

IMPORTANT INFORMATION

ABOUT US

Plant the Seeds of Learning in your little one's heart! 🌱 Welcome to Seeds of Phangan International Kindergarten - a holistic, nurturing, and eco-friendly English-language kindergarten for children aged 3 to 6 years.

Founded in 2021 by passionate, qualified teachers from Germany and the United States, Seeds is nestled in the heart of Koh Phangan. We provide high-quality international education for **28 children**, Monday through Friday, from **8:30am to 3:00pm**, in a green, modern, and centrally located home.

Our dedicated team consists of an **onsite manager**, **two qualified teachers**, **two experienced teaching assistants**, **one caring nanny**, and **one cook**, all working together to create a loving, child-centered environment.

The serene surroundings of Seeds offer **natural light and peaceful mountain views**, creating a beautiful and calming space for children to grow. Inside, our classrooms are thoughtfully equipped with natural wooden and Montessori-inspired toys, a library filled with beloved classic children's books and carefully selected teaching and art materials.

Our expansive **outdoor play area** features a playground with a sandpit, a yoga space and mini shala, a trampoline and large blackboard, mud kitchen, water play, sports equipment, bicycles, ride-on cars, and more.

Our aim is for children to experience **joyful play and meaningful exploration** in awe and wonder.

Children's **safety and wellbeing** are our top priorities. In support of the local Thai community, all furniture is handcrafted on the island using natural materials like bamboo and wood. Our signature morning circle cushions are lovingly handmade in Chiang Mai by local artisans.

Come grow with us at Seeds 🌱



OUR MISSION

At **Seeds**, we embrace a **holistic approach to education** that nurtures the **whole child** - heart, mind, body, and spirit. Our philosophy prioritizes **social, emotional, artistic, physical, and spiritual development**, recognizing that meaningful learning extends far beyond academics.

We believe children thrive in an environment that offers a balance of **routine, self-directed exploration, and teacher-guided learning**. This balance provides the structure they need to feel secure, while encouraging curiosity, creativity, and the freedom to follow their own interests. Our role is to gently guide and support each child on their journey toward reaching their **full potential**.

PLANT THE SEEDS OF LEARNING: OUR PEDAGOGICAL VIEWS

Seeds teachers create a warm, inclusive environment where every child feels they belong. We nurture each child's unique potential, helping them grow into confident, joyful individuals.

Our curriculum blends the British EYFS and German Early Years curriculum, enriched with Montessori, Steiner, Fröbel, and Piaget, honoring each child's natural rhythm, creativity, and curiosity.

Maria Montessori

At Seeds, the play area is filled with natural Montessori materials that spark curiosity and encourage self-directed exploration. Children engage with resources at their own pace, building confidence, independence, and critical thinking through hands-on learning.

Rudolf Steiner (Waldorf education)

We describe Seeds as a holistic kindergarten because we value a child's social, spiritual, and creative growth as much as their intellectual development. Physical movement and real-life experiences - like cooking, cleaning, and gardening - are part of our daily rhythm, helping children build responsibility and life skills. Artistic expression is encouraged through free exploration in both indoor and outdoor art activities.

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

At Seeds, children are seen as "little scientists" exploring their world to understand people, objects, and ideas, while teachers actively mentor them. We honor each child's uniqueness by observing their needs to help them thrive. Our communication about perspective and right versus wrong fosters moral awareness and encourages empathetic, intentional decision-making.

OPENING HOURS

Arrival is between 8:30 and 9:00 am. The program starts promptly at 9:00 am without parents. After 9:00 am, drop-off is at the gate with a teaching assistant.

Pick-up is from 2:30 to 3:00 pm in the garden or classroom on rainy days. Please inform the teacher in advance of any playdates or late arrivals.

LOCATION

Seeds is located in Soi Suan-Pa, near Thong Sala's central business and residential area. You can find us via Google Maps or street signs.

