



PARENT & STUDENT HANDBOOK



APPLEBEES
PRESCHOOL & DAYCARE

ABOUT US

At AppleBees Preschool, our Toddlers Care Program provides a nurturing, structured environment guided by experienced early childhood educators. We focus on supporting each child's growth through consistent care, age-appropriate routines, and gentle learning experiences.

Toddlers are cared for by familiar educators who understand their individual needs and support them through daily milestones at their own pace. Learning takes place through play, movement, and everyday interactions, helping children develop confidence, comfort, and curiosity.

Our program goes beyond basic child care by creating a safe and cohesive community where toddlers feel secure, valued, and ready to grow.



FOUNDER – APPLEBEES PRESCHOOLS

Dr. Afsha, BDS Founder With a strong foundation in dentistry and global exposure to modern preventive care, Dr. Afsha brings a thoughtful, health-first perspective to early childhood education. Her clinical journey spans India and the Middle East, supported by advanced certifications from internationally recognized institutions, shaping her understanding of how early habits influence lifelong wellbeing.

Beyond her professional credentials, Dr. Afsha's role as a mother deeply informs her vision. It strengthened her belief that early learning environments must nurture not only cognitive skills, but also emotional security, healthy routines, and confidence – elements that quietly shape a child's future.

This philosophy led to the creation of AppleBees Preschools. Under her leadership, the preschool is designed as a warm, structured, and child-centric space where learning is supported by care, preventive health awareness, movement, and meaningful engagement. Her approach blends medical insight with parental sensitivity, ensuring that children feel safe, confident, and happy in their formative years.

As a woman entrepreneur, clinician, and parent, Dr. Afsha represents a new generation of founders building institutions with purpose, empathy, and long-term vision. At AppleBees, she anchors the culture of care, wellbeing, and trust – laying strong foundations for children and families alike.

CO-FOUNDER APPLE BEES PRESCHOOL

With over a decade of experience across wealth management, financial services, banking, and real estate, the co-founder of AppleBees Preschools brings a deep understanding of people, trust, and long-term value creation. Having worked extensively in marketing and business development, his career has been rooted in direct consumer engagement (B2C) – understanding how families think, decide, and build relationships with institutions they trust. This perspective plays a critical role in shaping AppleBees as not just a preschool, but a parent-centric ecosystem built on transparency, consistency, and care.

Beyond corporate leadership, his journey reflects a strong belief in discipline, resilience, and holistic growth. As a former UPSC aspirant, he brings a structured, purpose-driven mindset and a deep respect for education as a foundation for societal progress. His long-standing commitment to fitness, marked by consistent achievements and trophies in sports, reinforces his belief in the powerful connection between a healthy body and a focused mind.

At AppleBees, he leads the brand vision, parent engagement, systems, and growth strategy – ensuring that the preschool operates with professional excellence, emotional warmth, and long-term scalability. Together with the doctor-founder, he has co-created a learning environment where care meets structure, and ambition is balanced with empathy.

WELCOME TO APPLEBEES PRESCHOOL

Welcome to the AppleBees family.

We are delighted to walk alongside you during one of the most important and beautiful phases of your child's life.

At AppleBees Preschool, we believe early childhood is not just about learning letters and numbers – it is about building confidence, curiosity, physical strength, emotional security, and joy. Every space, program, and interaction at AppleBees is thoughtfully designed to help children feel safe, valued, and inspired to grow.

This handbook offers an overview of our philosophy and approach, helping parents understand what makes AppleBees a nurturing and meaningful place for young learners.



OUR PHILOSOPHY

We believe every child is naturally capable, curious, and full of potential. Learning at AppleBees is joyful, active, and rooted in real-life experiences.

Our approach focuses on:

- Holistic development of mind, body, and heart
- Learning through play, movement, and exploration
- Building confidence and communication from an early age
- Encouraging independence, empathy, and self-expression

We respect childhood and allow children to grow at their own pace – with guidance, care, and encouragement.

