunch.

In the cases where a child doesn't live with both parents/guardians, the parent with legal residence with the child has access to the app. The residence parent needs to sign into the app, go to settings and add other guardian/s under „relatives“. Afterwards everyone added are connected to the child's database, can see, receive and send all information through the app.

The app is downloadable through Appstore and Playstore.

E-mail is sent through Vala, if anyone isn't getting e-mails from the preschool check the listed e-mails for your child through the app or „service portal“ on Kopavogur's website <https://thjonustugatt.kopavogur.is/login.aspx?ReturnUrl=%2f>

Rjúpnahæð's webpage is <http://rjupnahaed.kopavogur.is>

Parent Council of Rjúpnahæð: At the preschool there is a Parent council. It's purpose is to give feedback to the preschool and council in accordance with 2. and 4. articles on school curriculum and other plans regarding the preschool. The council oversees the follow through of the preschool's curriculum and other plans within the preschool and informs the progress to the other parents. The Parent council has the right to object or comment on any major changes to the policies the preschool follows. There are 4-6 parents in the Parent council with the principle, meetings are held at Rjúpnahæð twice or three times during the school year.

Those interested to participate in the Parent council are asked to contact the vice principal Margrét through her e-mail: mbjarna81@kopavogur.is

If you have any questions please do not hesitate contacting us at Rjúpnahæð

Names of each Home room head teacher and email:

Krummahreiður: Heiða María heidamaria@kopavogur.is

Álftahreiður: Unnur unnurk@kopavogur.is

Arnarhreiður: Valgerður Ósk valgerduro@kopavogur.is

Spóahreiður: Inga Rún ingarun@kopavogur.is

Lóuhreiður: Helga Margrét helgamargret@kopavogur.is

Prastarhreiður: Lilja Margrét liljam@kopavogur.is

Hrönn principal: hronnv@kopavogur.is

Margrét vice principal: mbjarna81@kopavogur.is

Home room phone numbers:

Krummahreiður: 441-6711

Álftahreiður: 441-6712

Arnarhreiður: 441-6713

Spóahreiður: 441-6714

Lóuhreiður: 441-6715

Prastarhreiður: 441-6716

Best regards

Hrönn principal og Margrét vice principal