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 through Email or the ClassDojo app. ClassDojo lets teachers share updates and photos of children's activities at Seeds. You can download it after receiving an email invitation with a link to join our class. Parent-teacher meetings are held twice a year, in December and July.

Please feel free to contact the administration for any enrollment related questions:

Email: info@seedsofphangan.com

Facebook: Seeds of Phangan International Kindergarten

Instagram: Seedsofphangan

INTERNSHIPS

Seeds welcomes internships to share our holistic education values globally. We partner with German universities to offer internships for students in social work and education. Under certified teacher mentorship, interns learn by observing, engaging with children, and implementing lessons guided by our experienced educators.

UNIFORMS

Uniforms are required Monday–Thursday; Fridays are casual. Parents must dress children before arrival. Dri-fit uniform sets (shirt and shorts) **cost THB 600 (sizes S–XL)**. If a child arrives without one, a uniform will be provided and must be purchased at pick-up.

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' and costumes that can be distracting and promote a feeling of community and belonging. They are also practical for outdoor play, where we get very muddy!

OUR SEEDLINGS

Our Seedlings are 3–5 years old and spend time both as one mixed group and in smaller age-based groups:

- **Sunflowers:** 3–4 years
- **Bumblebees:** 4–6 years

Groups are fixed for the year, based on age as of September 1st.

Mixed-age activities build a caring community where older children take leadership and younger ones have role models. Each day, children learn in small groups (12–15 kids) with tailored lessons on the same topics, led by a teacher and assistant for each group.



ITEMS TO PACK

- ❖ Small school bag
- ❖ Water bottle
- ❖ 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 calm time if needed (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!

DAILY ROUTINE

Like adults, children feel confident and secure when their day and environment are predictable. Repetition helps them know what to expect, creating safety.

At Seeds, we motivate children to join activities, allowing them to observe first if needed. We balance free exploration during indoor and outdoor play with a consistent daily schedule. This mix of free play and guided learning is key to early development.

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 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 our meals are balanced, vegetarian, and free of refined sugar to support your child's growth and well-being. Nutrition education is also part of our holistic health curriculum.

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

SEEDS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Freshly cut fruits banana, oats, raisins, soymilk	Freshly cut fruits watermelon, oats, raisins, soymilk	Freshly cut fruits mango, oats, raisins, soymilk	Freshly cut fruits watermelon, oats, raisins, soymilk	Freshly cut fruits apple, oats, raisins, smoothie
Lunch	<u>Week 1:</u> Berry rice, steamed broccoli, pan fried tofu and cucumbers <u>Week 2:</u> rice noodles, Edamame, scrambled egg, carrots	<u>Week 1:</u> Mashed potatoes, steamed cabbage with soy sauce, pan fried tofu Option: Berry rice <u>Week 2:</u> Sweet potato, sauteed green beans with soy sauce and tofu Option: add rice	<u>Week 1:</u> Berry rice omelet and sauteed green beans with soy sauce <u>Week 2:</u> Pasta with edamame, carrots and sliced tomato	<u>Week 1:</u> Vegetable massaman curry (Potato, carrots) with Berry rice and tofu <u>Week 2:</u> Plain noodle soup in vegetable broth with tofu and yellow bell pepper	<u>Week 1:</u> Tortilla bread, homemade hummus and fresh vegetables Option: Berry rice
Afternoon snack	Pancakes with honey	Mango-strawberry smoothie and toast	Blueberry oat muffins	French Toast	Mango- strawberry Smoothie

DROP-OFF ROUTINE

A consistent morning routine and quick drop-off help your child feel secure. Lingering can increase anxiety, so we encourage brief goodbyes. Parents are not allowed to enter the kindergarten at drop-off time in order to maintain a calm and focused environment.

After 9:00 am, drop-off is at the gate with a teaching assistant or nanny. Please save their numbers for emergencies and avoid knocking on the office.

After 9:00am, families which arrive late will have to wait outside the kindergarten until a member of staff comes at 9:30am to open the gate.

