



Oslo

# Welcome to the Oslo School



# Welcome to all of you starting school for the first time

**O**n Monday 18 August our schools will be filled with excited children starting their first year of school.

Some of them will be running and hopping, eager to get started. Others may be more reserved, perhaps trying to hold back a few tears. The children are welcomed to school by the head of school, then they meet their teacher and get acquainted with their classmates.

The first day in school is a milestone event for the whole family, and at the Oslo School we will do our best so that all children will have a good start and enjoy coming to school. We will inspire and motivate them to learn. Our job is to help each child to do their best so they will experience mastering.

**Good luck  
starting school!**



# What do the children learn in the first year?

The pupils learn how to work together, listen to each other, express their own thoughts and opinions and how to be a good classmate. We spend much time on helping the pupils to become well acquainted with and trust each other.

During the first years in school your child will learn to read, write and count. Everybody learns in different ways, so our teaching is varied and adapted to each pupil. In school we switch between various activities, for example working both digitally and with pencil and paper.

Playing and learning are closely related; we spend much time on learning through play. We teach in many and varied ways – with the whole class together in the classroom, in small groups or on trips with everyone from the same year. The teachers will get to know all the pupils well; what they know and are able to do, what they are interested in and how they learn best.

## The subjects in year 1

The subject curricula describe what the pupils are to learn. All pupils learn the same things no matter where they live in Norway. In year 1 the pupils will have these subjects:

- Norwegian
- Arithmetic
- Natural science
- English
- Social studies
- Arts and crafts
- Music
- Physical education
- Christianity, religion, worldviews and ethics (KRLE)

The school shall be a good place for all the pupils, academically and socially. The teachers will help the pupils understand what they are to learn and give feedback on what they master and what they need to work on more.



# Mapping all the pupils

In year 1 the pupils take two mapping tests, one in reading and one in arithmetic. The tests will help the teachers to adapt the teaching in the best way possible.

Some pupils might need extra help, whereas others may need extra challenges.

If your child is struggling with reading, writing, language or arithmetic, you have the right to ask for extra assistance. If you are worried that your child might be lagging in a subject, you can contact the school. They will assess what is best to do in each case.



# Good cooperation contributes to a good school environment

As a parent you are important for your child's well-being at school. Good cooperation between the home and the school is important. Good relations make for a safe environment, and children who are happy and confident in their environment learn more.

The teachers are focused on strengthening the pupils' togetherness and on including all children in the class environment. You can also help by strengthening this togetherness outside of school.

- We encourage everyone to talk with their children about how things are going in school. Your interest in what goes on at school will boost your child's motivation. This will have a positive effect on their well-being and schoolwork.
- Be curious about the other children in the class. Talk positively to your child about the school, the teacher and the other pupils. This will help to create a positive school experience for your child. Contact the school if there is anything you are wondering about, disagree with or are concerned about.
- During the school year the school will invite you to parent-teacher meetings, performance reviews and other meetings. Here you will be provided with information about social and academic aspects of school, and you will have the opportunity to meet other parents.
- If you would like to contribute to a better school environment for all the pupils, you can become involved by serving as the class contact, being a member of the Parents' Working Committee (FAU) or being involved in other roles and committees in school.



## Class contact

The class contact is important for good collaboration between the parents and the homeroom teacher. The parents elect one or two class contacts in the class at the start of the school year. They will be the link between the parents and the homeroom teacher.

## FAU – Parents' Working Committee

This committee is composed of representatives elected from among the parents in each class. This committee addresses cases on behalf of the parents and collaborates with the school administration on measures relating to the school environment.

# Contacting the school

You can contact the school in several ways. On the school's website you will find contact information for all the school staff. You will also find information about what is going on in your child's school. If you have any questions about day-to-day school affairs or if there is something specific that concerns your child, contact the homeroom teacher. The homeroom teacher will help if others need to be involved, for example the social a, the public health nurse, social worker or others. If you have questions about AKS (Activity School) – a programme for pupils before and after school – contact the base leader at AKS. If you are not sure about who you should talk to, contact the school office.

