



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

Manglerud skole, International Classes

Parent Handbook

(August 2026)



Primary Years
Programme



Middle Years
Programme



Nordic Network
OF INTERNATIONAL SCHOOLS



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

Content

Welcome!

1 Academics: Being an IB World School, Curriculum & Policies

Philosophy

Vision International Classes

Mission Statement International Classes

Academic Integrity Policy

Assessment Policy and Reporting

Inclusion Policy

Language Policy

TROA – Manglerud skole's Vision

Curriculum

School Library & Deichman Library

Swimming

Food Science (Mat og Helse)

After School Care, Aktivitetsskolen, AKS

2 The School Year

A brief Overview

Calendar & Assemblies

Events and Programmes

Field Trips

Leirskole (School Camp)

(The) Cultural Backpack (Den kulturelle skolesekken)

ISA Testing

3 The School Day

Primary Years Programme, Years 1-6

Daily Schedule

Arrival and Dismissal Procedures and Times

Lunch

Healthy Snack

Milk and Fruit

Drinking Water

Lockers

Bathrooms

Absence from School

Application for Leave

Lost and Found

Bags and Backpacks

Birthday Celebrations

Celebrations

Indoor Shoes Years 1-6

Toys, Sports Gear and Other Personal Items

Calendar

Campus

Mobile Phones and Smart Watches

MYP, Middle Years Programme, Years 7-10

Campus

After School Care, Aktivitetsskolen, AKS

Absence from School

Application for Leave

After School Care, Aktivitetsskolen AKS

Extracurricular activities

4 Student Wellbeing

Buddy Programme

High Five – Restorative Justice Approach and Conflict Resolution



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

School Council

Activity Leaders

Restorative Justice

§12 - Norwegian Education Act – Student well-being

5 Communicating with School:

School Leadership

Parent Handbook

Skolemelding App/ Communication to/with school:

- Notify your child's absence
- General notifications to parents from school

6 Getting to and from School:

Car Arrival / Car Parking Guest parking

School transport: Transportation to & from school, Oslo taxi

Ruter Card, Oslo Taxi

Application for school transport

7 Parent – School Collaboration:

School's expectations of parents

Reporting social or academic concerns

Parent Meetings twice a year, autumn and spring

Parent-Teacher Conferences

FAU/ Parents Association

Parent Representatives / Class contact persons/Klassekontakter

8 Practicalities

Friendship Groups

Library



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

School Photos

Dress code and for appropriate weather attire

Social Teacher

Learning Support

PPT – Pedagogical and Psychological Services, Pedagogisk-psykologisk tjeneste (PPT)

BUP – Psychiatric Clinic for Children & Young Adults, Barne – og ungdomspsykiatrisk poliklinikk, (BUP) Oslo kommune

9 School Nurses*:

The school nurses are responsible for the vaccinations and the general wellbeing of students. They can talk/counsel with students individually or host group sessions.

For more information see section 9, and the school's website.

10 Rules for Order, Conduct and School Democracy in Oslo kommune

[Forskrift om skoleregler og skoledemokrati, Oslo kommune, Oslo - Lovdata](#)

Welcome!

A warm welcome to new and enrolled students and families. Here you will find the information you may need to navigate our school. We ask that you read through the information as most things will be noted here. Please also refer to the school's website for further information.

Thank you.

The MIC Leadership & Administration

1 Academics: Being an IB World School, Curriculum & Policies

Attending an IB school means/entails that you have a strong commitment to what the IB philosophy, the curriculum and the way it is delivered. It also means that you are part of a global community with more than 6000 IB schools around the world. Our staff will do their utmost to make your child thrive and learn in accordance with the IB philosophy, values and framework.

Philosophy

At Manglerud skole, International Classes we believe that learning is socially constructed and dependent on relationships. Learning is an ongoing process that occurs in phases and at different paces for individuals.

Learning is best situated in an authentic, child-centred environment where students and teachers work collaboratively and/or independently to build new understandings based on experience and reflection.

Vision Statement

At Manglerud skole, International Classes envisions educating and developing new generations of engaged, lifelong learners who are committed to growing a more peaceful world through international mindedness and understanding. Teaching students to be caring, thoughtful, and reflective communicators; committed to integrity, honesty, and justice, is the path to our vision.

Mission Statement

At Manglerud skole, International Classes educates for life-long learning and international mindedness.

Admission Policy

International Classes at Manglerud skole is a city-wide programme open for qualified applicants who hold the right to education in the Municipality of Oslo. You must live in Oslo to be eligible.

Please see the school's website for more information. [Admission Policy](#)

Academic Honesty and Integrity

Manglerud International Classes strives to foster a culture of honesty, responsibility, trust and commitment to learning as linked with its core values and philosophy. Students should strive to be honest in presenting their work and uphold the attributes in the learner profile. Teachers model academic integrity and provide clear guidelines for students, which parents are requested to reinforce at home. A separate Academic Integrity Policy (available on the website) outlines further details.

For further information please see the school's website. [Manglerud skole](#)

Assessment Policy and Reporting

A separate assessment policy is available on the website which details the ways in which students are assessed in PYP and MYP. Students receive a written report at the end of the school year in June. Students leaving mid-year may also receive a partial written report to transfer to their new school. See also the Assessment Policy on the school website.

For further information please see the school's website [Manglerud skole](#)

Language Policy

The IB programmes are delivered through English. Manglerud skole, being a publicly owned school, recruits students from all socioeconomic backgrounds. The introduction of the Middle Years Programme in 2019 allows the school to assure a language continuum, which has positive consequences on the language aptitude of the students.

