

PARENT HANDBOOK



rainbowkiddiesnursery@gmail.com

Welcome to Rainbow Kiddies Montessori

Dear Parents,

We are delighted to welcome you and your child to our school. Our preschool is dedicated to providing a warm, nurturing, and stimulating environment where children can explore, learn, and grow. We believe that early childhood education lays the foundation for a lifetime of curiosity, creativity, and academic success.

At Rainbow Kiddies, we emphasise a play-based, child-centred approach that fosters both intellectual and emotional development. Our dedicated teachers and staff work closely with families to create a supportive learning community that nurtures each child's unique potential.

This Parent Handbook serves as a comprehensive guide to help you understand our school policies, daily routines, and expectations. We encourage you to read through this handbook carefully, as it will provide valuable information on how we can work together to ensure a positive and enriching experience for your child.

If you have any questions or need further clarification, please do not hesitate to reach out to us. We look forward to an exciting and joyful learning journey with you and your child!



Jade Diamond
Principal, Rainbow Kiddies Montessori

MONTESSORI CURRICULUM

Practical life

Montessori practical life is a curriculum that uses everyday activities to teach children essential life skills, fostering independence, coordination, and concentration. These activities are divided into four main areas: care of self (personal hygiene, dressing), care of the environment (cleaning, tidying), grace and courtesy (polite behavior, social skills), and control of movement (fine and gross motor skill exercises). The goal is to help children gain physical and intellectual independence and prepare them for all future learning.

Sensorial

Montessori Sensorial is a core part of the Montessori curriculum that uses specially designed materials to help children refine their senses—sight, touch, sound, smell, and taste—to organize and understand their environment. Through hands-on activities, children learn to classify and differentiate between sensory experiences like size, shape, texture, color, and sound, which builds concentration, problem-solving skills, and a foundation for future learning in math and language.

Maths

Montessori math uses hands-on, concrete materials to guide children from understanding abstract concepts to symbolic representation. This approach moves from concrete to abstract, using physical objects like number rods and golden beads to teach concepts like counting, place value, and the decimal system before introducing abstract numbers and formulas. The method emphasises a solid, intuitive understanding rather than rote memorisation, fostering confidence and a natural inclination for mathematical thinking.

Language

Montessori language education builds on a child's innate ability to absorb language, focusing on a hands-on, self-directed approach to reading, writing, and oral communication. It starts with developing listening skills and vocabulary through rich conversation and reading aloud, followed by learning letter sounds (phonics) with tactile materials like sandpaper letters. Writing is taught after a child has a good foundation in letter shapes and sounds, progressing from matching words to writing them without a pencil, and then to using a pencil.

Cultural

A comprehensive curriculum area that helps children understand their place in the world by exploring subjects like geography, botany, zoology, history, science, art, and music. The goal is to foster a global perspective, teach social responsibility, encourage respect for diversity, and develop an appreciation for all living things and their interconnectedness. It moves beyond a traditional curriculum by encouraging hands-on, interest-led learning, starting with basic concepts like weather and the solar system and expanding to more complex topics.



SCHOOL HOURS AND TERMS

School Hours

Half Day 7h00 - 12h30

Includes breakfast, morning snack, hot lunch, and a sun hat

3\4 Day 7h00 - 15h00

Includes breakfast, morning snack, hot lunch, afternoon snack, sun hat and bedding for nap time.

Full day 7h00 - 17h00

Includes breakfast, morning snack, hot lunch, afternoon snack, sun hat and bedding for nap time

School Terms

Term 1

12 January - 27 March

Term 2

7 April - 26 June

15 June School closed

Term 3

6 July - 23 September

Term 4

28 September - 11 December



Reports and Assessments

Progress Reports are sent out twice a year in June and December. We have a Teacher/Parent meeting once a year at the end of term 2. Our teachers do daily assessments and keep records in their classroom which the school manager checks. This progress is discussed with the teachers every month. Should you want to discuss concerns about your child's development, all you need do is request a meeting with your teacher or the school manager

Communication

We prioritise open and transparent communication with families. We use an app called Class Dojo, which you can download from all app stores (you do not need to use the paid-for version). Parents receive photos, messages, and reports directly from their teacher weekly. Management is available for inquiries via both Class Dojo and email. Weekly updates are given regarding events and planning, as well as a monthly Newsletter. Children in our NIDO Class have communication books as well.