# Messages to and from school (Skolemelding)

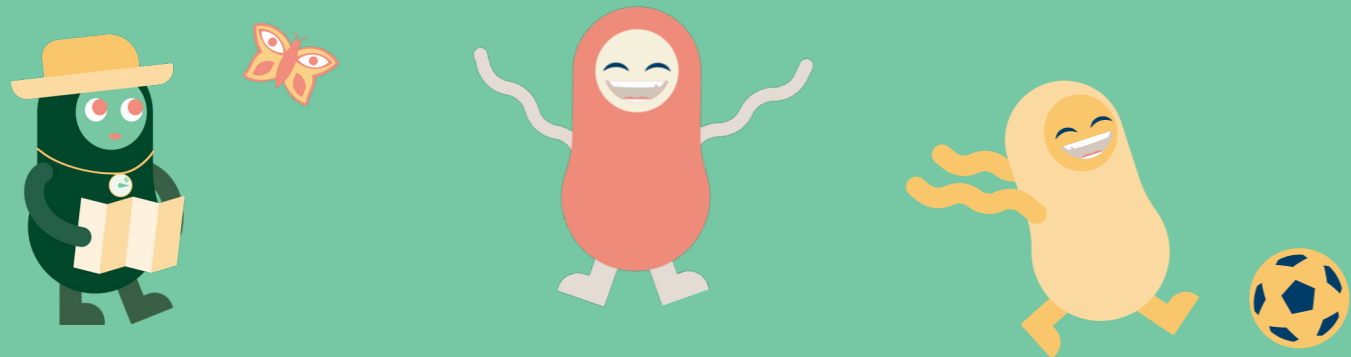
Skolemelding is the messaging app we use in the Oslo School to exchange information between the home and school, for example, information about events, week plans and parents' meetings.

You can use the Skolemelding app to send and receive messages between you, the teachers and other school staff. You can also use the app to report sickness absence and to see the list of pupils in your child's class.

It is a good idea to make your contact information available on this list as it will be easier to collaborate with other parents in the class.

Download the Skolemelding app from App Store Google Play. Search for "Skolemelding foresatte". If you need help to get started, tips are available here:



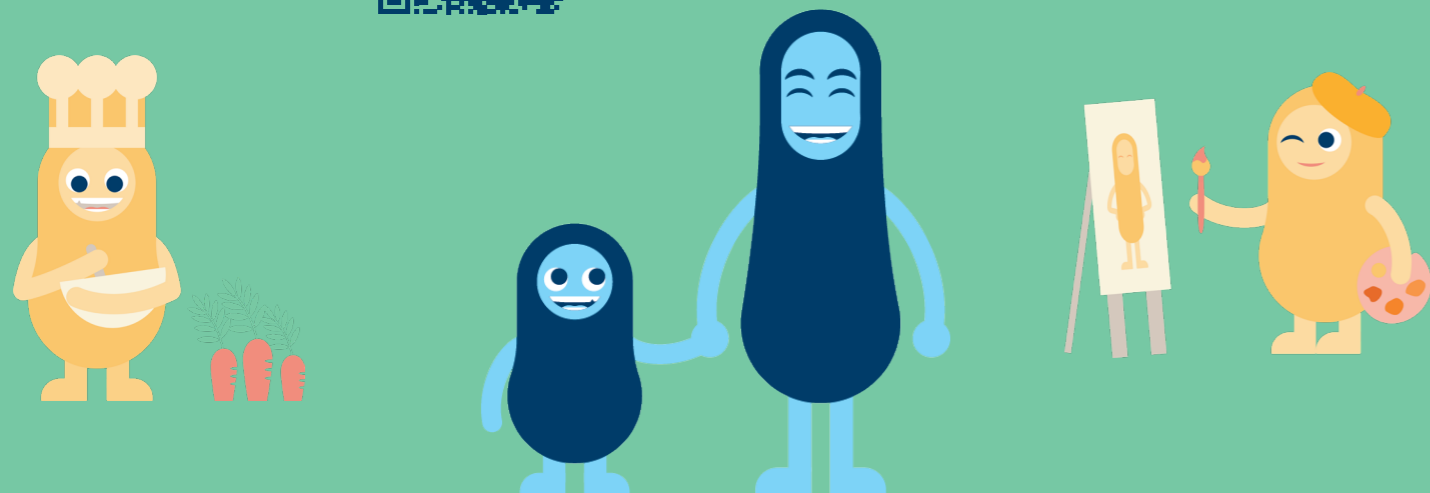


## AKS - the Activity School

AKS is a voluntary activity programme before and after school and during school holidays. AKS is Oslo's version of the SFO day-care programme. Here the pupils can learn and play together with the other pupils at the school, supervised by adults they feel safe with. AKS opens on 1 August, and all year-1 pupils are welcome. The fee for attending AKS depends on the parents' income. All year-1 pupils in Oslo have a free part-time place in AKS.

If you need help to register, contact your school.

Register in AKS here:



## All schools in Oslo shall have a safe and good school environment

All pupils have the right to experience well-being in school, and we are continuously working to create the best possible everyday school experience for our pupils. In school the pupils will encounter many new adults, the head of school, teachers, assistants, AKS staff, the social teacher and the public health nurse, to name a few. Everyone working in school will be focused on the pupils' well-being.

School shall prevent bullying and will investigate if it is suspected that a pupil does not feel safe and happy in school. If your child or anyone you know is unhappy in school, contact the school. They will help you and determine what needs to be done.



# Useful things to know

## ■ Which class will my child be in?

Some parents are informed about which class their child will be attending before the start of school. Other schools divide the children into groups during the first weeks and then determine composition of classes.

## ■ When will the children learn to swim?

Swimming lessons start in year 3. Before the swimming lessons start in school it is advisable to train at home so your child will become used to water and will feel safe. For example, parents can start by splashing some water on their child's face and train in blowing bubbles under water.

## ■ All schools have a health service

Everyone working in the school health service is under the obligation of confidentiality. The school health service is free for all children. Parents can also contact this service. During year 1 the school health service offers a medical check-up for school starters by a doctor and public health nurse.



We brought four classmates

Meet these four classmates and their parents here:



# 2025/2026 school schedule

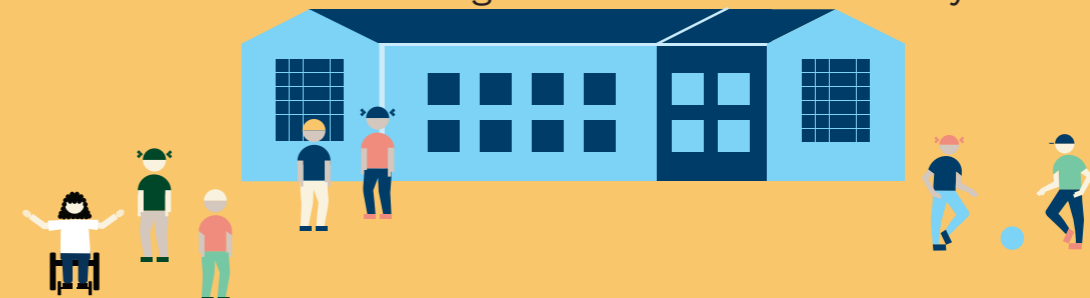
School days and holidays are the same in all schools in Oslo, and all pupils have 190 school days per school year.

2025

- › First day in AKS: Friday 1 August
- › School starts: Monday 18 August
- › No school Monday 8 September: Parliamentary elections
- › Autumn break: Monday 29 September – Friday 3 October
- › Christmas break: Monday 22 December – Friday 2 January 2026

2026

- › Winter break: Monday 16 February – 20 February
- › Easter break: Monday 30 March – 6 April
- › No school Friday 1 May: Labour Day
- › No school Thursday 14 May: Ascension Day
- › No school Monday 25 May: Whit Monday
- › Last day of school before summer vacation: Friday 19 June
- › Summer school in Oslo: during the school's summer holidays





Oslo Local Authority  
Education Authority  
The Oslo School  
Starting school 2025

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