The school is aware of the importance of good language skills in the language of instruction to obtain an efficient academic development. All teachers share with the school management the responsibility of the students' language development in the language of instruction. The school will strive to offer students with low proficiency in English extra English courses to enable a better participation and improvement in their subjects.

For further information please see the school's website. [Manglerud skole](#)



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

Inclusion Policy

Manglerud IC endeavours to ensure equal access to learning for all students in our school. We are committed to identifying and removing barriers to learning. Diversity is perceived as a valuable contribution to the school community, in that each individual has value and is given the opportunity to contribute. By doing so our aim is to increase access and engagement for learning.

For further information please see the school's website. [Manglerud skole](http://manglerudskole.no)

Manglerud skole's aim at building students who have 'TROA'

TROA is the school's well-being and social program. We use the motto "Vi har TROA på Manglerud eleven" which in English is translated as "We believe in our students!"

Trygge - Safe

Robuste – Resilient

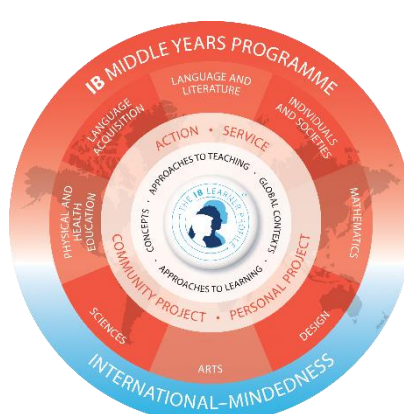
Omsorgsfulle – Caring

Ansvarlige – Responsible



Curriculum

Manglerud International Classes follows the IB Curriculum for the Primary Years Programme (PYP) in years 1-6 and Middle Years Programme (MYP) for years 7-11. An overview of the units or programs of inquiry are available on the website (PYP has Program of Inquiry; and MYP has Course Guides). Each programme has a coordinator that oversees the successful execution of the IB programme, standards and practices.



School Library & Deichman Library

The Manglerud skole has a fulltime fully qualified teaching librarian. A visit to the school library is regarded as part of the IB curriculum. Years 1-6 have scheduled weekly visits to the library as the school highly emphasises the practice of reading.

Reading is *the* key factor in education, because reading is a key component in every subject area. We strongly encourage parents /caretakers to read with and for their child/children, at least 10-15 min. every day. And make sure that your child/children observe(s) parents reading too, as that is to model and enforce what you 'teach'.

The Deichman Library – Public Library

The Deichman Library is the public library in Oslo with 10 local libraries and one main library in downtown Bjørvika. Manglerud skole and all other schools are able to borrow and use the resources Deichman library has.

In year 3 students in International Classes visit to Deichman Oppsal for a training session in the library and for obtaining their own library card.

Swimming

In accordance with Norwegian regulations students in Years 2, 4 and 9 have swimming lessons in the spring or the autumn semester. The swimming lessons take place in Manglerud Swimming Pool where they learn basic techniques for swimming and water safety. Students need to bring their own bathing suits.

Food Science (Mat & Helse)

In accordance with Norwegian regulations students in PYP and MYP receive food science instruction. For the academic 2026-27 students in year 5, 9 and 10 will participate in this course. The course entails learning basic skills in the kitchen, as well as nutrition and theory on sustainability food production.

2 The School Year

A Brief Overview

The academic year has 190 days of school annually, running from mid-August to the end of June. There are four holidays during the academic year: One week in the autumn (week 40), two weeks for Christmas, one week in February (week 8), and ten days for Easter/Spring break. Please see the school website for more information.

Calendar & Assemblies

Assemblies are gatherings for the whole school or across programmes, PYP and MYP to celebrate learning, achievements, and to help build belonging and community. The assemblies may feature workshops, singing, showcasing, etc. Parent support is appreciated. Annually, parents are invited to at least one assembly.

Events and Programmes

Parents are invited to join in several events during the year: a beginning of the year welcome & introduction 'Back to School Night' (September), UN Day (October), Holiday Assembly (December), Teacher Appreciation Day (May), 17 May Norway's Independence Day, Graduation as applicable in June and End of Year Assembly (June). Additionally, parents are invited to two parent evenings on topics concerning curriculum, academics and social well-being at the school.

Field Trips

Students participate in field trips set up by the teachers. Teachers will inform parents of the trip date and times, and do not require additional permission slips. School will often use public transport to travel.

Leirskole (School Camp)

One week every autumn (week 41) Year 7/MYP1 participates in the Leirskole/ School Camp in the mountains together with Manglerud skole year 7.

Utøya Trip (previously year 10 trip)

All year 10 students participate in a school trip with a visit to Utøya and overnight stay at a camping grounds. More information is given by the year 10 teacher. For the 2026-2027 academic year the students in 10IC already went on their trip in May of their year 9.

(The) Cultural Backpack (Den kulturelle skolesekken)

The Cultural Backpack is a national project aimed to ensure that all students in Norway have a chance to encounter a variety of art and culture. The Cultural Backpack is a joint project between the Ministry of Culture and Ministry of Knowledge. It is free for all public schools. Teachers cooperate with signing up for the various offers such as theatre, musical performances, and workshops.

ISA Testing

Annually students in years 4, 6, and 8 (MYP2) participate in internationally set standardized tests for reading and mathematical literacy, administered by the Australian Research Council. The tests span two days and are designed so that students cannot prepare in advance. ISA tests are not designed to rank students. The data gathered from the testing informs future instruction, curriculum development, and goal setting for the school. A statement of general results is sent out to parents at the end of the academic year.

3 The School Day

Primary Years Programme

Students in Years 1-6 start their school day at 08:30 on Wednesday and 09:00 all other weekdays. The school day ends at 14:45 on Mondays, Thursday and Fridays, and 14:15 on Tuesday and Wednesday.

