

TO THE PARENTS OF AMMERUD PRIMARY SCHOOL

At Ammerud Primary we have worked hard over the last years to build a good environment and we are proud of our school and our local community!

FAU (“Foreldrerådets arbeidsutvalg”, or parent-teacher association) meets monthly to discuss issues affecting the students. Parents are also represented in the school’s planning committee, as well as school environment council, where we also meet with representatives from the student body.

Ammerud can be better – like all other schools. In our experience, we achieve the best results when the school and engaged parents work together. This cooperation brings forth the best ideas, resources, engagement, and financial means to accomplish our goals. With frequent dialogue between FAU and school leadership, we can identify areas of concern before they escalate, make better solutions, and get a broader understanding of each other’s views and decisions.

A good school isn’t just about achieving good results on national tests or avoid bullying cases. A neighbourhood school is an arena for getting to know each other outside of what a teaching plan and family can give you. A neighbourhood school is an arena for exercising, hanging out with friends, 17th of May celebration, and meeting others with similar interests.

As a parent, you can help us create a better school environment by considering the following points.

FAU encourages the parents of students at Ammerud Primary

For the youngest children (1st through 3rd grade):

- Talk to your children about bathroom and wardrobe routines. That way we can keep the facilities clean and tidy.
- Make sure that the students come to school on time and well rested. Make sure that the students have the necessary equipment, clothing, and enough food.
- Help the students make play dates across the different classes
- Participate in the class’ friend groups
- Participate in the class’ social gatherings and parental meetings
- Encourage an inclusive policy for birthday parties and prioritise others’ birthday parties
- Make sure you label your children’s clothes
- Establish and participate in walking groups to and from school

For the older children (4th through 7th grade)

- Most of the above points are still relevant
- Language: Follow up at home if your children use impolite language or swear. We want our students to speak nicely and politely to each other. What do the bad words mean? How do we want to be spoken to? Why do we not wish for the students to use swear words and bad language at home and in school? And what can we do if we see that other students are being called bad things?
- Exclusion and bullying: See if anyone is missing from your son or daughter’s circle of friends. Ask questions and show interest about the other students in your children’s class. Perhaps even contact the child’s parents to ask if everything is okay with him or her?
- Private phone and social media – FAU encourages all students to follow a rule of no messaging after 21:00.

For all grades

- FAU asks that parents are loyal to the school's guidelines regarding students' use of online services

Useful tips from FAU:

FAU on internet: [Foreldrenes Arbeidsutvalg \(FAU\) \(osloskolen.no\)](https://www.osloskolen.no/foreldrene-arbeidsutvalg)

FAU on Facebook: [FAU Ammerud skole | Facebook](https://www.facebook.com/FAU-Ammerud-skole)

Google app to limit mobile phone use

<https://families.google.com/intl/no/familylink/>

Useful pages on responsible internet use (in Norwegian)

<https://www.facebook.com/barnevakten.no>

<https://www.facebook.com/nettpatroljenoslo>

<https://www.reddbarna.no/vart-arbeid/barn-i-norge/nettvett/nettvettreglene/>

<https://nettvett.no/ti-tips-a-takle-nettmobbing/>

<https://www.facebook.com/Medietilsynet>

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