

IMPORTANT INFORMATION

ABOUT US

Plant the seeds of learning in your little one's heart in our holistic, nurturing and eco-friendly English kindergarten for ages 3-5 years old. Seeds of Phangan International Kindergarten was established in 2021 by passionate German and American qualified teachers in the heart of Koh Phangan. We provide top international education for 25 children Monday to Friday from 8:30am to 3:00pm in a green, modern and centrally located house. Our teaching team consists of two qualified teachers, two teaching assistants, one nanny and one cook.

The serene surroundings of Seeds provide children with plenty of natural light and views of the mountains. The kindergarten is equipped with quality resources, including natural wooden and Montessori toys, a library with many classic books, and carefully selected teaching and art materials. There is a large outdoor green area with a wooden playground, a yoga space, a mini shala, many cars and bicycles, a trampoline, a large blackboard, a mud kitchen, sports equipment and a sandpit. Our goal is for children to experience playtime and exploration in awe and wonder!

Seeds has been designed with children's safety and welfare as our highest priority. To support the local Thai community as much as we can, we have our furniture made on the island from natural resources such as bamboo and wood and the morning circle cushions are individually designed from Chiang Mai and handmade from local tailors.



OUR MISSION

At Seeds, we believe in a holistic education which focuses on the whole child and encourages student engagement in the learning process. We prioritize social, emotional and artistic expression as well as physical and spiritual learning.

We are convinced that children require a balance of routine, self-guided and teacher-led learning to allow them space to explore their own interests, while we facilitate their learning to reach their full potential.



PLANT THE SEEDS OF LEARNING: OUR PEDAGOGICAL VIEWS

Seeds teachers are skilled at creating a positive learning environment in which all young learners feel a sense of belonging, and whose seeds we water with love and care to sprout into beautiful, unique flowers. We follow a holistically blended British EYFS and German Early Years curriculum with elements from Montessori, Steiner, Fröbel and Piaget pedagogy.

Maria Montessori:

The play area is filled with stimulating, natural Montessori toys which encourage children to experiment, problem solve and engage in self-guided learning. The teachers thoughtfully prepare the classroom environment to invite curiosity and encourage students to explore and use materials at their own developmental level and pace.

Rudolf Steiner (Waldorf education):

We classify our kindergarten as holistic because we believe that children's social, spiritual and creative sides require as much attention as their intellect. We teach hands-on and practical skills by cooking, cleaning and gardening together. In our classroom, we passionately nurture artistic expression and learners are given free rein to express their creativity through indoor and outdoor art lessons.



Friedrich Fröbel:

Fröbel is the founder of the word, "kindergarten," which means, "Garden of children," in the German language. Seeds provides a unique, safe and sheltered house with a spacious garden, where children's play is the "highest expression of human development" in all forms. In the Seeds daily routine, we implement singing circles, circle games, arts & crafts, reading stories, free play and guided play to create a strong classroom community.



Jean Piaget:

Seeds students are viewed as "little scientists" who explore and interact with their world to understand people, objects and concepts, while we as teachers take an active, mentoring role. We believe that each child is unique and observe their individual needs to enable them to thrive and grow.

OPENING HOURS

Arrival time is between **8:30am to 9:00am**. The daily program begins after 9:00am without parents. If parents arrive after 9:00am, drop off is at the gate downstairs with a teaching assistant.

Pick up time is from **2:30pm to 3:00pm** in the garden area or in the classroom during rainy days. Please notify the teacher in advance if there are planned playdates or if you will be late.

LOCATION

Seeds is located in Soi Suan-Pa, near the central business district and residential area of Thong Sala. You may follow Google maps and street signs to find us.

Address:

Seeds of Phangan International Kindergarten
50/49 Moo 2, Soi Suan-Pa, Koh Phangan, 84280 Surat Thani, Thailand

COMMUNICATION

All parent-teacher communication is done via Email or the application ClassDojo. ClassDojo is an education platform designed for education institutions, where the teacher also posts updates and photos for parents to see from the children's activities at Seeds. ClassDojo may be downloaded on your phone once you receive an invitation via Email with the link to join the Seeds class.

Parent/teacher meetings are held twice per year (in December and July).

Email: info@seedsofphangan.com

Facebook: Seeds of Phangan International Kindergarten

Instagram: Seedsofphangan

INTERNSHIPS

Internships are accepted at Seeds to further spread our holistic education values throughout the world. We work closely with universities in Germany and offer internships to students studying "Social work/ education." Under mentorship with our certified teachers, the students learn through observation, interacting with the children and implementing lessons guided by our experienced educators.

