

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 2-6 years old. Seeds of Phangan International Kindergarten is **run by professional and passionate German and American certified teachers** in the heart of Koh Phangan. We provide top international education from Monday to Friday from 8:30am to 3:00pm in a green, modern and centrally located house.

The serene surroundings of Seeds of Phangan International Kindergarten provides children with plenty of natural light and views of the mountains. The kindergarten is equipped with **quality resources**, including wooden natural and Montessori toys, a library with many great books, carefully selected teaching materials and all of the arts and crafts materials of a child's dreams. There is a large outdoor green area with bamboo football nets, a yoga space, a mini shala, a trampoline, a large blackboard, a mud kitchen and a sandpit for gardening. It's our desire for children to experience playtime and exploration in awe and wonder!

Seeds of Phangan International Kindergarten 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. The morning circle cushions and cotton uniforms are individually designed from Northern Thailand (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 need 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:

You will find stimulating, natural Montessori toys at Seeds 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. By making independent choices, the child develops self-motivation, self-regulation, and problem-solving skills.



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. Physical practice and interaction with the environment is essential for children’s healthy development and to be prepared for the future. 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:

Friedrich Fröbel is the founder of the word, “kindergarten,” which means, “Garden of children,” in the German language. Seeds of Phangan International Kindergarten 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. The way we communicate with children about perspective and right versus wrong allows them to gain moral awareness and the ability to make decisions empathetically and intentionally.



OPENING HOURS

From **8:30am to 9:00am** is drop off time. The **daily program begins after 9:00am** without parents.

From **2:30pm to 3:00pm** is **pick up time** in the garden area or in the classroom during rainy days.

Please notify the teacher in case there are planned playdates or you are late.

LOCATION

Seeds of Phangan International Kindergarten is located on **Soi Suan-Pa**, near the central business district and residential area of Thong Sala. Nearby are several markets, food courts, cafés and restaurants; it's just a short drive away from Makro, Big C Supermarket, First Western Hospital, Watsons, book stores and supply shops.

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

The parents are able to communicate with the homeroom teacher **via ClassDojo**, a platform designed for parent-teacher communication, where you can find updates and photos of your child's day at Seeds. ClassDojo is an application to be downloaded on your phone once you receive an invitation by the teacher.

Parent/teacher meetings are held twice per year (in December and July) to update parents on their child's progress and development.

Please feel free to contact the administration via:

@ Email: seedsofphangan@gmail.com

@ Instagram: seedsofphangan

@ Facebook: Seeds of Phangan International Kindergarten

@ Website: www.seedsofphangan.com

SEEDS TEAM



**Elli Biedermann, Founder
Administration**

Degree in Social pedagogy and
Certified kindergarten teacher
14 years teaching experience
Germany



**Nikole Ferullo, Co-Founder
Administration**

Early childhood education and
Bachelor of Science in Psychology
4 years teaching experience
USA



Ana Martinez, Homeroom teacher
Bachelor of Childhood Education
12 years teaching experience
EYFS Wellbeing/Mindfulness teacher
Spain



Khun May, Teaching Assistant
Experienced Kindergarten Worker
Bachelor Marketing, Bangkok
Thailand



Melanie Wilson, Part-time teacher
Bachelor of Education
15 years teaching experience
New Zealand



P.Nong, Nanny
4 years' experience in Education
BA in Marketing University Bangkok
Thailand



P.Saw, cook
10 years' experience working
in restaurants
Thailand

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.” The **internships are a minimum of 3 to 6 months**. Under mentorship with our certified teachers, the students learn through observation, interacting with students and implementing lessons guided by our experienced educators.

Volunteering:

Volunteers are accepted throughout the year for those who would like to learn more about working with children and support the Seeds vision and community.

UNIFORMS

Children are required to wear our comfortable 100% cotton and dri-fit uniforms (shirt and shorts). from Monday to Thursday (Friday is uniform free). The first cotton uniform is included in the THB 5,000 entrance fee.

If you wish to purchase more uniforms in the dri-fit material, the cost is **THB 500 per set**.