Period	Monday, Thursday, Friday	Tuesday, Wednesday
Period 1	09:00-10:30	08:30-10:00
Break	10:30-10:45	10:00-10:15
Period 2	10:45-11:45	10:15-11:15
Lunch	11:45-12:00	11:15-11:30
Outside Break	12:00-12:30	11:30-12:00
Period 3	12:30-13:30	12:00-13:00
Break	13:30-13:45	13:00-13:15
Period 4	13:45-14:45	13:15-14:15
Dismissal/ Start of AKS	14:45	14:15

Subjects

PYP focuses on transdisciplinary learning. Students work through six themes over the year which connects all the subjects. Within a unit, students will explore the following disciplines:

Mathematics

Language (Norwegian and English)

Literature (Reading and Writing)

Arts (Music, Drama, Visual Arts, Dance)

Personal, Social, Physical Health Education (PSPE- Gym, Swimming Years 2,3 and 4, Food Science)

Science

Social Sciences (Geography, Economics, History, KRLE (Kristendom, Religion, Livssyn, Etikk) Cultures)

Dismissal

The Contact Teacher and the AKS leader must be notified of any changes in dismissal routine; i.e. if someone else is picking up the child other than parents. A dismissal form for Years 1-4 is handed out to parents in the beginning of the school year.

Middle Years Programme, Years 7-10

The Middle Years Programme have a schedule that entails somewhat longer days, due to a more extensive curriculum compared to Years 1-6.

School Day

Students in Years 7-10 start their school day at 08:00, 08:30 or 09:00 am. Student schedules change each academic year and are provided for students on their first school day. A regular school day ends between 14.00 and 15:15.

Subjects

In accordance with the International Baccalaureate, MYP students participate in 8 subjects in years 7-9 and a minimum of 6 subjects in year 10. Subjects integrate Norwegian national curriculum requirements.

Language and Literature (English, Engelsk)

Language Acquisition Norwegian (Norsk som andrespråk, KRLE)

Language Acquisition French (Fremmedspråk: Fransk)

Mathematics (Matematikk)

Integrated Sciences (Biology, Chemistry, Physics, Naturfag, Valgfag: Ideer og Praktisk Forskning)

Individuals and Societies/Humanities (History, Sociology, Samfunnsfag, KRLE)

Arts (Performing Musical Arts, Visual Arts, Kunst og Håndverk, Musikk)

Design (Valgfag: Design og Redesign, Praktisk Håndverksfag, Medier og Kommunikasjon, Utvikling av produkter og tjenester)

Physical Health Education (Kroppsøving, Mat og Helse, Fysisk aktivitet, Swimming Year 9)

Well-being *(not part of the IB curriculum- Utdanningsvalg)

Lunch

Students have fifteen minutes to eat their packed lunch starting at 11:45 each day. Students are responsible for bringing their own cutlery. It is important that students eat a balanced diet. Suggestions for what to pack in a lunch box can be found on the Health Directorate's home



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

page: <https://www.helsedirektoratet.no/tema/mat-og-maltider-i-skolen/filmer-og-materiell-om-skolemaltid/Matpakker-presentasjon-for-barn-uten-notater.pdf>

MYP2 /Year 8 and up are allowed to leave campus during lunch. MYP2/Year 8 students and up are eligible for a daily fruit free of charge every day during the lunch break in the Aula, as a courtesy of Oslo kommune.

Healthy Snack

Snacks such as vegetables and fruit are encouraged. Students can eat their snacks during the two shorter breaks at 10:30 and 13:30. Sweets, candy or any other unhealthy food such as potato chips are not permitted in the school.

Milk and Fruit

Milk and Fruit is a daily programme at Manglerud IC where students can receive pre-ordered items for lunch, such as yoghurt, juice and milk. See website or 'skolelyst' to order. [Forside | Skolelyst](#)

MYP students are eligible for a daily fruit free of charge every day during the lunch break in the Aula.

Drinking Water

All students should bring a water bottle that is labelled with their name. Students are encouraged to drink regularly and stay hydrated. Students can refill their water bottles at school as it is safe to drink the tap water in Norway. Water bottles are allowed inside classrooms. Please do not send fizzy, sweet or soft drinks with students as these are not permitted. The school is not able to provide boiled or heated water for students.

Lockers

All students are assigned a locker. Backpacks, outdoor and spare clothes, and indoor shoes should be kept in lockers. In PYP students bring their lunches and snacks into the classroom. Parents are encouraged to help younger students keep their lockers clean and organized. Lockers are cleaned out twice a year, prior to Christmas and summer holidays.

Indoor Shoes

All students should bring a pair of indoor shoes to use when in class. This keeps the classroom space clean and more readily available for learning. Socks are not a viable option as the hallway may be wet due to outside conditions.



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

Bathrooms

Bathrooms are located in the basement of E building for ground floor students, and at the top of the staircase for first floor students. Cleaning staff disinfects and cleans the bathrooms twice a day. Students are encouraged to help keep bathrooms tidy and clean and to practice good hygiene. Signs are displayed to remind students of good hygiene practices.

Lost and Found

Lost and found bins are located outside the classrooms. Students and parents should regularly check these for forgotten items of clothing. Valuable items that are found are returned to the front office in the main A/B building. Once a year all the items in the bins are placed in the Aula for parents and students to come and collect items that belong to them. Uncollected items are donated.

Bags and Backpacks

Each child should bring each day a school bag or backpack that is large enough to carry lunch, snack, water-bottle, pencil cases, folders and books clearly marked with their name. The bag /backpack is the responsibility of the student and not the staff.