UNIFORMS

We believe that our comfortable, dri-fit uniforms nourish a sense of equality, help children stand out because of their character, prevent children from wearing 'fashion clothes' that can be distracting. They are also practical for outdoor play, where we get muddy!

The dri-fit material uniforms are available in size S,M,L for purchase of THB 500 per set (shirt and shorts). If a child comes to the kindergarten without a uniform, the team will use a new one which parents will be required to purchase upon pick up.

Please note it's the parents' responsibility to dress their children in uniform prior to arriving at the kindergarten.

OUR SEEDLINGS

Our Seedlings range from 3-5 years old and spend their days as one mixed group as well as in small focused groups for learning activities that are tailored to their age. 'The Sunflowers' are 3-4 years old and 'The Bumblebees' are 4-5 years old. Each group is determined by the child's age on September 1st; all 3 year olds will join the Sunflower group and all 4 year olds will join the Bumblebee group. The groups are fixed for the entire academic year.



Having a mixed-age group of children creates a community of learners who support and care for one another. The children are together as a whole group for circle time, arts and crafts, outdoor exploration play and all meals. This allows the older children to develop leadership roles, while the younger children benefit from having role models.

Each day, all children receive quality education suited to their developmental stage in small groups. The Sunflowers have lessons with their lead teacher and teaching assistant and the Bumblebees have lessons with their lead teacher and teaching assistant. Both groups (12-15 children per group) learn about the same topics with activities tailored to their level.

DAILY ROUTINE

Just like adults, children feel more confident and secure when their daily activities and their environment are predictable and familiar. Research shows that this repetition helps children know what to expect, which makes them feel safe and secure.

At Seeds, we teach in a motivating way and encourage children to join the activities. In the beginning, children may observe the routine until they feel comfortable to participate. There is also plenty of time for free exploration during daily indoor and outdoor play, but we follow the same structured time for all of the activities each day. At Seeds, the balance of free play and guided learning is essential in early childhood development.

ITEMS TO PACK

- ❖ Small school bag
- ❖ Extra uniform/spare underwear to keep at the kindergarten
- ❖ Swimsuit for water play (individual towels and combs are provided)
- ❖ Diapers if needed
- ❖ Cuddle toy for naptime if needed (mattress, a soft blanket and pillow are provided)
- ❖ Sunhat to keep at the kindergarten (Please put sunscreen on your child at home)

Not Allowed:

X no toys and especially no toy weapons. There are special days to bring toys that will be announced in advance. **X** no money, jewelry, or food from home

Kindly label all of your child's belongings with their name

Timetable

Drop off / Free play! 8:30-9:00		Our Seedlings say goodbye to their parents at the gate and engage in garden freeplay with their teachers and friends.
We are Healthy! 9:15-9:30		We eat a healthy sugar free morning snack together.
We are a Community! Circle time 9:40- 10:00		Daily morning circle all together: singing with musical instruments, calendar, literacy, numeracy, weekly theme and more
We are Artists! (Sunflowers) 10:00-10:30		Themed art projects in the art room
We are Learners! (Sunflowers) 10:30-11:00		Project-based learning to develop, social/emotional learning, literacy, numeracy, science and creativity skills
We are Learners! (Bumblebees) 10:00- 10:30		Project-based learning to develop, social/emotional learning, literacy, numeracy, science and creativity skills
We are Artists! (Bumblebees) 10:30-11:00		Themed art projects in the art room
We are Explorers! 11:00-12:00		Outdoor free play, sandpit, water play, mud kitchen, gardening, sport activities, trampoline, bicycles, games, painting, sensory activities
We are Healthy! 12:00-12:30		We eat a nutritious sugar free home cooked lunch together and learn about healthy eating
We are Grounding! 12:30-1:00		We calm our minds and bodies with a 30 minute restorative rest listening to peaceful meditation music
We are Growing 1:00-1:40		Free play all together in the playroom with puzzles, Montessori toys, blocks, books, games and more
We are a Community! 1:40-2:00		Reflection of the day in circle time, show and tell, mindfulness practices, yoga, singing
We are Healthy! 2:10-2:20		We eat a healthy sugar free afternoon snack together
Pick up! 2:30-3:00		Stories and free play to end the day during pickup time

DAILY MEALS

HEALTHY STUDENTS ARE BETTER LEARNERS!

All of our meals are nutritionally balanced, vegetarian and refined-sugar free to support the overall growth, development and well-being of your child. Nutrition education is also part of our well rounded and holistic health education curriculum.

