

Introducing

NAPTIME REGULATIONS

Naptime policy & free play in the afternoon.

Pre nursery: All children will have nap time

1. Naptime hours: 12:30 – 14:15
2. Special requirements: The Teachers will gently wake up certain children at 14:00 if 2 hr is too long.

Nursery: Children can choose to take nap or rest.

- A.** For those who take nap:
1. Naptime hours: 12:30-14:00
 2. Special requirements: The Teachers will gently wake up certain children at 13:30 if 1.5 hr is too long.
- B.** For those who take a rest:
1. Rest hours: 12:30-13:15
 2. Rest arrangement: Quiet and peaceful break. The children will rest for 45 minutes.

K1: Children can choose to nap or to have playtime.

- A.** For those who take nap:
1. Naptime hours: 12:30-14:00
 2. Special requirements: The Teachers will gently wake up certain children at 13:30 if 1.5 hr is too long.
- B.** For those who play: Children will play indoor or outdoors under teachers' supervision.

K2: There are no nap or rest arrangements for the children.

Please let your class-teacher know which nap arrangement you prefer for your child

ARRANGEMENT (Sample: Nursery, A1) **level:** _____ **Option:** _____

Parent Signature

Date