



ISB PARENT ASSOCIATION

**WELCOME TO  
ISB**



Contact us:

[parentcommittee@isbreda.com](mailto:parentcommittee@isbreda.com)

**ISB PA**

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# **Welcome!**

**The Parent Association of International School Breda (ISB PA), is very proud to welcome you and your family to our school community. This welcome brochure is created for new parents by parents to help make the transition to life in the Netherlands easier for you. We also have experienced living abroad first hand and know how stressful and difficult it can be in terms of finding out what works in day to day life.**

**We are also here to help you and your family settle into school and in Breda. The welcome brochure provides you with contact details of the PA, should you wish to talk or meet with us.**

**As PA members, we are also always looking for new members. If you would like to become involved as a member, or would like to help organize a one-off event, please send an email to: [parentcommittee@isbreda.com](mailto:parentcommittee@isbreda.com). Whatever level of participation you choose, your time and involvement will be greatly appreciated.**

**If you have any questions please feel free to contact us.**

**With kindest regards,  
Your ISB Parents Association**

# **Meet your Parent Association Committee**

## 2024 - 2025 ISB Parent Association



**ARIADNA MARTINEZ-HEISTERKAMP**

Chair  
Venezuelan



**MARINA BADALYAN**

Vice Chair  
Armenian



**CLAUDINE KUSSE**

Events Coordinator  
Division Council  
Dutch



**ANNA PELLICER TODA**

1st Secretary  
Spanish



**NAHUM VIVEK**

Treasurer  
Indian



**ANDREA ROEHM**

2nd Secretary  
American



**SOMAYEH ARSHI - VAN DER MEEBERG**

Social Media & Sunshine  
Dutch - Iranian



**REYHAN ALTINAY**

Sunshine Team  
Turkish



**ERIN RYAN**

Public Relations  
American



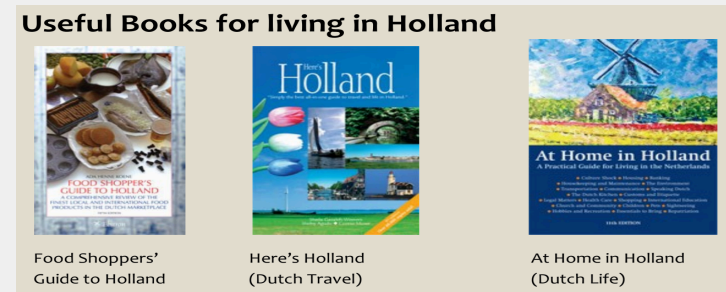
We still have some board positions available and always in need of volunteers. If you are interested please contact us:  
[parentcommittee@isbreda.com](mailto:parentcommittee@isbreda.com)  
Promoting a strong sense of community!

# **Class Parents**

The class-parent is the extension of the PA at classroom level. The goal of the class-parent is to create a warm and involved ISB community by welcoming new families and creating a social network amongst the parents, by including parents in class, school and PA activities by means of organizational support or by just taking part in social events.

# Health care and Emergency numbers

- Hospitals: Amphia ziekenhuis (tel: 076-595 50 00 / [www.amphia.nl](http://www.amphia.nl)):
  - Molengracht 21, 4818 CK Breda (also the Emergency/Spoedeisende Hulp)
  - Langendijk 75, 4819 EV Breda
  - Trivium 76, 4873 LP Etten-Leur
  - Pasteurlaan 9, 4901 DH Oosterhout
- **The emergency (life threatening) tel number for police, fire or ambulance is 112**
- Urgent medical care but not life threatening: call the General Practitioner during office hours.  
In the evening, night and weekend call Emergency/Spoedeisende Hulp 076 - 52 58 500 (Breda), 076- 50 40 444 (Etten-Leur), 0165- 53 02 00 (Roosendaal), 0164- 27 38 55 (Bergen op Zoom)
- The non-emergency police number is 0900 8844.
- [www.expatica.com/nl/healthcare/healthcare-basics](http://www.expatica.com/nl/healthcare/healthcare-basics)