Toys, Sports Gear and Other Personal Items

Manglerud IC has a policy that does not allow students to bring their personal items to school. If a student does, these must be kept in the student's locker at their own risk. The school does not take responsibility for lost items.

Cell Phones and Smart Watches

Students who choose to bring cell phones/smart watches to school do so of their own accord, and the school does not take any responsibility for lost or damaged student property. Students must leave phones/smart watches with teachers in “phone hotels” on airplane mode - this is done to ensure that phones/smart watches are not used during the school day and for the privacy protection of others. * see also section 10 on Rules for Order and Conduct Oslo kommune and Manglerud skole.

Birthday Celebrations

Recognizing and celebrating a birthday at school is encouraged so that everyone in the class can participate. Celebrations of birthdays are usually linked to snack or recess time. No gifts should be brought to school. Invitations to private parties should not be issued at school as they may



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

exclude class members. *Invitations should include all girls, all boys, or the entire class.* Parents are encouraged to agree upon routines at the beginning of the year. The school strongly suggests that parents opt to not collect money for parties and organize a single gift from parents on behalf of the class for the child. This ensures that all students receive the same and their celebration is not subject to popularity or the amount of money collected.

Other Celebrations

Celebrations are an important part of Manglerud International Classes and students are encouraged to share their traditions and celebrations with their peers in the classroom setting. Contact Teachers organize class events; parents are welcome and encouraged to volunteer. Students and parents can suggest events if they are willing to organize. As a whole school celebrations focus on the host country holidays (for example 17th of May or Christmas). For classroom events and celebrations students should come to school in regular clothes and may change into appropriate celebratory costumes in accordance with the classroom events.

Calendar

The school calendar is located on the school's webpage. International Classes follow all Norwegian public holidays. There are 4 break periods during the academic calendar- Autumn break (Sept/October), Christmas holidays (December), Winter break (February), Easter holidays (March/April). An events calendar for each academic year is issued to parents at the start of the school year.

Campus

International Classes are mainly housed in the E-building. Administrative offices are in the A/B-building. Manglerud school encompasses music rooms, science labs, a ceramic studio, technology design room, several playgrounds, two gyms, a football pitch and an ice-hockey rink.

Absence from School

Unplanned absences should be reported via the Skolemelding App to the Contact Teacher and MIC Secretary on the day of absence and as early as possible. If the child has a doctor's note please send this via Skolemelding or email to the Contact Teacher.

Absences of 3 or more days must be documented with a *doctor's note*. After 10 cumulative absences, the Contact Teacher will request a meeting to check in on the child's well-being and the Social Teacher will be notified.



Oslo

Manglerud skole
International Classes



Primary Years
Programme

Middle Years
Programme

In the event your child becomes sick during the school day, the MIC secretary will contact parents to arrange pick up. *Please ensure that the MIC administration have up-to-date phone numbers, email addresses and an emergency contact number.*

Please be sure to inform the MIC Secretary of any changes regarding contact information.

Application for Leave

Planned absences may be applied for with the Application for Leave of Absence form on the school website. Extended leave of 2 or more days, and up to a maximum of 10 days should be applied for at least three (3) weeks in advance or as soon as possible. Leave application for more than 10 days is not granted. Applications are sent to the Contact Teacher and approved by the Head of School. See the school website for more information and application form.

Leave of Absence Rules

After School Care, Aktivitetsskolen AKS

After School Care, AKS is provided for students in grades 1, 2, 3 and 4. Part time or full-time places are available and can be applied for via the school website. AKS starts in the mornings from 07:30 until 08:30 (when students go outside until class starts) and again from 14:45-17:00.

The Base Leader for AKS sets up a weekly schedule of activities. The schedule is available on the school website. Students are served a light meal in the afternoon on Tuesday to Friday. On Thursdays' students help out in setting the tables and serving food at 'John's Restaurant' in the Aula. On Mondays' students must bring an extra meal/lunch to have in the afternoon. AKS is not open during July, or public holidays. During school breaks (Autumn/Christmas/Winter/Easter) students attending AKS should bring their own food/lunch box.

Please note: Signing up for or terminating AKS attendance is done through the website. Remember that termination of AKS will take effect six to eight weeks after notice is given.

Extracurricular activities

Extracurricular activities are not part of the school as such but take place in the school premises. At Manglerud skole students can sign up for the marching band and the school choir from Year 2 and up, see the school website.

Manglerud Star is the local sports club where students can learn to play soccer [Manglerud Star Fotball](#) and/or ice hockey. [Hjem - Manglerud Star ishockey](#)



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

4 Student Well-being

Buddy Programme

All first-year students are partnered with a buddy or “fadder” from PYP 6 to help answer questions and guide them through their first year. Students participate in activities together, such as shared reading, lunches, and often have a celebration at the end of the school year.

High Five – Restorative Justice Approach and Conflict Resolution

Teachers work with students on the “high five” method when initially dealing with conflicts on the playground and making good choices. These are

- Ignore
- Tell friendly
- Walk away
- Tell firmly
- Report (tell an adult)

A Relational and Restorative School

Well-being Manglerud International Classes practices restorative justice and aims to build relational and restorative classrooms. All year levels have a timetabled well-being session. “A restorative classroom is a place where relationships matter. The better the relationships in a classroom, between teacher and students, and between the students themselves, the better teachers can teach, the better the students can learn and the fewer challenges and conflicts there will be.” (Belinda Hopkins 2011)

Restorative practice is built upon five central themes or ideas: ● Unique and equally valued perspectives ● Thoughts influence emotions and emotions influence subsequent actions ● Empathy and consideration for others ● Identifying needs comes before identifying strategies to meet these needs ● Collective responsibility for the choices made and their outcomes Teachers work towards integrating these themes and practices in their classrooms and approaches with students when dealing with conflicts.