Medication

The School is not allowed to give children medication unless it is an absolute emergency. Medication should be given to children at home before they attend school. In special circumstances, prescription medications may be given but require a Medication Authorisation form from a doctor. All medication must be in its original packaging and handed directly to a staff member. No medication should be left in a child's backpack at any time.

Allergy & Food Safety

We are a nut-free School (no peanuts, tree nuts, or nut-based products are allowed). Parents are required to disclose all food allergies or dietary restrictions during enrollment. EpiPens and inhalers must be provided by parents if needed. We promote healthy eating habits while ensuring the safety of all children with food allergies. Our meals are designed to provide nutritious options while maintaining a nut-free and allergy-conscious environment.

Items to Bring Daily

A large enough school bag with the following:
A change of clothes, both for warm and cold weather, and underwear. A water bottle with fresh water. As well as any other items your Child might need. Younger children would need nappies, milk, bottles and a soothing item. Label all your child's items so that if lost, we can easily find the owner. No toys, electronic devices, valuable or sentimental items are allowed. The school can not be held liable for lost or damaged belongings.

Illness

When to Keep Your Child at Home:
Fever of 38°C or higher (must be fever-free for 24 hours without medication to return).
Vomiting or diarrhoea in the past 24 hours.
Unexplained rash, pink eye, or contagious illness.
Persistent cough, difficulty breathing, or flu-like symptoms.

DAILY ROUTINE

Junior School 1 year – 3 years

07h00 School opens
 07h30 Breakfast
 08h00 Morning circle
 08h30 Work cycle one
 10h00 Morning Snack
 10h30 Work Cycle two
 11h00 Free Play - Outside
 12h00 Lunch
 12h30 Nap time
 03h00 Afternoon snack
 03h30 Afternoon activity
 04h00 Free play - Outside

Senior School 3 years – 6 years

07h00 School opens
 07h30 Breakfast
 08h00 Morning circle
 08h30 Work cycle one
 10h00 Morning Snack
 10h30 Work Cycle two
 11h30 Free Play - Outside
 12h00 Lunch
 12h30 Nap time
 03h00 Afternoon snack
 03h30 Afternoon activity
 04h00 Free play - Outside

Rainbow Kiddies Weekly Meal Planner

Weekday	Breakfast	Snack 1	Lunch	Snack 2
Monday	Jungle Oats	Fruit and Vanilla Muffin	Chicken a La King	Sandwich, Fruit & Juice
Tuesday	Matebella Porridge	Fruit and Yoghurt	Fish fingers, Mash with Mixed Veg & Baked Beans	French Toast, Fruit & Juice
Wednesday	Mielie meal porridge	Fruit and Cheese Muffin	Macaroni & Cheese	Sandwich, Fruit & Juice
Thursday	Jungle Oats	Fruit and Yoghurt	Chicken Bake with Mixed Veg	French Toast, Fruit & Juice
Friday	Matebella Porridge	Fruit and Yoghurt	Hot dogs / Pizza	Sandwich, Fruit & Juice



DAILY ROUTINE

NIDO Class 3 Months - 1 Year

07h00 School opens
 07h30 Breakfast
 08h00 Morning circle
 08h30 Work cycle one
 09h30 Morning Snack
 10h00 Outdoor Play
 10h30 Work cycle two
 11h00 Inside play
 11h30 Lunch
 12h00 Nap
 15h00 Afternoon Snack
 15h30 Afternoon Activities



Rainbow Kiddies Weekly Meal Planner

Weekday	Breakfast	Snack 1	Lunch	Snack 2
Monday	Jungle Oats	Fruit and Vanilla Muffin	Chicken a La King	Sandwich, Fruit & Juice
Tuesday	Matebella Porridge	Fruit and Yoghurt	Fish fingers, Mash with Mixed Veg & Baked Beans	French Toast, Fruit & Juice
Wednesday	Mielie meal porridge	Fruit and Cheese Muffin	Macaroni & Cheese	Sandwich, Fruit & Juice
Thursday	Jungle Oats	Fruit and Yoghurt	Chicken Bake with Mixed Veg	French Toast, Fruit & Juice
Friday	Matebella Porridge	Fruit and Yoghurt	Hot dogs / Pizza	Sandwich, Fruit & Juice



