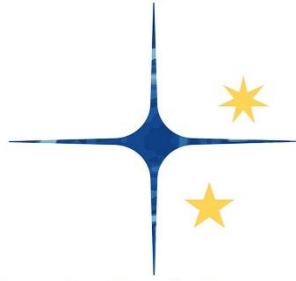


POLARIS
SCHOOL AND CENTRE



learning for our times, teaching in freedom

Polaris School & Centre's
Parent & Child Program

Polaris School and Centre
1805 Gaspé Avenue
Ottawa, Ontario K1K 0A4
613-842-4322
Info@polarisschool.ca

GREETINGS

Dear Parents and Guardians,

A warm welcome to all families joining us for the Parent and Child program at Polaris. The teachers are looking forward to welcoming your family and creating a space, where families can gather in a safe and inviting environment. A place where one can connect and share.

Raising children in our time, with pressures coming from all directions, is not always an easy task. By gathering together we can share new practices and ideas and let the children be children.

This booklet is meant to help you become acquainted with the details of the program so that you and your family feel welcomed at Polaris and a warm and inclusive environment is created for all participating.

If you find yourself called to one of the various volunteer opportunities at Polaris, please feel free to reach out. There is certainly no expectation that families in this program would be actively involved but the opportunity is there.

Welcome to the community. Our goal is to bring joy and support to families on their parenting journey.

With gratitude,

Parent & Child Program Teachers and Administration of Polaris School & Centre

The Fall Term

Program Location:

Second Floor, Parent and Child classroom
1805 de Gaspé Ave., Ottawa ON K1K 0A4

Dates & Hours: (13 Classes)

Thursday Program: Sept. 21st to Dec. 14th / 9:15 to 11:00 am

Friday Program: Sept. 22nd to Dec. 15th / 9:15 to 11:00 am

Program Details:

Arrival:

Upon your arrival, the teacher will greet you. You can use the cloakroom for hanging all coats and placing outdoor footwear (shoes, boots) outside the classroom. Families are asked to bring slippers or indoor shoes. Please leave personal items in one of the cubbies. Only "snack bags" should enter the classroom and will be kept in an assigned space.

For everyone's safety, children are asked not to run in the classroom as well as in the hallways or any other area of the school.

The Class:

Every week the class offers opportunities to find out more about Waldorf Education, by means of different topics (such as the importance of rhythm and routine, choices of toys at different ages, the development of the child through the 7 years cycle, the importance of free, imaginative and creative play, imitation and repetition, festivals through the seasons, the Nature Table, etc.). Parents are also encouraged to bring different subjects of interest to our discussions.

The rhythm of the program will be the same weekly, so that parents and children know what to expect. Transitions are introduced with little songs or a melody on the glockenspiel which signal that it is time to move to another activity. Parents/caregivers are also asked to stop their conversations and assist (whether it is cleaning up, putting things away, getting snack ready on the table, etc.). Adult involvement will assist with the transition period and help children engage with what is coming next.

In order to encourage as much freedom of play as possible, we ask that parents make sure that all personal belongings, such as toys and stuffed animals, are left at home or in the car.

Participation: Parents/Caregivers should not feel any pressure to have their child(ren) participate in circle time. If your child is not participating, we ask that parents/caregivers participate just the same, by observing what you do, children are more likely to imitate the activity and follow once they feel comfortable.

Purposeful, practical activities, such as seasonal crafts, baking, cleaning, etc.) provide an opportunity for parents/caregivers to get to know each other and provides children with meaningful activities they can imitate and/or some children can engage in. It can also give children the space for creative free play while the adults are busy with an activity.

Conversations among adults are expected to be kind, respectful, pleasant, and joyful. Coming to Parent and Child offers parents and care givers a unique opportunity to observe their child while playing, singing, and interacting with others in a safe, relaxed and healthy environment without being distracted by household chores and responsibilities.

We work with the cycle of the year, starting with our daily routine (the rhythm of the day with each activity), the four seasons (the Nature Table, the Festivals), crafts made out of natural fibers, baking (apples, bread, soup, etc.), Circle Time, and Story Time all related to the seasons.

Cell Phone:

Parents and Caregivers are asked not to take their cell phones out during the Parent and Child. This is a time to connect with your child and to be present in the moment. If you are expecting an important call, we ask that you take it in the cubby area/hallway so as not to disrupt the class.

Food and Allergies:

Polaris is a peanut-free school. We ask for your cooperation in ensuring Polaris offers a safe environment for everyone. Please do not bring any peanuts and/or items containing peanuts to school.

A list of all allergies and food intolerances should be provided upon registration and will be passed along to the teacher. If there are families attending with severe allergies to other food items, a special request may be made to ban that item in the parent and child program. This will be done on a case-by-case basis.

If your child is hungry and asks to eat before our common snack time, please discreetly leave the room and give them a little something in the cubby area, making sure that you leave enough so you have something to eat when we have snack all together.

When there are shared snacks on special occasions (festivals, birthdays, end of a session, etc.), allergies and food intolerances will be taken into consideration. If a family is asked to bring something in, they will be provided with a list of allergies/intolerances and asked to bring something that all can participate in enjoying.

Waste: Please note that we encourage the use of reusable containers for food and beverages to minimize the "garbage" left behind, and to reinforce the environmental consciousness that flows naturally from Waldorf education. Please bring home all packaging, wrappers, paper cups, diapers, food, etc. as Polaris is not set up to dispose of these items properly. The bin in the bathroom is for paper towels/tissues only. Thank you for your cooperation.

End of the class:

The class will end with a good-bye song. Since families only see each other once a week, there may be a desire to socialize longer. If this is the case, families are welcome to go to one of the local parks in the neighbourhood. Unfortunately, due to the size of the yard and the various programs using the outdoor space during the day, we do not have a place onsite to accommodate this.

Late/Absence:

If you are running late and able to communicate this to either the teacher or school office that is much appreciated. We ask that families do not enter when the class is in the middle of circle time or story as this can be very disruptive to others.

Note that we are unable to provide a refund for any absence during the term.

Questions?

Depending upon what you wish to discuss, families are always welcome to contact either the lead teacher by email and/or Ms. Dina in the office via email or phone with any questions you may have.