MIC staff use the following restorative questions to solve conflicts • What happened? (Tell the facts) • How are you feeling? / How did that feel? (Focus on the impact on emotions) • What do you want to happen? (What is needed to put things right?) • How can we (you and others) ensure this never happens again?

Chapter 12 - Norwegian Education Act

Chapter 12 of the Norwegian Educational Act refers to the Student Psychosocial Environment. All students have the right to a positive and safe school environment and zero tolerance regarding bullying that is systematically followed up by the school. The school takes student well-being seriously. All concerns should be brought to the attention of individual students Contact Teachers. For more serious issues the Social Teacher may also be included and an activity plan created to help support a child's positive social development at school.

School Council

International Classes has its own Student Council where the students can bring forth things they would like to address on behalf of their fellow students.

Activity Leaders

International Classes has Activity Leaders elected from grades 4, 5 and 6 who help organise games and activities for grades 1-6 during longer breaks.

5 Communicating with School

Head of School: Solvor Vasshus
Deputy Head of School: Vegard Ytterli
International Classes IB Principal: Liv S. Halvorsen
International Classes IB Deputy Principal: Nina Wroldsen
International Classes Administrator: Cecilie Edwards
International Classes AKS Team leader and School Transport: John C. Sharpe
Primary Years Program Coordinator: Gloria Suen
Middle Years Program Coordinator: Emma Tembo
Social Teachers: Gloria Suen & Emma Tembo
School Nurses: Ingrid Vassli Fateby and Karoline Pedersen

Skolemelding App/ Communication from school

Skolemelding App is the primary App that is used to communicate short messages to and from Contact Teachers, such as absences, early pick up, late drop off, reminders about items/clothing to bring or field trip days. Reminders that are sent out by teachers cannot be responded to via the app, a new or separate message should be sent. Absences can also be notified via the app.

The Skolemelding App must be downloaded from AppStore or equivalent. A bankID is necessary.

[Skolemelding elev og ansatt App - App Store](#)



6 Getting to and from School

In Norway the common thing for students is to walk to school. In Years 1-2 students walk to school accompanied by parents. If students live 2 or 4 kilometres from school, school transport is provided in the form of a Ruter Card for public transport.

Car Arrival / Car Parking Guest parking

Car Arrival / Car Parking Guest parking is available in the top two rows closest to the school entrance. Long-term parking is in the lower part of the parking area. Parents can collect a parking permit at the main office in the A/B building. Please drive with caution in the car park as students also walk across the area to get to the buildings.

Taxi and Transportation to School

All students who live more than 4 kilometres from the school are entitled to a *Ruter Card* (Public transportation Card). To apply for the card please visit the school website. MIC Administration sends out information to parents at the beginning of school year to PYP 1 parents to enable them to apply for this service. There is a set pick-up and drop-off time. **These cannot be altered, only cancelled.** Notice of cancellation should be sent to both the PYP 1 Contact Teacher, AKS leader and the MIC Secretary. **Please note that: On the 1st day of school there are no taxis. You need to apply for school transport every school year.**

[Skoleskyss for elever i grunnskolen i Oslo - Skoleskyss og skolevei - Oslo kommune](#)

7 Parent – School Collaboration:

The school endeavours to have open communication with parents to ensure student growth and well-being. Contact Teachers refer to the teacher responsible for student well-being. Parents should forward student concerns in the first instance to the appropriate Contact Teacher. Specific academic concerns should be addressed with the relevant subject teachers.



Oslo

Manglerud skole
International Classes

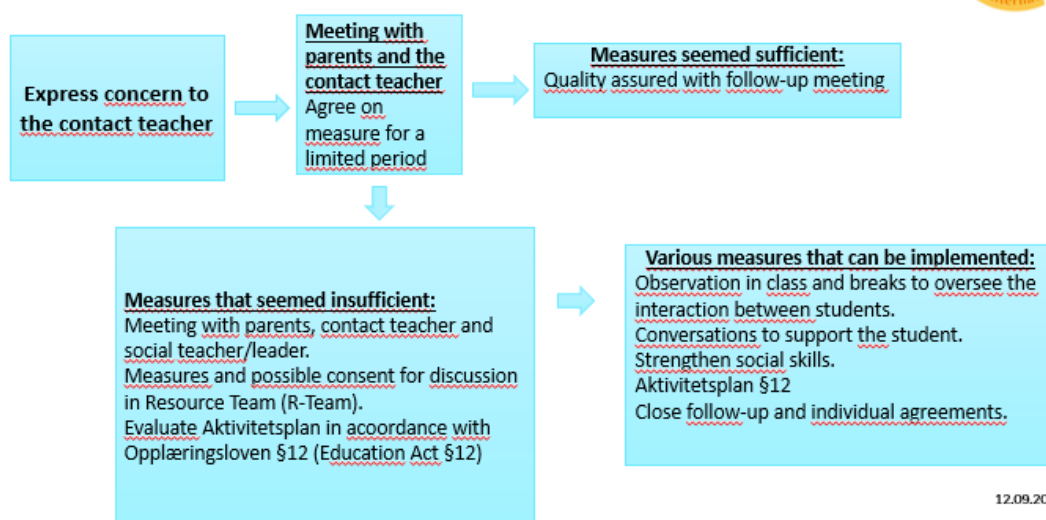


School's expectations of Parents

- ▶ Let children take responsibility.
- ▶ Let children experience clear and good rules, routines and boundaries.
- ▶ Talk positively about school in front of them.
- ▶ Be part of the School-Home team.
- ▶ Trust the school.
- ▶ Contact the school when you have questions or concerns.
- ▶ Be present at conferences, meetings, and events.
- ▶ Be part of out of school events, birthdays, socials, etc

Reporting Social Concerns- always start by speaking with the contact teacher.

