

# KINDERGARTEN CARE



Discover

PLAY



Explore



# KINDERGARTEN CARE (KCARE)

**KCare** is provided to parents who require a full-day service for their child. KCare provides care services, and **time** and **space** for children to **play, explore** and **discover** through **specially designed environments with carefully chosen resources.**



**KCare** aims to provide opportunities for children to develop confidence in communicating with others, social skills, self-help skills and values such as responsibility, care and respect.

# KEY FEATURES

## Play

**Exploration and discovery through play**

*Importance of play*

**Large blocks of time for indoor and outdoor play**

*Importance of continuous periods of time for play  
(e.g. 1 hour)*

**Opportunities for mixed-age play**

*Benefits of mixed-age play and interaction  
(K1 and K2)*

## Environment

**Specially designed environment and carefully chosen resources**

*Importance of environment*

**Children's choice serves as the impetus within the created environment**

*Benefits of child-initiated play*

# PROGRAMME

**Modular Activities** provide opportunities for continuity of children's experiences in different areas of interest across a week. By entering **immersive environments** that excite them to **explore and discover through play**, children get to engage in **deeper** and **more complex** forms of play.

Modular Activities	Purpose
Art & Craft Tinkering	For children to imagine and create
Cookery	For children to develop independence and self-help skills
Music, Movement & Dramatisation	For children to develop confidence and communication skills
Gardening (outdoor)	For children to find out more about the world around them through varied sensory experiences
Sand & Water (outdoor)	



# The KCare Experience

## Modular Activities



**Art & Craft**



**Cookery**



**Music, Movement & Dramatisation**



**Tinkering**

# The KCare Experience

## Modular Activities (Outdoor)



**Gardening (Outdoor)**



**Sand & Water (Outdoor)**



# PROGRAMME

**Free Play** provides opportunities for children to choose what and who they want to play with, and how they want to play. They take place in four areas that provide children with a range of play experiences that can inspire their **creativity and imagination**. Nurturing reading among the children is also important and time is provided for children to be engaged in reading daily.

Indoor Free Play

Outdoor Free Play

Construction and  
Manipulative Free  
Play

Dramatic  
Free Play

Outdoor  
Free Play

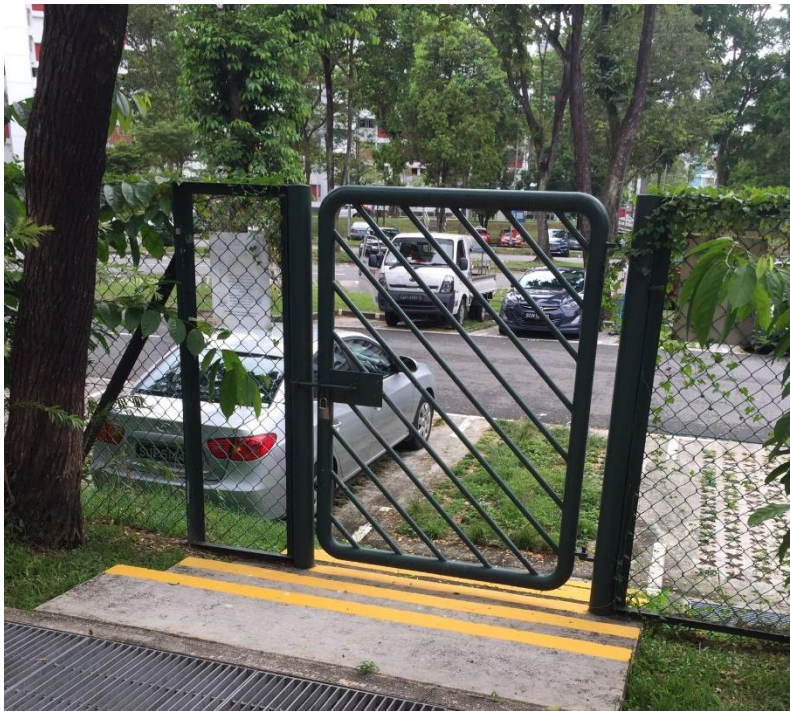
Sand and Water  
Free Play



Dedicated Reading Time

# KCare Routines and Environment

## Drop Off and Pick Up Points



Gate G  
(Nearest Blk: 228B)

Arrival: 7am – 7.45am

Dismissal: 5.10pm – 7pm



# KCare Routines and Environment

## Homerooms



# KCare Routines and Environment

## Indoor Environment – Activity Rooms





# KCare Routines and Environment

## Outdoor Environment

Specially designed Sand & Water play area and Sensory Garden for children to use their five senses to explore and find out about the world around them



**Sand & Water Play Area**



**Sensory Garden**



# A TYPICAL DAY

Sample Timetable (PM KCare)

Time	Activity
0700 - 0745	Arrival and Health Check
0800 - 1200	MOE Kindergarten
1200 - 1230	Arrival and Health Check
1230 - 1430	Lunch, Change Uniform, Rest/Nap
1430 - 1530	Afternoon Snack
1530 - 1700	Modular Activities/ Outdoor Free Play
1700 - 1715	15 minutes of Dedicated Reading Time
1715 - 1900	Indoor Free Play Quiet Time and Dismissal

Note: KCare resides within MK. Both MK and KCare will work out an arrangement for the handover of children.

