

PAL International School

Program and
Curriculum Guide
2021～2022

PAL International School

TEL 03-5770-8166

FAX 03-5770-8167

3-7-15 Nishiazabu Minatoku Tokyo

<http://www.pal-school.com>

History of PAL

In 1998,

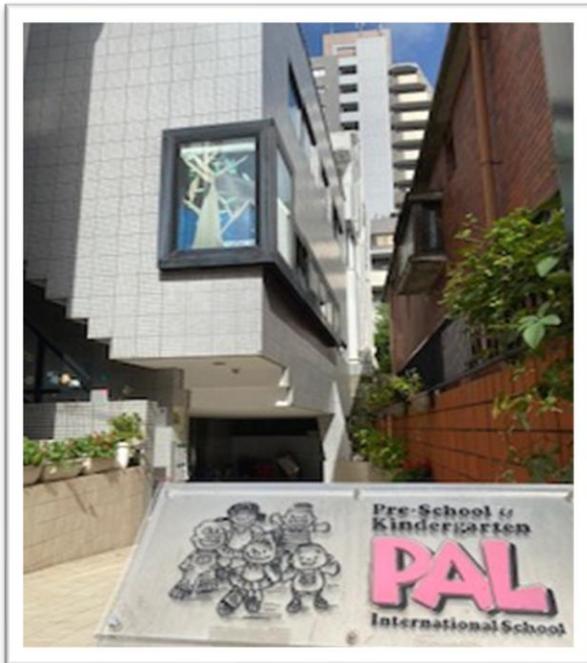
Three early childhood educators set out to nurture children who were able to express themselves freely in English, regardless of which country they went to.



Photo : In 2015

Since that time, PAL International School has provided a variety of programs for children who think on a global scale, with the biggest strength of the differences in backgrounds among children from various backgrounds,

PAL international education has been going for 23years for children from all over the world



Photos : In 1998～2021

In light of the drastic revision of the Childcare Guidelines and Kindergarten Teaching Procedures in 2017, as well as the introduction of English education in elementary schools and changes in the environment surrounding PAL, such as an increase in students, PAL saw the need for a larger and more solid management system.

By joining Seiwa Gakuen Group in 2021, we believe PAL will be able to implement deeper childcare initiatives than ever before.

学校法人 正和学園

Seiwa Gakuen School Corporation



- Seiwa Gakuen has a history of 82 years. Since 1939, we have been focusing on “child’s centered” early childcare education and continue to carry on the policy. We are in charge of 11 facilities based on Tokyo.



Our school mission: 「いきいき」 **iki-iki**

To create a positive and vibrant society through high quality early childhood education

We see children as member of next society.

Vibrant society where everyone enjoys a happy and fulfilling life as a strong foundation for meaningful prosperity.

Our teachers and children contribute to the development of vibrant, democratic societies that enable everyone to lead healthy and meaningful lives.

Our school attitude:

"Child centered and Child-Led Learning"

Everything in this curriculum is based on the principle of children's learning.

A) Early childhood curriculum empowers the child to learn and grow.

B) Early childhood curriculum reflects the holistic way children learn and grow.

C) The family and community are an important aspect of the early childhood curriculum.

(inspired by Te Whāriki – New Zealand Early childhood curriculum 2017)

Our school core mind

① We empowers the child to learn and grow.

Children are problem solvers, critical thinkers, explorers, and wonderful learners.

They can sense the world that adults do not know.

② Children learn through responsive and reciprocal relationships with family, community, people, places and things.

The child learns through active exploration of the environment.

③ Children have a sense of well-being.

The health and well-being of the child are protected and nurtured.

④ Children and their families feel a sense of belonging.

Children feel comfortable and feel safe at PAL.

⑤ Children are participants in building the next society.

Opportunities for learning are equitable, and each child's contribution is valued.

Diversity is a major factor in creating a powerful new future.

The other cultures are promoted and protected.

Daily childcare and education will be structured by supporting children, based on the principle of "child-centered" learning, which is the basic philosophy of Seiwa Gakuen, so that they do not overlook their constant interests, curiosity, and motivation.

Children learn a lot by making new discoveries through observations, experiments and overcoming failures. The role of the caregiver is not to lead to the "correct answer".

From March 2021,

PAL International School is operated by Seiwa Gakuen

PAL International School

Class Information

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What's New with Seiwa

NEW!

Creative Thinking (Inquiry-Based Learning)

Children will be an integral part of the process of trial and error learning. "Unanswered activities," such as "ART" and "Sound Experience," which were recently added in the course, nurture children's rich sensitivity, imagination, and creativity, and serve as a source of expression and diverse questions that occur as a result of the activities. That, we believe, will encourage "knowledge curiosity."

① GT (Guest Teacher)

Experience learning with invited artists to educate children about their artistic sensibility or their sensitivity to sound.

SOUND Experiences

Let's take a close look at what kind of sound we can create. Around the children, various materials such as paper, water, and tools are used.



They will get the opportunity to participate in a variety of sound experiences as suggested by the Guest Teacher. They are also able to engage in a variety of musical instruments.

