

Kenya's First
100% Vegan School

2025-2026 GROWING OUR FUTURE

Creating a Better World...One Classroom at Time!



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About Us



Paradise Natural Living Society (PNLS) is a charitable organization duly registered under the Society's Act, Laws of Kenya. We are an Organization devoted to the improvement of sustainable agriculture in Kenya through the use of organic farming. Our foremost goals will be to demonstrate the principles and practical application of Natural (organic farming) to members, promote the organic sector, educate the public on benefits of organic food, healthy lifestyle, and farming, to protect the organic product integrity as well as to create environmental awareness & preservation programs via workshops and other community outreaches.

PNLS is also dedicated to educating and training the young minds for tomorrow. We believe that if we can imbue students with a love for knowledge, respect for life and environment; and to always seek the truth; then we can create better outcomes for their communities and ultimately humanity.





TYPE OF LEARNERS

VISUAL

Through use of visual tools we engage the mind of the student.

AUDITORY

We listen to the student to understand how they learn.

READING

Students explore the world through books and acclaimed authors.

KINESTHETIC

We are hands-on and giving practical and functional knowledge based systems.

GREATER OUTCOMES

Provides a tailored, standards-based curriculum that fits the needs and potential of the individual learner, and emphasizes deep understanding of important concepts and the development of essential skills, as aligned with year level content and achievement standards.

LIFE-LONG LEARNING

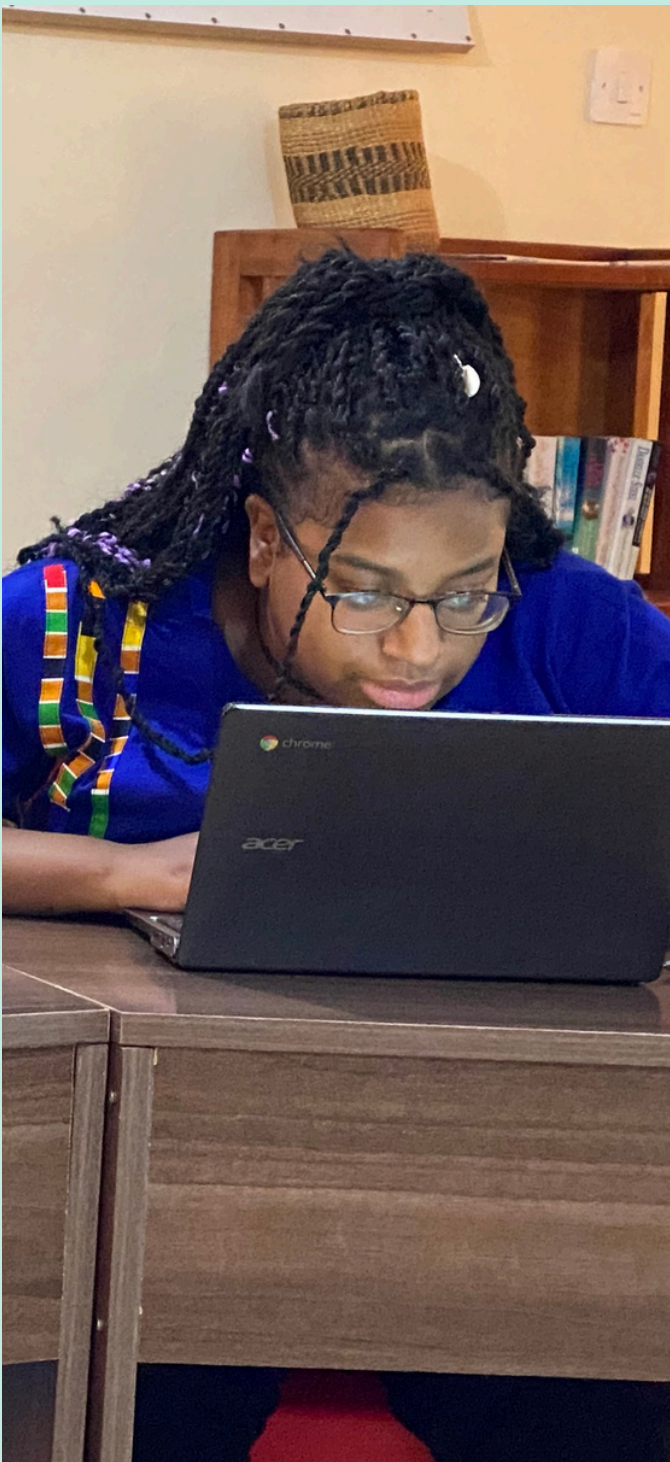
Lays the foundation for lifelong learning by using an approach that makes connections across the disciplines to reinforce important concepts and assist students in thinking critically and applying what they have learned to solve real-world problems.