## Health care and Emergency numbers (Cont.)

**Health insurance** in the Netherlands is mandatory. Everyone has to take out their own basic healthcare insurance (basisverzekering), except those under 18 who are automatically covered under their parents' premium. If you don't take out insurance, you risk a fine. Do read carefully what is and what is not included in your basic policy. For example; children's braces are not covered and need additional cover per child. [Here](#) you can find more information about the Health Insurance companies in the NL or you can compare prices and services in this app:

<http://www.zorgwijzer.nl/zorgvergelijker/english>

**The huisarts (GPs)** are responsible for gathering all your medical records and the gatekeepers to all the other types of medical treatment. They can deal with routine health issues, perform standard gynecological and pediatric examinations, and refer you onto other services, including hospitals, specialists, home midwifery and physiotherapy. For more information:

<http://www.government.nl/issues/health-insurance>

**Pharmacies (apotheek)** sell prescription-only drugs as well as over-the-counter meds, vitamins, baby items, homeopathic products and medical equipment for home use. For standard medicines such as aspirin, paracetamol and so on you can buy them without prescription at any supermarket or convenience store.

**Vaccination:** The Netherlands has an extensive [immunization program](#) to protect children against infectious diseases. You will be receiving a letter from the GGD (the Dutch Public healthcare organization) upon arrival where they will ask you to send all current vaccination information regarding your children (copy of your vaccination card). They will let you know by letter of any other vaccination your kids will be needing and will also communicate an invitation with information of what, where and when your kids will be getting these new vaccinations. They are all provided free of charge and through invitation by the GGD.



## Health care and Emergency numbers (Cont.)

In order to apply for a **huisarts (GPs/family doctor)** you'll need to have:

1. BSN number.
2. Dutch Health Insurance or an International one with coverage within the Netherlands. Once these two steps are covered you'll need to register straight away with a family doctor that has availability to accept you as a patient (otherwise you won't be able to go when you need)

In this website you can find information in English of available GPs within Breda: <http://www.bredageneralpractice.nl/>

Each GP has a list of patients and may not accept any new ones, don't worry!! This is the normal practice in the NL. If this occurs to you, they are obliged to give you the contact of another GP that will still have available space for you and your family so you can register. At the GP office and sometimes on their website you'll get further information on what you'll need to do to registration, usually they'll be asking you for:

- Valid ID
- Health Insurance
- Previous Medical records
- Registration form
- Sign a form to accept that your records may be shared with other doctors if needed.

Ask them to give you information and sign you up at the nearest Apotheek to retrieve your prescription when necessary.

The same rules apply to get your own dentist (**dental care**) in the Netherlands. Remember that your Health Insurance policy doesn't cover all your dental care and you may have to pay extra coverage. You can find your nearest dentist on the following link: <https://www.tandarts.nl/>

# Websites

## Expat websites

Access	<a href="http://www.access-nl.org">www.access-nl.org</a>
Holland Expat Center	<a href="http://www.hollandexpatcenter.com">www.hollandexpatcenter.com</a>
I am Expat	<a href="http://www.iamexpat.nl/lifestyle/international-community/groups-clubs/expats/breda">www.iamexpat.nl/lifestyle/international-community/groups-clubs/expats/breda</a>
Expatica	<a href="http://expatica.com/nlwww">expatica.com/nlwww</a>

## Clubs and Organisations

Breda Expats International	<a href="http://bredaexpats.blogspot.com/">http://bredaexpats.blogspot.com/</a>
English Mum's Abroad	<a href="http://englishmumabroad.blogspot.com/">http://englishmumabroad.blogspot.com/</a>
International Women's Club Breda	<a href="https://iwcbreda.nl/">https://iwcbreda.nl/</a>
American Women's Club of Antwerp	<a href="https://www.awcantwerp.org/">https://www.awcantwerp.org/</a>
Amsterdam Mama's	<a href="http://www.amsterdam-mamas.nl/">http://www.amsterdam-mamas.nl/</a>
Tilburg International Club	<a href="https://tilburginternationalclub.com/">https://tilburginternationalclub.com/</a>
Breda Bumps, Babies and Monkeys	<a href="https://www.facebook.com/groups/bredabumpsandbabies/">https://www.facebook.com/groups/bredabumpsandbabies/</a>
Breda Expats	<a href="https://www.facebook.com/pages/category/Community/Expats-Breda-1016735961713888/">https://www.facebook.com/pages/category/Community/Expats-Breda-1016735961713888/</a>

## News and Weather

Dutch News (English)	<a href="http://www.dutchnews.nl">www.dutchnews.nl</a>
NL Times (English)	<a href="http://www.nltimes.nl">www.nltimes.nl</a>
Weer (Weather) NL (Dutch)	<a href="http://www.weer.nl">www.weer.nl</a>

## Transportation

OV Chipkaart (English)

<https://www.ov-chipkaart.nl/home-1.htm#/>

The OV Chipkaart is the easiest way

to pay for your journeys via public transport in the entire country.