All meals can be made vegan. Water bottles are provided by Seeds.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Freshly cut fruits and sugar free yogurt and muesli	Freshly cut fruits and sugar free yogurt and muesli	Freshly cut fruits and sugar free yogurt and muesli	Freshly cut fruits and sugar free yogurt and muesli	Freshly cut fruits and sugar free yogurt and muesli
Lunch	<u>Week 1:</u> Brown rice, steamed broccoli, pan fried tofu and cucumbers <u>Week 2:</u> rice noodles, snap peas, scrambled egg	Pasta with tomatoes, small cut beetroot and edamame	Mashed potatoes, steamed cabbage with soy sauce, pan fried tofu	<u>Week 1:</u> Vegetable massaman curry with brown rice and tofu <u>Week 2:</u> Chickpea curry, steamed cauliflower, brown rice	Pita bread, homemade hummus and fresh vegetables
Afternoon snack	Freshly baked refined sugar-free waffles with cinnamon	Whole wheat sandwich with homemade strawberry jam	Freshly baked refined sugar-free blueberry muffins	Freshly baked refined sugar-free waffles with cinnamon	Corn on the cob

TRANSITION PERIOD

In order to have a smooth transition for your child, we follow a concept developed by educators in Germany based on the "Berlin Model." This method is proven to support a secure and trustworthy transition. The transition period is up to one week, depending on the individual needs of each child.

Separations:

The parent is required to stay for the first full day to help your child feel comfortable and safe in the new environment. Separations will begin on the second day, ranging from 20 minutes to 1 hour. When there is a separation, the parent communicates to their child that they are leaving and coming back later. To hear this from the parent is fundamental for your child to build trust and security with you and their teacher. Each day, the time of separation increases until your child is securely separated for a whole day.

DROP OFF ROUTINE

Establishing a consistent drop-off ritual with your child is crucial for ensuring a smoother transition. Prolonging the drop-off can worsen emotional difficulties for your child because it disrupts the predictability of their routine and may reinforce separation anxiety. By promptly completing the drop-off process, teachers can efficiently calm and redirect the child's attention and provide the support they need to settle into the day's activities.

Please be aware that parents are not allowed inside the garden as it doesn't allow for a dependable routine and disrupts the calm and focused environment.

****For children who arrive after 9:00, their drop-off is completed at the gate with a teaching assistant (not the homeroom teacher). Please save the numbers of the teaching assistants.****

SOCIAL-EMOTIONAL LEARNING

Our program emphasizes social-emotional learning as we believe this is the most important part of a child's development. This includes how to identify and regulate our emotions, self-love, relaxation techniques like deep breathing, setting boundaries and cooperating with others.

Our Seedlings learn class expectations including sharing, tidying up, saying stop when they don't like something, apologizing when they hurt others, listening when another person is speaking and showing respectful behavior. To promote appropriate behavior, research-backed positive reinforcement is used. This looks like praising prosocial behaviors such as when a child is helping, sharing or showing independence.



How do we calm a child having an emotional outburst?

The first step to calming a child is to understand that they experience the same range of emotions as adults, except children lack the cognition to understand their emotions. Our aim is to teach the skill of identifying, processing and communicating our emotions.



For example, Adam is crying because he took away a toy from Jenna, who hit him in retaliation. The first response is to calmly speak to both children to identify and validate their emotions.

The teacher would sit with the children in the calming corner, look together at emotion visuals and ask which emotion they are feeling, trying to help them discover the "why." If Jenna says she felt angry and hit Adam because he took the toy, we would say "it's ok to feel angry, but it's never ok to hit others when we're angry, because it causes pain!" Next, the teachers introduce an appropriate behavior to use in the future that fits into the class expectations of communicating and keeping safe hands. We would also speak to Adam about using his words to ask when he wants to use a toy. Over time, children learn patience, empathy, communication and the ability to respect and set their own boundaries through this method.

FOUNDING TEAM



Elli Biedermann, Germany
Degree in Social Pedagogy and certified
Kindergarten Teacher



Nikole Ferullo, USA
BS in Psychology
Certified in Early Childhood Education

TEACHING TEAM



Ana Martinez, Spain
Teacher
BA in Childhood Education



Sara Brink
Teacher
BA in Primary Education



Umpuchinee Salangam
Teaching Assistant



Tanyapa Chanpho
Teaching Assistant



Khonthong Saekpha
Nanny



Walipron Kangsuwan
Cook