In case of arriving later than 9.30am, please call our teaching assistants on their mobile phones.

PICK- UP AUTHORISED LIST

All families are required to complete the Authorised Pick-Up List. This form allows you to authorise up to **four people** who can pick up your child without additional teacher approval. For each person, we require their name, relationship to the child, photo, and phone number.

Please note:

- Only individuals listed on this form will be permitted to pick up your child. There is no need to inform the teacher anymore.
- Child's own parents do not need to be added to this list.
- If an unauthorised person needs to pick up your child, please inform the homeroom teacher via ClassDojo **before 2:30pm**.
- Please refrain from asking teachers to check with your child about playdate arrangements.

We ask all parents to take full responsibility for organising and communicating pick-up plans directly with one another. Teachers will not coordinate playdates or inform children about their pick-up arrangements.



TRANSITION PERIOD

To ensure a smooth transition, we use the “Berlin Model,” a method from German educators that supports secure, trusting adjustments. The transition lasts a few days up to two weeks, tailored to each child’s needs.

Separations:

Parents stay with their child on the first full day to provide comfort and safety. If ready, separations start on day two, lasting 20 minutes to 1 hour. Parents clearly explain they are leaving and will return - this helps build trust.

It's normal for children to feel upset when parents leave. During separation, a Seeds team member comforts and bonds with the child. Separation time gradually increases until the child stays securely for the full day.

SOCIAL - EMOTIONAL LEARNING

Our program focuses on social-emotional learning, helping children identify and manage emotions, practice self-love, use relaxation techniques, set boundaries, and cooperate with others.



Seedlings also learn classroom expectations like sharing, tidying up, saying “stop” when uncomfortable, apologizing, listening, and showing respect. We use positive reinforcement—praising prosocial behaviors like helping, sharing, and growing independence—to encourage appropriate behavior.

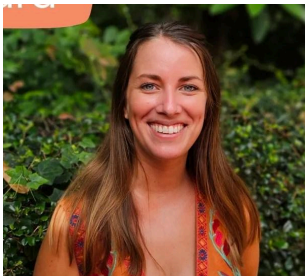
How do we calm a child having an emotional outburst?

Calming a child starts with understanding they feel the same emotions as adults but can't yet fully understand them. Our goal is to teach children how to identify, process, and express their feelings.

For example, if Adam cries because Jenna hit him after he took a toy train, the teacher calmly talks to both children to recognize their emotions. In the relaxation corner, they use emotions visuals to help the children name their feelings and understand why. If Jenna says she was angry, the teacher validates that feeling but explains hitting isn't okay because it hurts others.

Then, they discuss better ways to respond, like using words and keeping hands to themselves. Adam learns to ask before taking toys and that taking without asking isn't acceptable. Over time, this helps children develop patience, empathy, communication skills, and healthy boundaries.

FOUNDER	
	<i>Elli Biedermann</i> Degree in Social Pedagogy and certified Kindergarten Teacher 15 years teaching experience Germany

MANAGER	
	<i>Ana Martinez</i> BA in Childhood Education 13 years teaching experience EYFS Well-being/Mindfulness teacher At seeds since 2023 Spain
TEACHER	
	<i>Sara van der Brink</i> BA in Primary Education 5 years teaching experience At Seeds since 2024 Netherlands

TEACHER	
	<i>Melanie Wilson</i> BA in Primary Education 14 years teaching experience At Seeds since 2026 New Zealand
TEACHING ASSISTANT	
	<i>Khun Ying</i> Experienced Kindergarten Teacher At Seeds since 2025 Thailand
TEACHING ASSISTANT	
	<i>P Natcha</i> Graduated at Bangkok University At Seeds since 2026 Thailand

NANNY	
	<i>P Eik</i> Mother of 2 children Thailand
COOK	
	<i>P Saw</i> At Seeds since 2021 Previous 10 years of experience working in restaurants Has 3 children of her own Loved by all children for her love in the food