NS Dutch Train Service (En)

<https://www.ns.nl/en>

9292 (English)

<https://9292.nl/en>

Plan your journey using public transportation.

Breda Tourism

<https://www.netherlands-tourism.com/breda/>



## Banking

In the Netherlands, most transactions in shops and supermarkets are done by cash payments with Euros or through an online debit card (pinpas). In many shops, hotels and restaurants you will be able to pay with your credit cards but this is not very common. Banks offer many services such as personal accounts, internet banking, saving accounts, and credit accounts.

Opening a bank account will require some formalities and it is not always possible to do so within the first days. So make sure you have enough cash, a credit card, or access to a bank account from your home country. To open a bank account, you have to visit a bank in your place of residency. Credit cards are not widely used in the Netherlands and generally not accepted in supermarkets and small shops. Your bank will issue a Maestro debit card with a personal identification number to be used everywhere in the Netherlands. The major banks in the Netherlands are ABN AMRO, ING, Rabobank and SNS bank.

ABN AMRO

<https://www.abnamro.nl/en/personal/index.html>

ING

<https://www.ing.nl/particulier/english/index.html>

Rabobank

<https://www.rabobank.com/en/home/index.html>

SNS Bank

<https://www.snsbank.nl/particulier/home.html>

## Websites for Breda

Platform Breda International	<a href="https://www.platformbvbreda.nl/">https://www.platformbvbreda.nl/</a>	The platform for business associations and companies in Breda.
The City of Breda	<a href="https://www.breda.nl/en">https://www.breda.nl/en</a>	
Breda University	<a href="https://www.buas.nl/en">https://www.buas.nl/en</a>	
Breda Tourist Information	<a href="https://www.welkominbreda.nl/">https://www.welkominbreda.nl/</a>	(only in Dutch) with local highlights, local tips, restaurants (with kids), activities, farm shops, bike and hiking maps etc.

## Apps for Breda

Breda City App	<a href="https://www.stappen-shoppen.nl/">https://www.stappen-shoppen.nl/</a>
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## Learning the Dutch Language

Voorwaarts	<a href="http://www.voorwaartz.nl">www.voorwaartz.nl</a>
Taal Ja!	<a href="http://taalja.nl/en/">http://taalja.nl/en/</a>
Volksuniversiteit Breda	<a href="https://www.volksuniversiteit.nl/information-in-english">https://www.volksuniversiteit.nl/information-in-english</a>

## Private teachers and tutors

- Marja Kwaad [info@taalwerken.nl](mailto:info@taalwerken.nl)
- Jan Zweekhorst [janzweekhorst@outlook.com](mailto:janzweekhorst@outlook.com)

If you are using a smartphone, there are a few apps for Breda that you may want to download

Breda City App  
VVV Breda  
Breda

# Residence Permit

If you are not from the EU, EEA or Switzerland and you are planning to stay longer than 3 months, you need to apply for a residence permit.

Different requirements apply to different nationalities and reasons for coming, so check with the IND; Department of Immigration and Naturalisation <https://ind.nl/EN> for an overview.

You can download more case-specific brochures on the IND website too.

After 3 months of living in the Netherlands you need to register at the local council (GBA or gemeente):  
<http://english.breda.nl/>

## BSN Number

Everyone residing in the Netherlands should have a registration number or BSN (Burgers Service Nummer). This will be required to open a bank account, get insurance etc. To obtain a BSN for yourself and all your children under 16 you should make an appointment at the City Hall.

The one in Breda is located on Claudius Prinsenlaan 10, 4800RH Breda. You'll find more information about the documents required and make an appointment on <http://english.breda.nl/node/693997/>

# Housing

The Netherlands is one of the countries with the highest population density, therefore finding affordable accommodation can be a difficult task but not an impossible one! We suggest you plan this in advance and check on the open market.