When I am worried about social behaviour





Oslo

Manglerud skole
International Classes

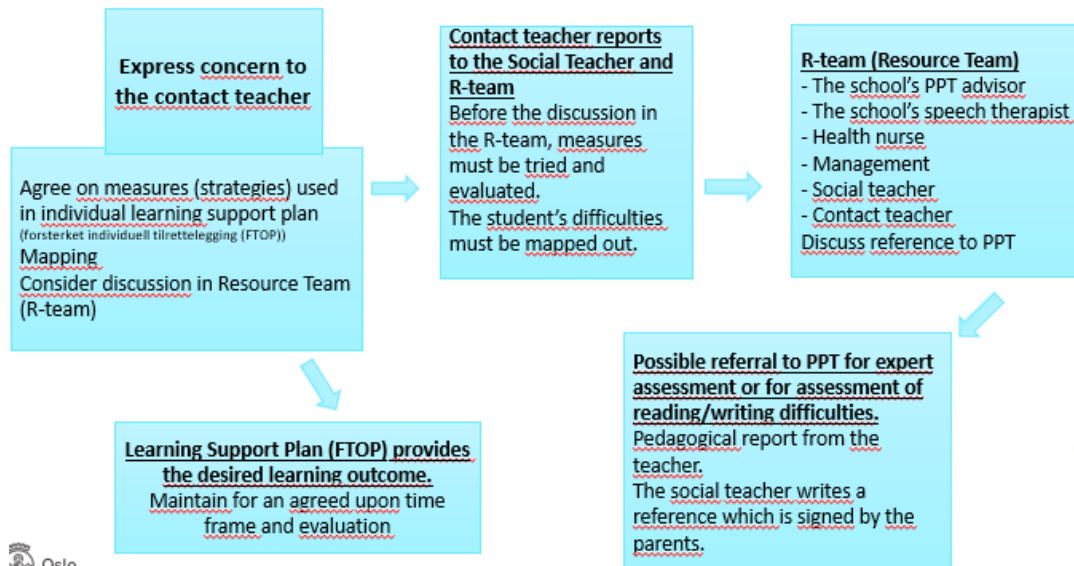


Primary Years
Programme

Middle Years
Programme

Reporting Academic Concerns – start with the subject teacher before the contact teacher

When I am worried about **academics**



12.09.2026

Parent meetings

Twice a year the school invites parents to information evenings: Back to School Night in September introduces the academic year; a spring meeting TBA is dedicated to the overall wellbeing of the students or topics that parents would like to address as a whole school.

Conferences Parent-Teacher Conferences

Student-Parent-Teacher Conferences are held twice a year. The first meeting is held during the fall semester. A second is scheduled for the spring. Fall conferences focus on the student's well-being and induction to the programme as well as learning strategies. The second semester will look at progress in academic areas during the school year

Parent Association / FAU (Foreldrerådets Arbeidsutvalg) The FAU/Parent Association is a cooperative body between parents and the school.

FAU/ Parents Association consists of elected Class Contacts for each year level. The FAU/ Parent Association is responsible for:

- Promoting the common interests of the parents
- Contributing to parents being actively involved in the effort to create a good school environment
- Contributing to a good environment between home and school
- Facilitating positive development among the students
- Creating connections between the school and the local area.

A separate handbook is available on the website.

Parent Representatives / Klassekontakter

At the beginning of the year parents can elect up to 2 representatives for each IC class. The klassekontakt/parent representatives work with classroom teachers for the well-being of the class. They also attend regular meetings with the IC leadership team and focus on IB Program Development. A separate handbook is available on the website.

8 Practicalities

Friendship Groups in PYP

Parents / Parent representatives help organize friendship groups of four or five students. These groups will have established play time at school and are also encouraged to meet outside of school.

Library

The school library is a learning centre for students. It offers books, audio books and computers, which students may borrow. The librarian assists students in locating literature appropriate to an individual student's reading level. Digital learning is important for students from year 4 onward. Included in this is training in borrowing materials, retrieving information, critiquing sources, etc. PYP classes visit the library once a week for thirty minutes. Students may borrow up to three books at a time. They must return the book or audio book within four weeks. Additional books and resources may be ordered via the library from Deichmanske bibliotek. Library Opening Hours: 08:30-15:30

School Photos

School Photos are taken in September. Parents are sent a link with information where they may collect the photos.

Dress Code- and all weather clothing

Students should wear clothing that is appropriate for the weather and in PYP allows for movement- such as playing during breaks. Staff will contact parents regarding inappropriate clothing that is too revealing or causing restrictions. Students who wear attire with blasphemous or derogatory language or images are subject to be sent home according to the ordensregler.

Weather in Norway can be unpredictable. Our main concern is that students are dressed to be outside despite conditions. In order to be prepared students should keep extra layers, rain jackets, and extra clothing in lockers at all times during the year.