YEARLY PLANNER

February – China

13 February – Valentine's Day

17 February – Chinese New Year

March – India

6 March – Holi Colour Run

27 March – Easter Egg Hunt

April – Japan

8 April – Japanese Flower Festival

24 April – Anime Dress Up Day

May – Antarctica

8 May – Mother's Day Event

June – Italy

19 June – Father's Day Event

26 June – Carnival Dress Up Day

July – Venezuela

24 July – Venezuela Drumming Festival

August – Australia

25 August – JNR School Photos

26 August – SNR School Photos

September – South Africa

5 September – School Concert (to be confirmed)

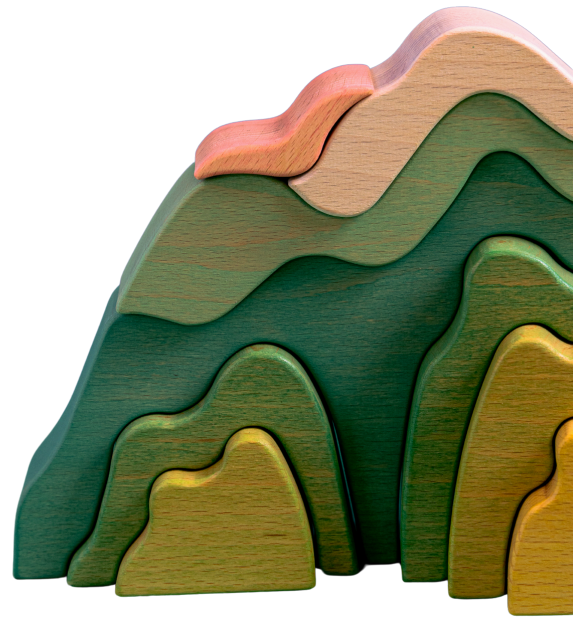
23 September – Heritage Day Dress Up and Picnic

October – Sweden

30 October – Dress Up As Your Favourite Book Character

November – Mexico

27 November – Guelaguetza cultural festival



TOILETRY LIST

(REQUIRED EACH TERM)

3-6 Year Group (Senior School)

2 x Tissues

4 x Wet wipes

1 x boxes of surgical gloves

1 x Alcohol Based Hand Sanitizer

1x Nivea SPF 50 Sunscreen (Term 1 and Term 2)

1 - 3 Year Group (Junior School)

2 x Tissues

4 x Wet wipes

Soothing Items

Nappies

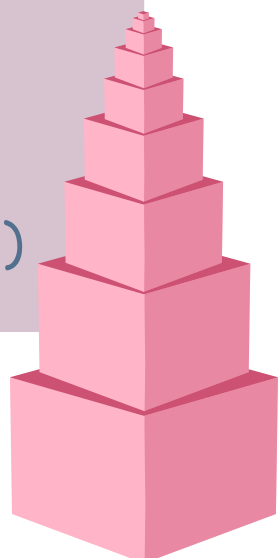
Bum Cream

Feeding Bottle and Formula

2 x boxes of surgical gloves

1 x Alcohol Based Hand Sanitizer

1x Nivea SPF 50 Sunscreen (Term 1 and Term 2)



TOILETRY LIST

(REQUIRED EACH TERM)

3 Months- 1 year (NIDO)

2 x Tissues

2 x boxes of surgical gloves

1 x Alcohol Based Hand Sanitizer

1x Nivea SPF 50 Sunscreen (Term 1 and Term 2)

REQUIRED AS NEEDED/DAILY

3 Months- 1 year (NIDO only)

Wet wipes

Soothing items

Nappies

Bum Cream

Feeding bottle and formula

Teething Biscuits

Change of clothing

Sun hat

Water bottle