OUR LEARNING PROGRAMS

AppleBees offers age-appropriate programs designed to support each stage of early childhood:

- Infant Care Program
- Toddler Program
- Playgroup Program
- Preschool Program
- Kindergarten Program (LKG & UKG)
- Flexi Care / Day Care

Each program blends early learning, creative expression, movement, and emotional development in a warm and structured environment.

P R E S C H O O L & D A Y C A R E

BEEFIT™ – BUILDING STRONG BODIES

Physical movement is a core part of daily life at AppleBees.

Through our signature BeeFit™ Program, conducted in the dedicated BeeFit Studio™, children engage in age-appropriate activities that develop balance, coordination, flexibility, and strength. Movement is introduced in a playful and positive way, helping children build healthy habits, body awareness, and confidence from an early age.

At AppleBees, fitness is not an activity – it is a way of growing

TINYTALKS™ – GROWING CONFIDENT VOICES

Confidence and communication are essential life skills nurtured intentionally at AppleBees.

- TinyTalks™ is our structured communication program that gives children opportunities to speak, share, present, and express themselves through storytelling, show-and-tell, group discussions, and stage exposure.
- Together, these programs help children communicate clearly, express ideas with confidence, and develop a strong sense of self.



APPLEBEES

PRESCHOOL & DAYCARE

OUR PROGRAMS AT APPLEBEES PRESCHOOL

Each program at AppleBees is thoughtfully designed to support a child's developmental stage, nurturing confidence, curiosity, physical well-being, and joyful learning. Our approach blends structured academics with movement, communication, and creative exploration in a warm and engaging environment.

TODDLER PROGRAM

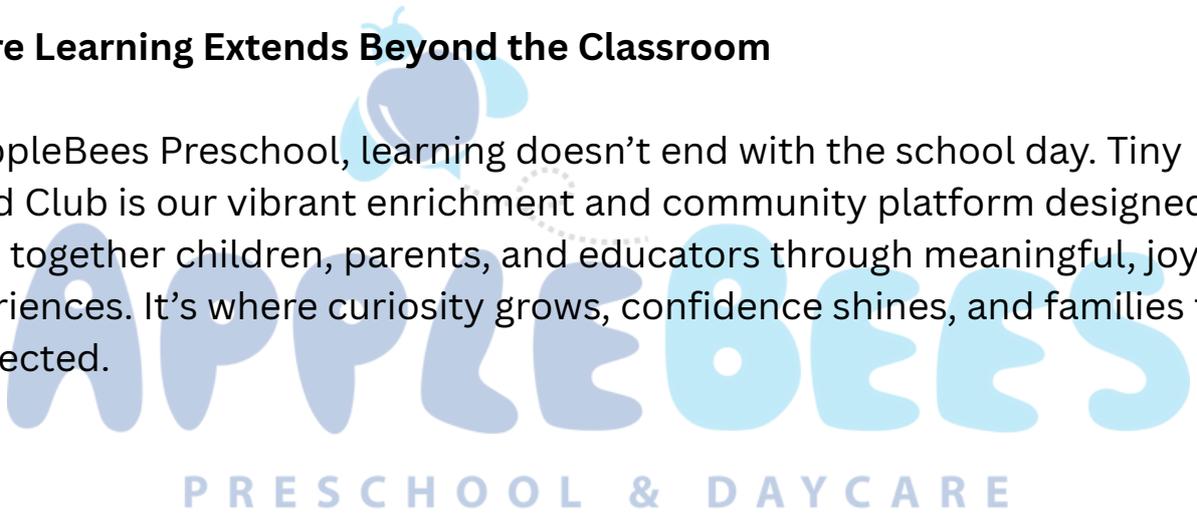
((18 months – 2.5 years)

Designed for little explorers, the Toddler Program encourages independence, movement, and early communication through play-based experiences. Children develop motor skills, social interaction, and language exposure while building curiosity and comfort in a structured yet flexible setting.