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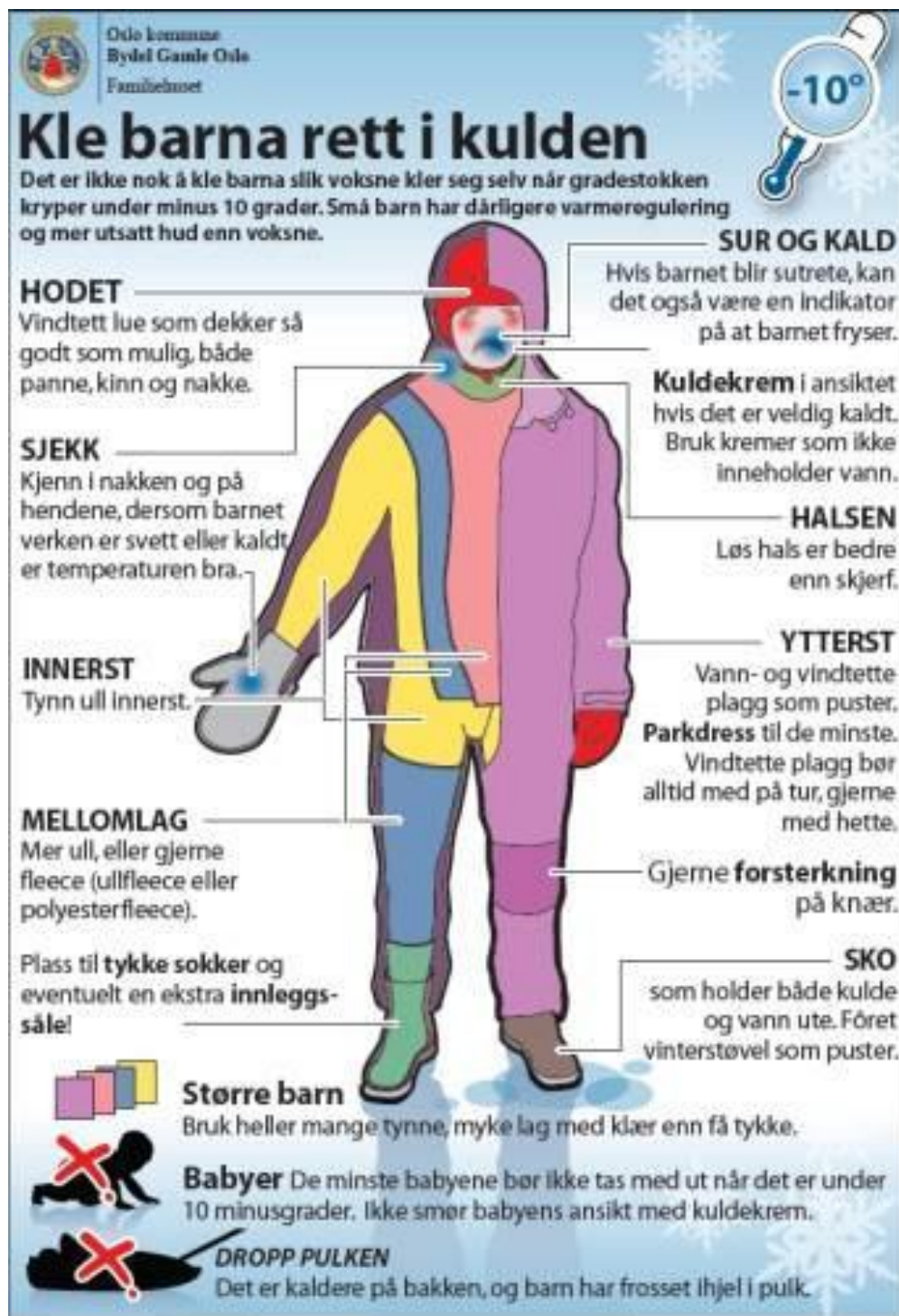
Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme



Learning Support

Learning support is integrated into classroom teaching as much as possible. Teachers create differentiated classroom activities and homework for students. If a teacher has evidence to suggest a student requires additional support, they will contact the parents first then with the Social Teacher.



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

Social Teacher

A Social Teacher upholds educational Act chapter 12. They collaborate with teachers to help support learning and the development of social skills. A social teacher can help with referrals for special education, short-term counselling or other support agencies in the community.

PPT- Pedagogical and psychological services Pedagogisk-psykologisk tjenesten (PPT)

PPT- Pedagogical and psychological services Pedagogisk-psykologisk tjenesten (PPT) is a service that help determine the need for additional learning support in classrooms. A referral to PPT can help identify target areas needed to strengthen a student's learning.

BUP – Barne- og ungdomspsykiatrisk poliklinikk (BUP), Psychiatric Clinic for Children and Young Adults. BUP is a service that offer psychological counselling. A referral from parents or from the GP, doctor is necessary.

School Counselling

In accordance with the Norwegian rules and regulations, the MYP students in Years 8-10 have counselling sessions with the School Counsellor concerning further studies.

9 School Nurses

Years 1-6, Ms Ingrid Flateby, Ingrid.vassli.flateby@bos.oslo.kommune.no, phone: 95055050

Years 7-10, Ms Karoline.pedersen@bos.oslo.kommune.no, phone: 94002583

Office hours:

Mondays, Wednesdays, Thursdays and Fridays kl. 09:00-14:30. Tuesdays kl. 09:00-11:00.

* The nurses are employees of the health authorities.

10 Rules for Order and Conduct at MANGLERUD SKOLE

The Council of the Municipality of Oslo decided to implement a common set of rules for order and conduct in the Oslo Schools on 27 June 2025. Deviating from these rules is not permitted. Schools may, however, decide to implement more extensive rules. We want Manglerud skole to be a positive place to be and to learn. To ensure all students and staff experience a good psychosocial environment, free of offensive behaviour (see the definitions), everybody must adhere to the school's local set of rules for order and conduct.



Oslo

Manglerud skole
International Classes



Primary Years
Programme

Middle Years
Programme

Rules for Order, Conduct and School Democracy in Oslo kommune.

