

Parents' evening

Autumn 2025, Valo

VALO - valmistava opetus, preparatory class

[VALO Kortepohjan päiväkoti koulu](#)

[Rules and guidelines of our school](#)

[School system in Finland](#)

Staff of valo



Laura



Saana

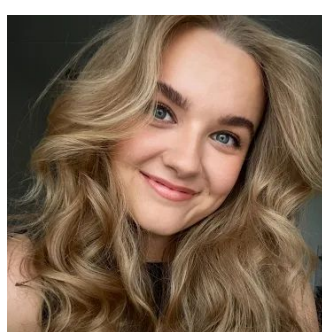


Meri



Leena

Other teachers



When VALO ends

- Your child will automatically go to the mainstream class
 - In the mainstream class children study ethics or religious education and the family needs to tell the teacher the religious group of the student.
 - Before the child moves to mainstream education we will evaluate if he/she will continue studies with his/her agegroup or will she/he benefit more if placed with one year younger students.
- If you want you can apply to the English classes in the spring
 - Finnish and English test
 - teaching 40% Finnish and 60% English

[English speaking classes](#)

- Jyväskylä also has music and sport classes
 - [music classes](#)
 - [sport classes](#)

School days

- Starting at 8.30 or 9.15
- The front doors are locked, be on time!
- Morning circle at the start of the day in valo class
- Approx. 5 lesson a day
- Three breaks
- Ending at 13.30, 14.30 or 15.15
- Afternoon club (fee-based) for 1st and 2nd graders, open until 16.30

What does the child need for school?

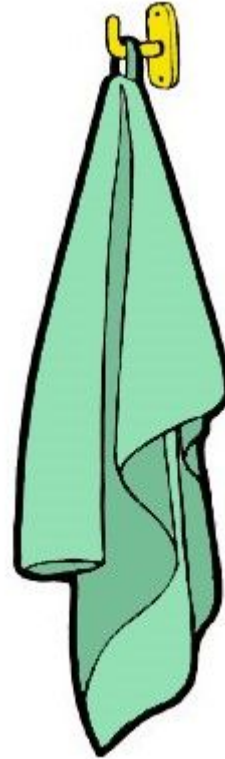
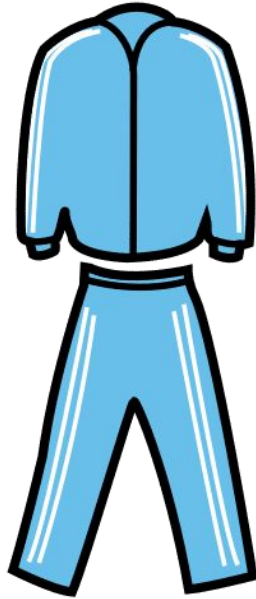
- backpack
- library card

- water bottle
- indoor shoes
- pencil case
- xylitol pastilles



Remember to label all the belongings!

Physical Education, outdoors and indoors



Physical Education include also...

Bike riding

- Own bike and helmet recommended



Swimming

- swimsuit and towel is required



Nordic skiing and ice-skating

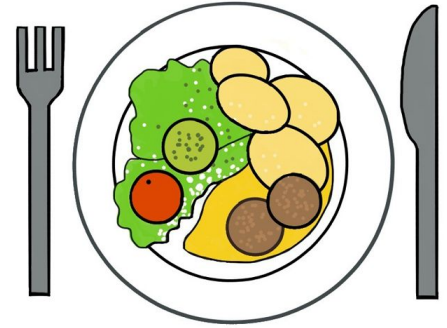
- equipments can be borrowed, but not always so comfortable



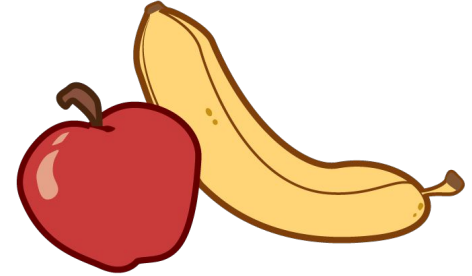
Lunch at 10.30 - 12.15

Menus: Kylän Kattaus

- Free of charge
- The student serves their own food.
- Encouraged to taste all dishes.
- It's important to take enough, but not too much.
- A knife and fork are used.
- Special diet
 - for medical reasons: 1) certificate from doctor/nurse 2) notification form
 - other diets e.g. diet based on beliefs 1) notification form



Snack Breaks at 10.00 and 13.30



Morning snack at 10

- For those who have late lunch
- The morning snack can be brought from home.
- The school does not provide a snack in the mornings.

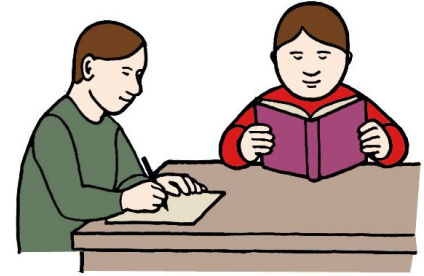
Afternoon snack at 13.30

- The snack is free for those attending the afternoon club.
- Others may bring a snack from home or buy one from the cafeteria.

No treats like fizzy drinks, candies, sweet biscuits, crisps!

Homework

- Mainly from maths
- The more they are integrated into mainstream class, the more there will be homework.
- If not done, child stays after school



Reading at home: visit the library and read together.

Heritage language / mother tongue language learning:
Lessons

How to contact the teacher?

In urgent matters that concerns the same day, call the teacher!

Saana tel. + 358 50 467 1718

Laura tel. + 358 50 477 8242



Otherwise use Wilma (mob. app and full version, Internet browser)

Expectations for Parents

Chat with your child about their day at school.

Stay informed

- Read school messages and respond when needed.
- Connect with the teacher early and often—no need to wait for a big issue.

Support routines

- Enough sleep
- Healthy food, breakfast is important
- Screen time limits
- Physical activity, outdoors
- Appropriate clothing for the weather - remember to label the items!



Connecting with the other parents

- Family School meetings
- Help with childcare, especially during the school holidays
- Help with transportation
- Getting new friends!

Would you like to create a WhatsApp -group?



Sharing your thoughts...

What has your child shared with you about school?

How does your child feel about Finnish school system?

How are you, as parents, feeling?

Do you have any concerns or questions?

