



GAIA WALDORF SCHOOL RULES AND GUIDELINES FOR THE KINDERGARTEN AND PLAYGROUP

1. CLOTHING POLICY

As we do not have a school uniform it is essential to come to an understanding of what it means to be appropriately dressed for school. Children come to school to learn and to work and should be dressed for this purpose. Children can be helped to understand that there is a difference between school and recreational clothing.

Clothes must be undamaged (not torn or frayed), comfortable and allow free and safe movement. Clothes that are far too big or too tight not only inhibit this movement but also necessitate unnatural postures to keep them on.

The following are NOT allowed:

- Short tops and hipsters that do not cover the midriff
- Halter-neck tops/dresses
- Make-up, this includes nail polish
- Dyed or highlighted hair
- Printed clothing i.e. slogans, logos and advertisements
- Character costume clothing e.g. Spiderman, superman, etc.
- Platform and high heelshoes

Bear in mind that clothing is likely to get wet and/or dirty due to outside play and therefore clothing needs to be appropriate in the likelihood of such events. Please send a spare set of clothing in a plastic bag which can be kept at school.

2. SUN PROTECTION

Warnings are broadcast repeatedly through the media about the dangers of sunburn, especially to small children. All children must bring a hat to keep at school.

3. FOOD

Children are provided with a wholesome snack in the morning which is prepared at school by the teachers. A different grain is used each day. Each child is asked to bring a piece of fruit every day. Children going to Aftercare are provided with a cooked lunch; however it is advised that you provide a packed snack in addition to this.

The following foods should NOT be sent to school:

- All types of chips, salted peanuts and other commercial snacks. These foods are very high in preservatives and colourants, and contribute a great deal to hyperactivity in children.
- Sweets of any kind.
- Fizzy drinks, fruit cordial and any drinks that contain added sugar and artificial ingredients.
- Chewing gum of any kind.



The following foods are recommended:

- Whole-wheat sandwiches
- Vegetable snacks
- Fruit
- Nuts
- Yoghurt

If a drink is required, only 100% pure, sugar-free fruit juice or water.

4. ABSENCES FROM SCHOOL

Absenteeism and late arrivals in the Playgroup and Kindergarten cause a disruption of the rhythm and routine not only to the absent child but to the class as a whole, and the teacher. It is very difficult to work with a child who is in and out of school and it brings insecurity, unease and chaotic restlessness to the class. School should be a secure and harmonious place for the child and the teacher cannot maintain such an environment with these disturbances.

5. PUNCTUALITY

We regard rhythm and form as being part of the school day and consider punctuality as being important. Playgroup and Kindergarten start at 8:00 and children must be brought to school no later than 8:30.

6. COLLECTION OF CHILDREN

It is the school's policy that children are collected only within the school grounds. The safety of pupils is the highest priority and the school cannot be held responsible for any child's safety outside the school grounds. Children must be collected by 12:15. Children not collected by 12:30 will be handed over to Aftercare and parents will be billed accordingly.

7. TELEVISION

Television viewing requires little concentration, lames the capacity for creative imagination, encourages passivity and creates the expectation of instant gratification. This works directly against the holistic, participatory, imaginative and self-initiated activities, which are fundamental to Waldorf education.

Since research has proven that TV creates behavioural problems, escalates learning difficulties, reduces concentration skills and robs children of the will and skill to play healthily, we have a policy of recommending no television viewing for young children.

Please do not hesitate to contact your Class Teacher should you have any queries regarding the above policies.



We kindly ask that you **subscribe** to our fortnightly newsletter, **The Gaia Rainbow**. This is an important means of communicating events of the school, information linked to Waldorf Education, advertisements of workshops, smalls and a special editorial written by teachers, staff and parents. To subscribe please go to our website **www.gaiawaldorf.co.za**, go to the bottom of the home page, put in your name and email address and click on subscribe.

Myschool application forms are available in the office and we will be able to issue you with a card straight away. The Myschool initiative is an effortless and cost free way of raising funds for our school fee assistance fund. Swipe your card at certain stores like Woolworths and Reggies and a percentage of what you spend will be given to the school.

Your class teacher will contact you regarding any special requirements. For new Playgroup, Kindergarten and Class 1 enrolments, you will receive a letter at the end of the year from the class teacher regarding a welcome tea which will be held before the start of the school year.

During the course of the school year please feel welcome to discuss any concerns or raise any pedagogical queries with your class teacher. For general, administrative and financial queries please feel welcome to contact the below relevant people.

Cindy Woodman (secretary)
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Marlene Schmidlin (financial administrator)
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