# HOLIDAY PROGRAMME

## Sample Timetable

Time	Activity
7.00am - 8.15am	Arrival and Health Check, Breakfast
8.15am - 8.30am	Dedicated Reading Time
8.30am - 11.00am	Outdoor Free Play Morning Snack Modular Activities
11.00am - 12.30pm	Group 1: Lunch; Group 2: Change Uniform / Indoor Free Play / 15 min Dedicated Reading Time (Swop the groups)
12.30pm - 3.00pm	Quiet Time (including nap), Afternoon Snack
3.00pm - 5.00pm	Project Activities (Modular) Indoor and / or *Outdoor Free Play
5.00pm - 7.00pm	Indoor Free Play / Dismissal

\*Outdoor activities can only be conducted before 10.30am and after 3.30pm

# MEALS & MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Banana Cake Milk	Kaya Sandwich Milo	Steamed Sweet Corn Milk	Egg Mayo Sandwich Milo	Cornflakes Milk
<b>Lunch</b>	Braised minced chicken with egg Stir fried bottle gourd Mixed brown and white rice	Tomato chicken Oyster cai xin Mixed brown and white rice	Beehoon Fish ball Vegetable soup	Stew chicken with triple mushroom Cucumber with carrots Mixed brown and white rice	Lemon fish fillet Stir fried vegetables Mixed brown and white rice
<b>Fruits</b>	Pear	Apple	Honeydew	Watermelon	Banana

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Banana Cake Milk	Kaya Sandwich Milo	Steamed Sweet Corn Milk	Egg Mayo Sandwich Milo	Cornflakes Milk
<b>Lunch</b>	Hainanese Chicken Stir Fried Cucumber with Red Carrot and white rice	Chicken Mui Fun w Vege	Steamed HK Style Fish, Garlic Lao Po Cai, and white rice	Braised Chicken Cube, Garlic Beijing Cabbage and white rice	Sweet & Sour Fish, Oyster Xiao Bai Cai with Mixed Brown & White Rice
<b>Fruits</b>	Pear	Apple	Honeydew	Watermelon	Banana



# MEALS & MENU

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Banana Cake Milk	Kaya Sandwich Milo	Steamed Sweet Corn Milk	Egg Mayo Sandwich Milo	Cornflakes Milk
<b>Lunch</b>	Minced Chicken w Red Carrot Cube, Garlic Long Bean with white rice	Thick Bee Hoon Fried Fish Soup with vege	Sweet & Sour Fish, Heng Cai w Wolfberry with white rice	Imperial Chicken, Stir Fry Mixed Vege and white rice	Ginger Fish, Garlic Cai Xin with mixed brown & white rice
<b>Fruits</b>	Pear	Apple	Honeydew	Watermelon	Banana

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Banana Cake Milk	Kaya Sandwich Milo	Steamed Sweet Corn Milk	Egg Mayo Sandwich Milo	Cornflakes Milk
<b>Lunch</b>	Turnip Fish Garlic Cabbage Plain Rice	Chicken Chop Chicken Rice w Cucumber	Braised Chicken Cube, Stir Fried Bottle- gourd and white rice	Lychee Fish, Cauliflower w Red Carrot and white rice	Stewed Potato Chicken, Garlic Lao Po Cai with Mixed Brown & White Rice
<b>Fruits</b>	Pear	Apple	Honeydew	Watermelon	Banana

# SCHEDULE FOR FIRST 2 DAYS

*(Note: This is a sample Timetable.)*

For K1 children enrolled in MK in the morning:

Time	Venue
8.00am – 9.30am	MK
9.30am – 11.00am	KCare



# KCARE FEE

Monthly fee for KCare in 2022

Singapore Citizen	Singapore Permanent Resident
\$230 (Fee after \$150 basic subsidy)	\$380



# COMMUNICATION

We encourage and appreciate frequent communication between the KCare operator and parents.

We can be reached at:

Email: **supervisor.amkkcc@nascans.com**

Telephone: **8201 3091 (Wef 1 Dec 2021)**

# THANK YOU!

