

Ministry of Education, University and Research
I.C.S." CARDARELLI - MASSAUA".
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FOR PARENTS OF FUTURE FIRST CLASSES - The MASSAUA school will start on 12 September with a reduced timetable. Please check the school's website <https://cardarelli-massaua.edu.it> to be informed of arrival and departure times and to find out how the school is organized. Every year we plan a meeting with parents before school starts and we will let you know when and how (in person or online). In the meantime, we give some information about the future pupils of the first classes.

TEXTBOOKS

Textbooks must be reserved at the bookstore starting in June, but can be picked up FREE of charge in September upon receipt of the book voucher from the teachers. Book titles are posted on the website at this link: <https://cardarellimassaua.edu.it/libri-di-testo/>

For students who do not receive Catholic religious instruction, the textbook is as follows: Alternativamente 1.2.3. - Raffaello Scuola.

SCHOOL MEALS

It is essential to register for the Milano ristorazione meal service at this link <https://rette.milanoristorazione.it/ECivisWEB/iscrizioni/index.jsp>.

Please note that healthy and ethical/religious diets are not automatic.

You must fill in.

- form A/2 - health diet request.
- form B/" - ethical/religious diet request.
- which can be downloaded from the Milano Ristorazione website.
- Instructions for accessing the service in pdf [Istruzioni \(cardarelli-massaua.edu.it\)](https://cardarelli-massaua.edu.it)

SNACK:

We recommend for the mid-morning break a light snack with a choice of fruit, vegetables, yogurt and cereals that are naturally healthy, low in calories and fat-free.

At 10 o'clock... a HEALTHY habit!

To arrive at lunchtime with the right appetite, at break: fruit or vegetables, alternating with some other healthy food.

UNSALTED DRIED FRUIT

Raisins, almonds, cashews, walnuts and hazelnuts, peanuts are perfect to put in a small airtight container and give a lot of energy.

DRIED FRUIT

Bananas and apples, mango and papaya, coconut, figs, apricots, dates, without too much added sugar.

CEREALS

Such as corn flakes and puffed rice, buy those where there is little added sugar.

Fruit and cereal bars, but many contain a lot of sugar and little fruit, read the ingredients carefully.

YOGURT

better without added sugars or flavorings.

Rice crackers, unsalted whole grain crackers, breadsticks can be alternatives for occasional snacking.

WEIGHT OF THE BACKPACK:

We do not recommend backpacks with built-in wheels because they are much heavier than other models.

LIST OF MATERIALS REQUIRED - MASSAUA COMPLEX

Students will not wear uniforms, so it is recommended that they wear comfortable clothing appropriate for the school environment.

To bring on the first day of school:

- Book-type case and pencil pouch-type case,
- 2 HB graphite pencils with triangular section for easy grip (FaberCastellgrip2001 type),
- Colored pencils (in the case),
- Fine point markers (in the case),
- 15/20 cm ruler (in the case),
- White eraser (in the case),
- Pencil sharpener with container (in the case),
- collastick (in pouch case),
- Scissors with rounded, but cutting tips (in case),
- 3 large (1 cm) revised notebooks already lined with cover* and name for Italian, math and Catholic/Alternative Religion.
- *Notebook covers: green (Italian), blue (math), orange (religious education-Catholic Religion/alternative).
- 1 square exercise book (0.5 cm) for use as a home-school prompt journal with cover.

DO NOT BUY THE DIARY. The notebook should have useful phone numbers (cell-work) of parents, grandparents, etc. on the first page.

- 2 packs of tissues - always in the backpack.
- Eventual proxy papers.

To bring during the first week:

- 1 rigid folder with elastic band + 10 transparent folders with holes.
- 40 transparent folders, A4 format.
- Kindergarten apron or old painter's smock.
- 3 large notebooks, 1 cm on each side (spare).
- 1 roll of Scottex paper.
- Bag with name containing clean slippers.
- 1 complete change of clothes in a bag (underpants, socks, T-shirt, pants appropriate to the season).
- 5 tennis balls, already cut up for use as noise-reducing chair pads.

PLEASE LABEL ALL MATERIALS, ESPECIALLY THE CASE, FOR EASY RECOGNITION (or you can write the child's name directly on the material with indelible markers) using an indelible marker).

The teachers of the Via Massaua complex

Please do NOT anticipate any type of literacy exercise during the summer.

A FIRST TASK ... for you, the parents

FORMS FOR DELEGATIONS:

Teachers are not allowed to release children to non-delegated persons at the school's exit. Therefore, we ask that you already have the delegation form filled out completely and that you attach photocopies of identity documents of both parents and a photocopy of the delegate's identity document. All documentation will be given to the class teacher(s) in the first week of class, in an envelope with the student's name and surname(s).

STUDENT DATA SHEET:

Please fill out the student data sheet and give it to the teachers as well.

The same information should be entered in the school agenda (Diary), which will be provided as soon as school starts.