We believe that comfortable uniforms

- nourish a sense of equality.
- help a student stand out because of their character and not their clothes.
- prevent children from wearing 'fashion clothes' that could be distracting.
- promote a feeling of community and belonging.
- are practical for outdoor play, where we will get muddy.
- allow children to show pride wearing them!



DAILY MEALS

Healthy students are better learners!

All of our meals are nutritionally balanced, vegetarian and refined-sugar free to aid in 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 changed to a vegan meal.

Water bottles are provided by Seeds.

Example:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Watermelon	Banana	Papaya	Banana	Pineapple
Lunch	Week 1: Pineapple fried rice with tofu and raisins Week 2: Lentil curry with vegetables and brown rice	Week 1: Whole wheat Pasta with vegetable tomato sauce Week 2: Whole wheat Pasta with homemade pesto	Mashed potatoes with green peas and boiled eggs/ tofu	Week 1: Vegetable massaman curry with brown rice Week 2: Pumpkin soup with sourdough bread	Homemade Falafel with hummus, pita and vegetables
Afternoon snack	Freshly baked refined sugar free blueberry muffins	Corn on the cob	Freshly baked refined sugar free blueberry muffins	Carrot and cucumber sticks	Watermelon

ITEMS TO PACK

- ✓ small school bag
- ✓ extra school uniform/spare set of clothes to keep in their box
- ✓ swimsuit for water play on Tuesdays; individual towels and combs are provided
- ✓ diapers if needed
- ✓ milk is not provided but you are welcome to bring a daily/weekly supply
- ✓ cuddle toy for naptime if needed; a soft blanket and pillow is provided
- ✓ sunhat, to keep at kindergarten
- ✓ please put sun cream on your child at home

- ✗ no toy weapons or other toys. We have special toy days that will be announced in advance.
- ✗ money, jewelry, sugary foods

Kindly label all of your child's belongings.

NAPTIME

Naptime is mandatory for 2 to 3.5 year old students, as nap is crucial for their physical and mental development. The 3.5-5 year old students have a calming time for 30 minutes (meditation, storytelling and gong baths) as well as additional afternoon lessons. We provide mattresses, pillows, sheets and blankets.

If the child is younger than 3.5 years old and the parent prefers them not to sleep or to sleep at home, the child needs to be picked up at 12:00pm before naptime.

It is proven that naps:

- enhance learning.
- are linked to better emotional regulation.
- support better nighttime sleep.



TRANSITION PERIOD

****Please read carefully below the instructions for the transition period of your child.****

For a smooth transition for your child, Seeds follows a concept developed by educators in Germany based on the “Berlin model.” This method is proven for a secure and trustworthy transition.

How does it work?

Typically, the transition period takes a few days and up to 2 weeks, depending on the individual needs of each child. It's important to bring your child regularly to the kindergarten during the transition period. Since a parent/guardian is the main emotional security of their child, it's important to remain with your child for the first days.

The **first day at the kindergarten is a half day** for both the parent and child from 8:30am to 12:00pm to explore the new environment and routine together. On the second and following days, the parent and the teacher will agree on a time **for the first short separation (15-30 minutes)**. A goodbye and an explanation to your child that mom/dad is leaving for a short time but coming back soon is fundamental for your child to build trust with you and their teacher.

The **parent will leave the kindergarten and remain accessible**. It's expected that the child may become upset when the parent leaves. A Seeds team member will focus on calming your child and bonding with them. Each day, the time of **separation increases** until **your child is securely separated for a whole day**. All steps of further transition will be discussed individually.



SOCIAL-EMOTIONAL LEARNING

Children learn appropriate behavior quickly through observing other children and the teachers. Firstly, we try to be the best possible role models by creating a secure and positive community feeling. We use **research backed positive reinforcement such as praising** the goal behavior such as helping, sharing and becoming more independent.



The children will learn **the rules of the kindergarten** by learning how to say sorry, sharing, tidying up together, saying stop when they don't like something, listening when another person is speaking, and showing respectful and kind behavior.

We also focus on teaching social-emotional learning as we believe this is crucial in the first years of lifelong learning. This includes how to **identify and regulate our emotions**, self-love, relaxation techniques such as deep breathing and appropriate interactions with others.

How to calm a child having an emotional outburst?