ART

Children make works of art using various materials around them. Sometimes with the advice of a professional artist(GT), the children will create magnificent collections of art works using their own unique imagination.



FOOD Education

Through various food education experiences, our nutritionist emphasizes children the importance of eating. Children use their senses to experience food; they see, smell, hear, taste, and feel it. Children also have the chance to plant fruits and vegetables, then cook using them.



AND MORE!

② School Bus Service

School bus will be scheduled to operate from September 2021

③ Extend hours

Extend hours are available
Morning Service 7:30 am -- 8:30am
Evening Service 17:00pm—19:00pm

Seiwa's Creative Thinking

We believe nature education and humanity education will help foster children's daily lives and play. Even children growing up in the city of Hiroo can sense a variety of environmental events. Touching the sunlight, wind, rain, and thunder, the aroma of air and soil, the color of the sky, and the appearance of birds and small insects will enhance children's senses.

Morning Class

Cradle Class

6month – 1yr
8:30am - 13:30 pm

Rockin' Horse /Trike Class

2-3yrs
8:30am -- 13:30pm

Bike / Unicycle Class

4-6yrs
8:30am – 14:00pm



Afternoon Class

Cuddly Cradle



After lunch, the children will have some leisure with a nap before engaging in a calm activity.

Busy Bee

Learn more about Art, Sound, or any other programs which were done in the morning.

3-6yrs

Awesome Ants

Your child can learn English with songs or chants after finishing kindergarten or nursery school in the neighborhood.

Advanced Creative Thinking

Once your child has become used to being in an English setting, he or she can develop a strong interest in new things, debate them with peers, and create projects on their own and make statements in English.

After School

Children in elementary school can participate in after-school activities. Because English has progressed. They can work on their homework with the help of the teacher.

Morning Class

Cradle Class

6mths – 1 yr
8:30 – 13:30



As this will most likely be the first time your child is separated from you, we make sure to provide extra attention with motherly care for all that he/she needs.

Cradle class students receive an opportunity to begin development of their own character and uniqueness through art, music, physical exercise and a variety of other activities under the care of our warm dedicated teachers.

Time	Activity
8:30-9:50 am	Arrival and Play Based Learning
9:50-10:00	Morning Snack Time (Milk or Mugi-cha)
10:00-10:30	Morning Cercle time, Songs, Story Time, Music Dancing Activity Time Arts and Crafts, Games, Drama, & Cooking
10:30-11:30	Outdoor Activity or Gym Time
11:30-12:30	Lunch Time and Play Based Learning
12:30-12:30	Visual Arts Activity
13:30	Story Time and Goodbye



We will follow the individual routines of each and every child as they gradually grow and adapt into the school routine and become ready for the Rockin' Horse Class.

Every young baby is different and all have different routines. We are able to adapt our routine to meet the individual needs of all members. The curriculum is developed depending upon the needs of the children in the class.

Make up classes are available for Cradle Class – please call for in advance for available days. Lunch service is not available for children less than one year old. Children should bring along all lunch materials, spoons etc and snacks.

Rockin' Horse/Trike Class

2yrs – 3yrs

8:30 – 13:30



Children entering Rockin' Horse/Trike class learn how to interact with others and make new friends. Most importantly they will be exposed to a wide variety of experiences as they curiously explore their exciting new world, all the while being supported and encouraged by caring teachers while they develop their own unique personality.

Time	Activity
8:30-9:50	Arrival and Play Based Learning Greeting Time; Songs, Weather, Number, Colour, Shapes
9:50-10:00	Morning Snack Time (Milk or Mugi-cha)
10:00-11:00	Park Time or Gym Time
11:00-12:00	Activity Time #1 Play based Learning Visual Arts Activity, Math , Science, Cooking , Dramatic Play
12:00-13:00	Lunch Time
13:00-13:30	Program of Inquiry Activity Time #2 Play based Learning Visual Arts Activity, Math, Science, Cooking, Dramatic Play Reading, Writing, Listening, exercise
13:30	Good bye

As children become ready we introduce number, color and alphabet concepts. We build vocabulary day by day, and encourage children to become more vocal. Rockin Horse children love to learn and are so eager at this age to see, touch and know more. Our teachers understand this and challenge children on a daily basis.

Make up classes are available for this class – please call in advance for available days. Children should bring along all lunch materials, spoons etc, drink bottle and snacks.

Bike/UC Class

(4-6yrs)
8:30 – 14:00



Children in this class are talkative, energetic, highly imaginative and extremely curious. Everyday math concepts are investigated as well as an in-depth exploration of the alphabet (phonics, reading and writing), gymnastics, music & movement, arts & crafts, drama, science, and multicultural and themed activities are all explored in-depth using the abilities and interests of the children as a guide. We realize the need for children of this age to be challenged, and provide activities accordingly; encouraging them to become life long learners. We give each child every advantage possible in order to ensure that they will be successful in their next school setting.

