

# THIS SFO



THIS has a before & after school care program for children in grades 1-4. Our program emphasises that children are given agency - (voice, choice and ownership) - regarding their free time, culture and leisure activities based on their age and interest.

We strive on creating good relationships, social skills, learning through play, activities and good conversations. Child safety is a priority. Our before & after school program provides adult supervision where children experience SFO as a safe place to be.

Adult-led activities are available for students to join and will take place both indoors and outdoors. In addition to adult-led activities, we believe it is important that children are given an opportunity to have their own unstructured play.

Adults are supportive observers and will allow the children to use their own culture, imagination, creativity and role-play that provide competence in social learning and conflict resolution.



## Opening

**Morning** hours: 07:30 to 08:30

**Afternoon** hours: After school until 16:30

We are open during school holidays (Autumn, Winter and Summer). SFO is closed during the month of July. We send out a registration form in advance of the school holidays to organise staffing and activities.

**School holiday** hours: 08:00 - 16:00

# Wide range of Activities

Whether your child is athletic or more creative, at THIS SFO we have a wide range of activities that will match their interests. The weekly program is structured to include physical activities combined with arts and crafts. The SFO schedule is designed to keep the children constantly engaged and entertained, allowing them to interact with other children within the PYP and to try new activities they may not have tried before.

Daily, the children are offered free play outside & inside, where they have the opportunity to play freely with their friends. We also offer a wide variety of adult-led activities throughout each month such as painting, sketching, paper crafts, jewellery making, digital art, knitting, embroidery, lego, board games, gym activities, library time, basketball club, football club and cooking.



## SFO

The children receive a meal and fruit at SFO every day. We provide bread/baguettes/wraps with a variety of different toppings and healthy salads. Warm meals such as soup, pasta and rice dishes are served once a week. Children are required to bring their own water bottles during meal times. During school holidays lunch is provided but children will bring their own afternoon snack.

## SFO

We are a diverse team at THIS SFO, each with our own different skills, talents and experiences which are highlighted in the adult-led activities that we lead. Our common goal is for everyone to be in a fun and safe environment.

### SFO Coordinator

Chris Leong: [chris.leong@this.no](mailto:chris.leong@this.no)  
Telephone SFO: +47 45 86 18 09

### SFO Staff

Maximiliano Niello  
Siren Grønlie

Nicole LeDuc  
Yana Sachylovich



## Clothing

We are lucky to have the festning as part of our outdoor surroundings. As we spend a fair amount of time outside, please ensure that your child has suitable clothing and footwear for all weather conditions. Children must also have indoor shoes/slippers and a spare set of clothing. We also recommend that they have gym shoes available as we have gym activities on a regular basis. Remember to label clothes and shoes with names. Forgotten clothing left behind is collected monthly and delivered to Fretex.

# Notifications

We strive to have a clear overview of which children are going to and from SFO, away for the day, going with a friend or being picked up by another adult. This is important for us to help maintain the safety and predictability for the children, parents and staff. Below are some guidelines to ensure that this happens.



- Notification from parent/guardian as earliest as possible, preferably by email or sms.
- Telephone calls are for unforeseen situations that happen during the afternoon.
- For safety reasons, we do not accept verbal messages from children.
- Written notification from parent/guardian when a child is going home with another child. *(email or sms)*
- Written agreement when another adult such as a relative or family friend will be collecting the child. *(email or sms)*
- Written agreement if your child is to go home by themselves at a certain time. *(email or sms)*
- When your child is outdoors, please inform staff that you have collected your child.

## Price

SFO Offer	SFO Fee	Food	Total Price
Full time (4th grade)	2500kr	300kr	2800kr per month
Regular single day	300kr	Included	300kr per day
School holidays single day	400kr	Included	400kr per day
Full time (1st - 3rd grade) *	675kr	300kr	975kr per month
12 hours free only (1st - 3rd grade) *	No fee	300kr	300kr per month
Late pick up fee	250kr	-	250kr per 15minutes

*\*The government has introduced 12 hours of free SFO for all students in 1st to 3rd grade. This means that parents will receive a price reduction for 1st to 3rd grade students who have a place in SFO. All 1st to 3rd grade students registered in SFO are entitled to afternoon SFO free of charge and 2 days a week during school holidays, this does not include food.*