Children experience a rollercoaster of emotions that they don't always understand.

Our aim is to teach the skills necessary to **identify, process and effectively communicate emotions**. These techniques allow little ones to eventually calm their feelings of anxiety, anger and stress and to be grounded and feel safe within themselves.

For example, a child is hitting because another child took a toy away. What is the best way to handle the situation?



At Seeds, the first response is to calmly speak to the child to **identify and validate their emotion**. The child would sit with a teacher in the relaxation corner, look at emotion visuals and ask the child which emotion they are feeling.

With encouragement, the teacher may ask, "It looks like you're feeling angry because that child took your toy away. Is that true?" We would then explain that it's ok to feel angry, but it's not ok to hit others when we're angry, because it causes pain!

Instead, the child would learn an appropriate behavior that fits into the class rules of sharing and keeping our hands to ourselves.

For example, the teacher may say, "Next time, instead of pushing, we can say please let me play alone with the toy. If they don't listen, we can use the stop hand and find a teacher to help."

Instead of immediately saying "no" to children, we try to first figure out why the behavior is happening and show support by thinking of appropriate solutions together.

This way, the young learners start to **understand their own emotions and the appropriate behaviors for when they are feeling them.**



DAILY ROUTINE

WHY IS ROUTINE SO IMPORTANT?

Do you have a spontaneous personality and like to live in the moment? If so, this can actually cause stress and anxiety for your child as they never know what is happening next. 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 a structured time for all of the activities.** At Seeds, the balance of free play and guided learning is essential in early childhood development.



HOW DOES A MIXED AGE GROUP WORK?

At Seeds, having a mixed-age group of **2-6 year old children creates a community of learners** who support and care for one another.

In the morning, the children are together as a group for circle time, arts and crafts and outdoor exploration play. This allows the older children to develop leadership roles, while the little ones benefit from interactions in both age groups. All meals are enjoyed together.



In the **afternoon, each child receives quality education suited to their current development.** The Sunflowers (2-3.5 years) have story and naptime. The Bumblebees (3.5-6 years) have a calming/meditation time followed by project based lessons with a professional teacher. Instruction is aligned to the British EYFS curriculum and ties into the theme of the week.

In a **mixed-age environment, our Seedlings develop an array of key traits** such as confidence, empathy and collaboration amongst their peers. They are guided and challenged by educators who direct the children's learning based on their individual needs. Children can feel secure under our care since they are always surrounded by peers and teachers who can offer support.

Timetable

<p>Drop off time 8:30 – 9:00</p>		<p>There will be various free play options such as puzzles, games, playdoh, books, children's kitchen, Montessori toys, cars, dolls.</p>
<p>We are artists! 9:00 – 9:30</p>		<p>We learn to express feelings and emotions through creativity and fantasy in arts & crafts lessons.</p>
<p>We are healthy! 9:30 – 10:00</p>		<p>We eat a healthy sugar free morning snack together.</p>
<p>We are learners! 10:00 – 10:30</p>		<p>Daily morning circle lesson: -singing with simple musical instruments, rhyming, calendar, literacy, mathematics, phonics, topics of the yearly plan</p>

<p>We are farmers! 10:30 – 11:30</p>		<p>Sandpit, water play, mud kitchen, organic gardening, nature observation, sport activities, yoga, hula hooping, volleyball, football, painting with chalk, free play</p>
<p>We are healthy! 11:30 – 12:00</p>		<p>We eat a nutritious sugar-free home cooked lunch together and learn about healthy eating.</p>
<p>We are growing! 12:00 – 2:00</p>		<p>Our 3.5-5 year old Seedlings participate in project-based lessons for math, literacy, science arts&crafts, gong bath, yoga and sport. We begin with a restorative 30 minute mindfulness meditation each day.</p>
<p>We are grounded! 12:00 – 1:30</p>		<p>We sing lullabies and give our body and minds a rest. Naptime is mandatory for 2-3.5 year old Seedlings.</p>
<p>We are healthy! 2:00 – 2:30</p>		<p>We eat a nutritious sugar-free afternoon snack all together.</p>
<p>Pick up time! 2:30 - 3:00</p>		<p>Free play and pick-up time</p>