Vedlagt presisering til forskriften gjelder for elevene på Manglerud fra 19. januar 2026.

[Forskrift om skoleregler og skoledemokrati, Oslo kommune, Oslo - Lovdata](#)

Ordensreglement Oslo kommune

Lenke: Forskrift om skoleregler og skoledemokrati, Oslo kommune, Oslo - Lovdata

Lokale regler som gjelder på Manglerud skole fra og med 19. januar 2026, see
Lovdata for Oslo kommunes rules for order and conduct. Local rules for Manglerud skole is translated and printed in italics.

Uthevet tekst er Oslo kommune sine ordensregler. Rules for order and conduct are printed in bold print.

Lokale regler for Manglerud står under.

5e: Du skal følge reglene for god orden. God orden er blant annet å gjøre oppgaver innen frister. You are to follow the rules for good order and conduct. 1) Elevene kan pålegges å gjøre oppgaver/innleveringer/prøver på skolen, før eller etter undervisning. Foresatte skal varsles. *You are to follow the rules of the school and keep your belongings in order. It means handing in work on time. 1) Students can be required to sit for make-up tests and school work before or after the school day. Parents will be notified.*

6b: Du skal vise god oppførsel. God oppførsel er blant annet å være på skolen. You are to show good conduct. Part of good conduct is to be in school. 1) Elever på 1-7 kan ikke forlate skolens område uten avtale med lærer. Skateparken er ikke skolens område og kan ikke brukes i skoletiden av 1-7. Elever på 8-10 kan forlate skolens område i «storefriminutt». Det er i friminutt ikke lov å oppholde seg i Manglerud fotballhall eller i Manglerud kulturstasjon/Manglerud svømmehall sine lokaler. *1) Students in Years 1-7 cannot leave the school's premises without a teacher's consent. The skate park is not part of the school's premises and cannot be used during school hours. Students in Years 8-10 can leave the school's premises during the 'lunch break'.*

6d: Du skal vise god oppførsel. God oppførsel er blant annet å følge skolens regler for bruk av mobiltelefon og annet digitalt utstyr. You are to show good conduct. Good conduct includes to follow the school's rules for using mobil phones and digital tools. 1) Lærer kan ta fra elever PC/læringsbrett resten av timen eller ut dagen, ved gjentatte brudd på regler kan dette forlenges med en lengre periode enn en dag. Elev skal få alternative oppgaver som kan gjennomføres uten digitalt verktøy. *1) Teachers can take away PCs and tablets from students for an hour or the rest of the day. If numerous*



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

incidents occur this can be prolonged for longer periods of time. The student can be given alternative tasks to complete which do not require digital tools.

7b: Det er ikke tillatt å krenke, true eller bruke vold mot andre. *It is not permitted to harass, threaten or use violence towards others.* 1) grove trusler med vold blir politianmeldt for elever på 8-10. Trinn. 1) *serious threats of violence will be reported to the police for students in Years 8-10.*

7g: Det er ikke tillatt å ha med eller bruke farlige gjenstander eller våpen. *It is not permitted to bring or use dangerous items or weapons to school.*

1) Elever som tar med farlige gjenstander som kniv og pistol på skolen, blir politianmeldt. Lek med ild/påtenning gjenstander/papir, blir politianmeldt. 1) *Students who bring dangerous items such as knives or guns to school will be reported to the police. Playing with matches or lighting fires to objects or paper will be reported to the police.*

9) Bruk av mobil, smartklokke eller liknende. *The use of mobile phones, smart watches and equivalent.*

Skolen kan lage egne regler om oppbevaring av mobil, smartklokke eller liknende. Hvis du bruker mobil, smartklokke eller liknende i strid med skolereglene, kan skolen midlertidig ta den fra deg. Skolen kan fastsette i sine lokale regler hvor lenge den kan oppbevares av skolen. Skolens lokale regler mobil og smartklokker eller lignende: *The school can set their own rules for obtaining mobile phones, smart watches etc. If you use mobile phone, smart watch etc., which is not in accordance with school rules, the school can remove these possessions from you. The school can set its own rules for how long these possessions may be obtained.*

9a) 1-10: Mobiltelefon/smartklokker leveres til lærer i første skoletime. Utleveres når elevene skal hjem. AKS oppbevarer mobil/smartklokker til elevene skal hjem. *Mobile phones/smart watches are handed in to the teacher in the morning. These possessions will be returned to the students when they are dismissed.*

9b) Konsekvenser: *Consequences*

8-10: Gjelder pr. semester: Første gang mobilbruk: anmerkning. Andre gang: Anmerkning og mobilen leveres på kontoret, foresatte må hente telefon. Foresatte varsles.

Years 8-10: During the semester: First time violation of mobile phone rules: penalty mark. Second time: Penalty mark and the mobile phone will be handed in to the MIC office, and parents must come and collect the mobile phone.



Oslo

Manglerud skole
International Classes



Primary Years
Programme



Middle Years
Programme

5-7: Gjelder for skoleåret: Første gang: Lærer leverer på kontoret. Eleven må selv hente telefon på skolens kontor. Andre gang: Foresatte må hente på skolens kontor. Foresatte varsles.

Years 5-7: During the school year: First time violation: Teacher hands in the mobile phone to the MIC office. The student must come and collect the mobile phone. Second time violation: Parents must come to school and collect the mobile phone at the MIC office. Parents are notified.

1-4: Gjelder for skoleåret: Første gang: Leveres på AKS og foresatte må hente. Foresatte får beskjed.

Years 1-4: During the school year: First time violation of mobile phone rules: The mobile phone is handed in at Activity School, AKS and the parents must come and collect the item.