

More Information about KCare @ Cedar



**BIG HEART
STUDENT CARE**

Inspiring Minds • Touching Hearts

ARRIVAL / DISMISSAL TIMINGS

SCHOOL TERM

Arrival:

*** 7am KCare children received by MK.**

Dismissal:

5.00pm, 5.30pm. 6.00pm, 6.30pm

*** Please note that all dismissal will be at Gate H.**

SCHOOL HOLIDAY

Arrival:

7.00am to 8.30am

Dismissal:

5.00pm, 5.30pm. 6.00pm, 6.30pm

*** Please note that all dismissal will be at Gate H (Bidadari side)**

FETCHING PROCEDURES

SCHOOL TERM

- Please be at the gate at least **5 minutes before** the official dismissal time.
- If you arrive after the dismissal timing, your child will be waiting for you in the Centre and will be available for pick-up at the next designated time.
- **For pick up at 5pm and 5:30pm on Mondays, Tuesdays, and Fridays**, in order to prevent congestion, please **wait in an orderly manner along the public footpath, keeping the passageway clear for the CPS students.**
- For the safety of all children and to allow us adequate preparation time, **please inform us before 1:00 pm** of any changes to your child's pick-up schedule for urgent ad hoc cases.

SCHEDULE FOR FIRST 2 DAYS

For K1 children enrolled in MK

Time	Programme
8.00 a.m. – 9.30 a.m.	MK
9.30 a.m. – 11.00 a.m.	KCare

A TYPICAL DAY

SAMPLE TIMETABLE

* Please take note that shower is only on a **NEEDS-TO-BASIS**

Time	Activities
12:00 p.m. – 1:00 p.m.	Health Check / Lunch
1:00 p.m. – 1:15 p.m.	Wipe Down
1:15 p.m. – 1:30 p.m.	Dedicated Reading Time
1:30 p.m. – 2:30 p.m.	Nap
2:30 p.m. – 3:00 p.m.	Afternoon Tea Break
3:00 p.m. – 4:00 p.m.	Modular Activities
4:00 p.m. – 5:00 p.m.	Indoor/Outdoor Free Play
5:00 p.m. – 7:00 p.m.	Quiet Time and Dismissal

Note:

- *MK will receive KCare children at arrival between 7.00 a.m. and 8.00 a.m.*
- *Both MK and KCare staff will work out an arrangement for the smooth handover of the children.*
- *Outdoor activities can only be conducted after 4.00 p.m.*

HOLIDAY PROGRAMME

SAMPLE TIMETABLE

* Please take note that shower is only on a **NEEDS-TO-BASIS**

Time	Activities
7:00 a.m. – 9:00 a.m.	Arrival and Health Check - Breakfast and Indoor Free Play
9:00 a.m. – 9.30 a.m.	Morning Tea Break
9:30 a.m. – 10:30 a.m.	Outdoor Free Play
10:30 a.m. – 11.30 a.m.	Holiday Activities
11:30 a.m. – 12:30 p.m.	Lunch / Wipe Down
12:30 p.m. – 2:30 p.m.	Nap
2:30 p.m. – 3:00 p.m.	Afternoon Tea Break
3:00 p.m. – 4:00 p.m.	Modular Activities
4:00 p.m. – 4:30 p.m.	Dedicated Reading Time
4:30 p.m. – 5:00 p.m.	Indoor Free Play
5.00 p.m. – 7.00 p.m.	Quiet Time and Dismissal

MEALS AND SAMPLE MENU



Menu - Week 1

6th January 2025 – 10th January 2025



Breakfast

Wholemeal Bread with Strawberry Jam

Yogurt (Plain)

Wholemeal Bread with Kaya

Cereal with Milk

Yogurt (Peach)



Lunch With seasonal cut fruit

Fragrant Chicken
Mixed Grain Rice
Poach Chicken with Hainanese Ginger Sauce
Stir Fried Xiao Bai Cai with Carrots

Mixed Grain Rice
Oven Baked Fish in Bakar Sauce
Stir Fried Shredded Cabbage with Carrots and Minced Garlic

Mixed Grain Rice
Charsiew Chicken
Stir Fried Cauliflower Sliced Mushrooms and Minced Garlic

Poached Wholegrain Pasta
Baked Fish with Pineapple in Light Tomato Sauce
Steam Broccoli with Shredded Carrots and Minced Garlic

Mixed Grain Rice
Oven Baked Fish with Japanese Curry
Stir Fried Cabbage with Shredded Carrots



Lunch (Veg) With seasonal cut fruit

Mixed Grain Rice
Braised Cabbage with Hong Kong Soy Sauce
Stir Fried Xiao Bai Cai with Carrots

Mixed Grain Baked Bean Curd with Sweet Soya Sauce
Stir Fried Cabbage with Shredded Carrots

Mixed Grain Rice
Baked Beancurd in Vegetarian Charsiew Sauce
Stir Fried Cauliflower Sliced Mushrooms

Poached Wholegrain Pasta
Chickpea with Pineapple, Mushrooms in Light Tomato Sauce
Steam Broccoli with Shredded Carrots

Mixed Grain Rice
Japanese Curry Beancurd
Stir Fried Cabbage with Shredded Carrots



Teabreak

Cream Cracker
Milo

Wholemeal Bread with Strawberry
Soy Milk

Cereal (Koko Crunch)
Milk

Wholemeal Bread with Kaya
Soy Milk

Wholemeal Bread with Cheese
Soy Milk



*Menu will be accessible on the Big Heart Parent App on your child's first day of school.

*On a normal school term, meals will be served 2 times a day.

*During school holidays, meals will be served 4 times a day. There will be morning snack time.

COMMUNICATION

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

Contact us at:



**Telephone/
WhatsApp:**

9457 5036



Email:

cedar_kcare@shgstudentcare.com.sg

Operating Hours:

School Term: Monday to Friday 12 pm – 7pm

School Holiday: Monday to Friday 7am – 7pm

(Closed on Saturdays, Sundays, Public Holidays, and up to 6 additional days each year, excluding Teachers' Day and Children's Day)