TINY WORLD CLUB

Where Learning Extends Beyond the Classroom

At AppleBees Preschool, learning doesn't end with the school day. Tiny World Club is our vibrant enrichment and community platform designed to bring together children, parents, and educators through meaningful, joyful experiences. It's where curiosity grows, confidence shines, and families feel connected.



PRESCHOOL PROGRAM

(3.5 – 4.5 years)

Our Preschool Program lays a strong foundation for early academics and communication skills.

Learning is delivered using a structured, age-appropriate curriculum in partnership with Toondemy, ensuring strong grounding in early literacy, numeracy, and concept-based learning.

This academic framework is enhanced by AppleBees' unique approach, integrating:

- BeeFit™ for physical development
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- TinyTalks™ for communication, storytelling, and self-expression
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The program nurtures confident, curious, and capable learners.

KINDERGARTEN PROGRAM (LKG & UKG)

(4.5 – 6 years)

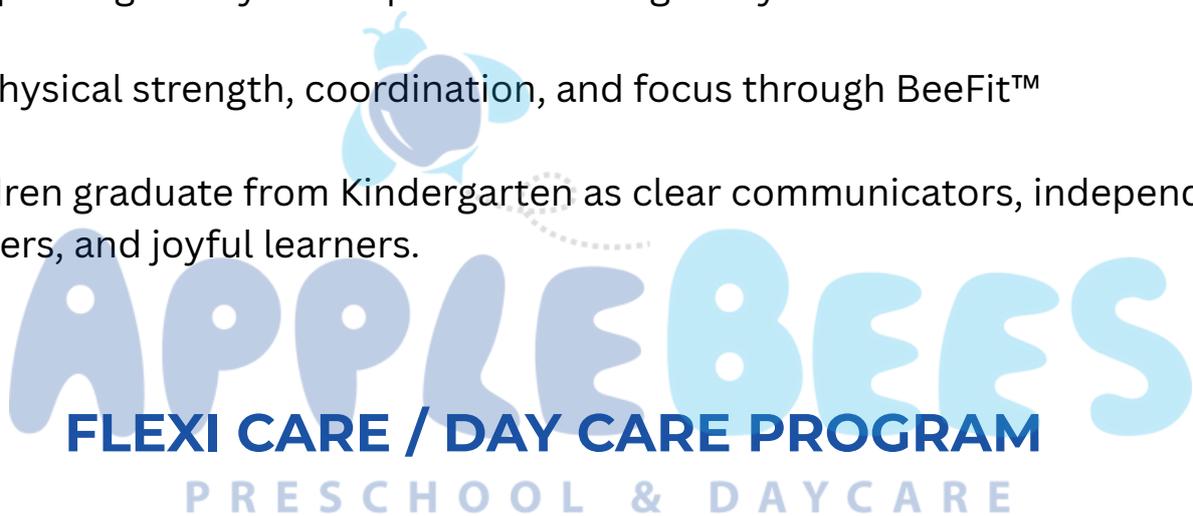
The Kindergarten Program prepares children for a smooth transition into primary school with confidence and competence.

AppleBees follows the Toondemy curriculum framework for Kindergarten, providing a strong academic base in language, numeracy, reasoning, and school-readiness skills.

Alongside academics, children develop:

- Speaking clarity and expression through TinyTalks™
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- Physical strength, coordination, and focus through BeeFit™
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Children graduate from Kindergarten as clear communicators, independent thinkers, and joyful learners.



Our Flexi Care Program supports working parents by offering extended care in a safe, comfortable, and enriching environment. Children follow a balanced routine that includes supervised play, rest, creative activities, and guided engagement, ensuring emotional security and meaningful use of time.