SKILLS BASED

Provides quality, adaptable teaching that uses various teaching styles, (direct instruction, cooperative learning, project-based learning, hands-on learning, and integrated technology) to teach to each individual learning styles, giving each student equal opportunity to comprehend.

WHOLISTIC LIFE SKILLS

Provides opportunities for learning to be enhanced both indoors and outdoors through movement, arts, dance, animals and the meaningful and relevant application of computing and technological skills for the future.



Our Vision

- An education that nurtures Afro-centricism, self-confidence, interdependence and creativity
- Custom made solutions to their kids and multidisciplinary and holistic approach to learning that incorporated and took into consideration the different ways each child learns
- Smaller classes/groups and emphasis on outcome based learning
- A school making use of the vast opportunities within ICT
- The physical health and nutrition are critical to young minds; these tenants have been embedded in our teaching model

Structured DayCare

We firmly believe in the importance of early learning, as it lays the foundation for children's development. Our dedicated service to students is an investment in your child's future. With our small-scale approach, we ensure that your child receives the individualized attention they deserve.



Pre-K & Kindergarten Schedule



MON, WED & FRI

9:00 -9:30 Conversation / what do you like ?
9:30-10:00 English /Alphabet recognition
10:00-10:15 BREAK
10:20-10:45 Math/ number recognition
10:45-11:15 Summary
11:15-11:20 BREAK
11:20-11:45 Science How to grow plants
12:00-1:00 LUNCH
1:00-2:30 NAP TIME (Kindergarten Electives time)
2:30-3:00 Electives
3:15 -HOME Departure

TUE & THU

9:00 -9:30 Conversation / what do you like ?
9:30-10:00 English /Alphabet recognition
10:00-10:15 BREAK
10:20-10:45 Math/ number recognition
10:45-11:15 Summary
11:15-11:20 BREAK
11:20-11:45 Science How to grow plants
12:00-1:00 LUNCH
1:00-2:30 NAP TIME (Kindergarten Electives time)
2:30-3:00 Electives
3:15 -HOME Departure

Electives

- Magic school bus (science)
- Cookie making
- Life skills
- Arts and crafts
- Painting
- Board games
- Making play dough
- Making fruit salad
- Making sandwich
- Drawing book
- Soap making
- Creating a crown
- Picture frame
- Kite
- Birthday poster
- Show and Tell
- Bubbles
- Painting hands



Health & Nutrition Activities



Nutrition education is a vital part of a comprehensive health education program and empowers children with knowledge and skills to make healthy food and beverage choices.

Given the important role that diet plays in preventing chronic diseases and supporting good health, schools would ideally provide students with more hours of nutrition education instruction and engage teachers and parents in nutrition education activities. Research shows that nutrition education can teach students to recognize how healthy diet influences emotional well-being and how emotions may influence eating habits. The Cottage School has incorporate this tenants in the daily curriculum. We will be the first ALL-VEGAN educational institution in Kenya where health and nutrition is a priority!



FINAL WORDS

**ALWAYS WALK
THROUGH LIFE AS IF
YOU HAVE SOMETHING
NEW TO LEARN.**

VERNON HOWARD