Time	Activity
8:30-9:00	Arrival and Play Based Learning
9:00-9:20	Greeting and Circle Time Attendance, Weather, Today's study point, Theme introduction
9:20-9:50	Program of Inquiry
9:50-10:00	Morning Snack Time (Milk or Mugi-cha)
10:00-11:00	Park Time or Gym Time
11:00-11:30	Activity Time #1 Play Based Learning Visual Arts Activity, Math, Science, Cooking, Dramatic Play
11:30-12:00	Program of Inquiry
12:00-13:00	Lunch Time
13:00-13:30	Activity Time #2 Play Based Learning Developing the initial stage of reading, writing, and listening
13:30-14:00	Group Time-Review, Story Time , Phonics, and Journal
14:00-	Good-bye

Bike & Unicycle students become the school leaders and show their leadership skills daily. They learn reading and practice writing and prepare for elementary school life.



→ Fee Information

Make up classes are available for Unicycle Class – please call in advance for available days. Children should bring along all lunch materials, spoons etc, drink bottle and snacks.

Afternoon Program

Cuddly Cradle

6mths-1yr Class

13:30—17:00

1,2,3,5 days/week



Children entering the class will receive loving care with exposure to varied sensory activities. Children will be cared for during nap time and afternoon meal time, while challenging them to be positive and active learners.

This is an immersion class, all activities and instructions are provided in English. Children can experience a natural English environment and learn while being immersed in a natural English setting.

Time	Activity
13:30	Nap Time Program of Inquiry
15:00	Snack Time
15:30	Learning Time (Numbers, Colors, Shapes, and Alphabet)
16:00	Activity Time Play Based Learning
16:30	Visual Arts Activity
16:45	Story Time
17:00	Good bye



→Fee Information

Busy Bee

13:30—17:00

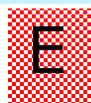
1,2,3,5 days/week



Children entering the Busy Bee class will be exposed to advanced learning. Children will be challenged to be positive and active learners, to learn math and science concepts, to learn alphabet and phonics and to experience higher level learning than their age range.

This class is an immersion class, all activities and instructions are provided in English. Children can learn while being immersed in a natural English setting.

Time	Activity
13:30	Nap Time Program of Inquiry
15:00	Snack Time
15:30	Learning Time (Numbers, Colors, Shapes, and Alphabet)
16:00	Activity Time Play Based Learning
16:30	Visual Arts Activity
16:45	Story Time
17:00	Good bye



→Fee Information

Awesome Ants

13:30—17:00
Over 3yrs



This is an afternoon pre-school mixed-age class. Students are given a supportive environment to experience different cultures as well as fun activities including games, songs, arts & crafts, and drama. Each student is given worksheets that are appropriate for their individual English level. We use our original PAL Workbook during the class.

Student can come and leave any time within this class at their convenience. For students who attend a morning program at our school or any other school only.



Time	Activity
13:30	Welcome/ Free Play, Music and Movement
15:00	Circle Time –Vocabulary and Learning Time, Phonics
15:30	Snack Time
16:00	Activity Time Play Based Learning
16:30	Work sheet Time / Story Time
16:50	Closing Circle / Good bye



→Fee Information

Advanced Creative Thinking

13:30—17:00

Over 3yrs



We believe nature education and humanity education will help foster children's daily lives and play. Even children growing up in the city of Hiroo can sense a variety of environmental events. Touching the sunlight, wind, rain, and thunder, the aroma of air and soil, the color of the sky, and the appearance of birds and small insects will enhance children's senses.

We seek to nurture the "curiosity to know," which is the source of children's interests and excitement of discovery, through parks, walks, cultivation, and breeding activities.

Time	Activity
13:30	Program of Inquiry, Visual Arts Activity Art, Sound Experiences, Food Education, Nature experience
15:30	Snack Time
16:00	Activity Time. Play Based Learning Art, Sound Experiences, Food Education, Nature experiences
16:50	Closing Circle/ Good Bye



→Fee Information

Afterschool Elementary schoolers

15:00-18:00
Elementary Schoolers



Time	Activity
14:40-15:00	Greeting Time/Calendar Time/ Dance/Song
15:00-15:20	Snack Time
15:30-16:15	English Time/English Games/Worksheet
16:15-16:45	Homework Time
16:45-17:15	Physical Activity (Gym)
17:15-17:30	English Journal Time
17:30-18:00	Free Play Time
18:00	Dismiss Time



PAL's LUNCH



- PAL's tasty, healthy lunches are made in the very special Seiwa's kitchen located in Shibuya-ku, and it's delivered daily.
- Our balanced dishes are approved by Seiwa's certified nutrition specialist. And our nutritionist carefully calculates the amount of salt, sugar, vitamins, calcium, iron, dietary fiber, total fat and calories.
- Each day our kitchen staff will cook nutritious meals for our students.
- We provide food that will strengthen our students' body and mind while promoting lifelong healthy eating habits.
- Seiwa's lunch is allergy friendly. However, if you have any concern about ingredients used in the preparation of the meals (f.e. religious limitations) please feel free to contact us and we will inform our nutritionist to find the best available option for you and your children.



School Bus will be scheduled to operate from next semester!



(Over 3yrs)



Bus Fare	
5 days / week	¥200,000 / year
3 days / week	¥170,000/ year
2 days / week	¥150,000/ year