BEEFIT™ PROGRAM (ACROSS ALL AGE GROUPS)

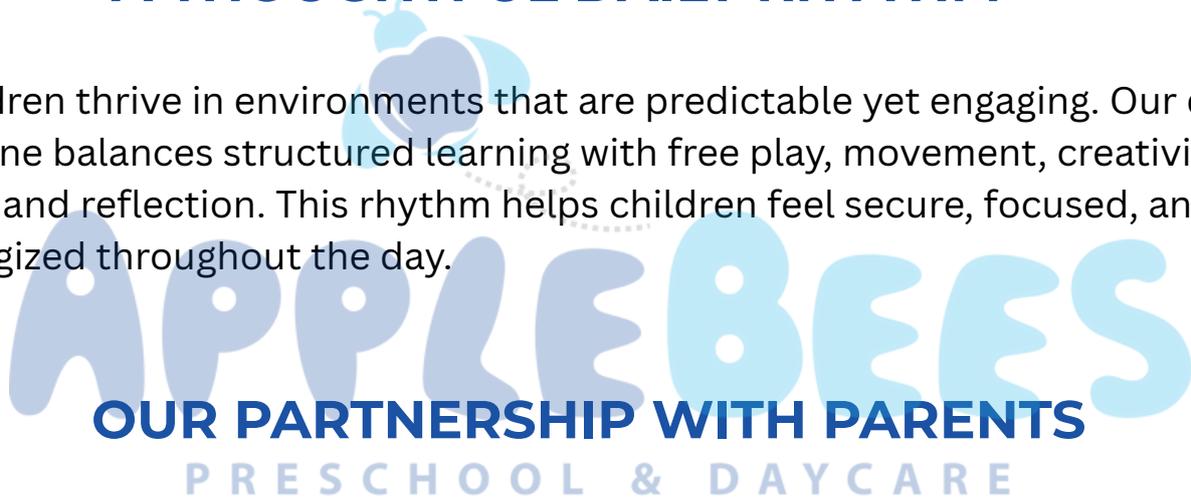
The BeeFit™ Program is AppleBees' signature fitness initiative conducted in the dedicated BeeFit Studio™. Through playful movement, balance activities, and yoga-inspired routines, children develop strength, coordination, flexibility, and healthy movement habits – making fitness a joyful part of everyday learning.

CREATIVE ARTS & EXPRESSION

Creative expression plays a vital role in emotional and cognitive development. Through art, music, rhythm, and imaginative play, children are encouraged to explore ideas freely, express emotions, and develop fine motor skills. Creativity is woven naturally into everyday learning, making education joyful and meaningful

A THOUGHTFUL DAILY RHYTHM

Children thrive in environments that are predictable yet engaging. Our daily routine balances structured learning with free play, movement, creativity, rest, and reflection. This rhythm helps children feel secure, focused, and energized throughout the day.



We believe parents are our most important partners. Open communication, mutual trust, and shared values form the foundation of a successful preschool experience.

We encourage parents to:

- Maintain open communication with teachers
- Participate in school events and interactions
- Support routines and values at home
- Collaborate with us in the child's development journey

Together, we create a strong, supportive environment around every child.

HEALTH, SAFETY & EMOTIONAL WELL-BEING

Children thrive in environments that are predictable yet engaging. Our daily routine balances structured learning with free play, movement, creativity, rest, and reflection. This rhythm helps children feel secure, focused, and energized throughout the day.

OUR PROMISE

At AppleBees Preschool, we promise to:

- Treat every child with love, dignity, and respect
- Celebrate individuality and curiosity
- Encourage confidence and joyful learning
- Create meaningful early experiences
- Prepare children not just for school, but for life

A MESSAGE TO OUR LITTLE LEARNERS

Dear children,

This is your space to explore, move, imagine, speak, and grow.

You are safe here. You are valued here. You belong here.

**WE LOOK FORWARD TO A BEAUTIFUL JOURNEY
TOGETHER.**

**WARM REGARDS,
TEAM APPLEBEES PRESCHOOL**

**CONTACT US - 7795875500
EMAIL:INFO@APPLEBEESPRESCHOOLS.COM**