Most apartments are offered through real estate agents who usually charge a fee of one month's rent plus taxes for their services. In addition, you will have to pay between one and two months' rent as a deposit to your landlord. This charge may be higher if you decide to rent a furnished (gemeubileerd) apartment. Rental prices vary depending on location.

Here are some links that might help you:

<http://www.rotsvast.nl/>

<http://www.pararius.com/english>

<http://www.select-a-house.nl/>

[https://housing.justlanded.com/en/Netherlands\\_North-Brabant\\_Breda/For-Rent\\_Apartments](https://housing.justlanded.com/en/Netherlands_North-Brabant_Breda/For-Rent_Apartments)

<http://www.funda.nl/>

<http://www.ehr.nl/>

<http://www.expathelp.nl/>

For your information you can also rent some furniture while you get your own or wait for yours to arrive:

<http://www.furniturelease.nl/>

# Pets

You can bring your pets to the Netherlands as long as they are correctly vaccinated, have a legal passport and are identified with a microchip. The conditions depend on the type of animal and country you are coming from. For more information:

<https://www.government.nl/topics/animal-welfare/question-and-answer/can-i-bring-a-pet-from-another-country-to-the-netherlands>

Once in the Netherlands most cities charge you with a dog pet tax that should be paid on an annual basis. For more info and download the documents for West Brabant follow this link:

<https://www.bwbrabant.nl/bwb/gemeentelijke-belastingen/belasting-soorten/hondenbelasting/>

There are many veterinarians in the Breda area you can Google your nearest one: dierenarts or dierenartspraktijk. Here are some of the available ones:

<http://www.dierenkliniekbreda.nl/>

<http://www.dierenziekenhuisbreda.nl/>

Dogs must be held on a leash. When taken for a walk in parks and forest there are a few locations where the dog can run and play without a leash. These spots are clearly marked with a special sign. You are obliged to always clean up the dog poo. You risk a fine of €140,- if you don't.

# Bring your car

If you are moving from a EU country and would like to bring your own car, you need to know that you can only drive it under any EU country registration for three months. After that period all expats have to register and get Dutch license plates.

In order to do that, two different taxes have to be paid:

Private motor vehicle tax ([BMP](#)) This tax that accounts for the import of the car depends on many factors and can get quite expensive. If you've lived for more than 12 months in a EU country and your car has been in your possession for at least 6 months you can claim that your car is part of your "removal goods" and ask for an exemption. Just remind that you won't be able to sell it within 1 year.

Here you can find all the [information](#) as well as the [exemption documents and procedure](#).

Road tax (Motorrijtuigenbelasting) The amount of road tax depends on (vehicle) weight and fuel type (diesel is more expensive). To calculate the exact amount you have to pay check the road tax calculator that can be found [here](#) (in Dutch).

In order to be issued with a Dutch vehicle registration certificate a vehicle requires also a [technical inspection](#) to ascertain that it complies to Dutch safety and emissions standards. The inspection is made at an [RDW authorised test centre](#) (RDW-keuringsstation).

Once all the procedure is done you can issue your new license plates. In Breda this can be done at [Brezan](#).



# Kids and Family

## Playgrounds

Speelbos de Boeverijen (Mastbos)

Forest where children can play:

List of Playgrounds in Breda

Café De 7 Heuveltjes

Joepie

Monkey Town

Valkenbergpark

[www.staatsbosbeheer.nl/buitenspelen](http://www.staatsbosbeheer.nl/buitenspelen)

Abeelstraat - Ploegstraat - De Heuvelbrink- Somerweide

<https://www.breda.nl/en/playgrounds>

<https://www.7heuveltjes.nl/>

<http://joepie.nl/>

<http://www.monkeytown.eu/breda>

<https://www.pretpark-de-valkenier.nl/en/>

## Swimming pools

Wolfslaar

Sonsbeeck

De Wisselaar

Club Pellikaan

required.

<https://optisport.nl/>

Open: The end of April-August. Heated outdoors

<https://optisport.nl/>

In an outdoor swimming pool, no summer closure.

<https://optisport.nl/>

Indoor swimming pool, summer closure.

<https://clubpellikaan.nl/club-breda>

Indoor swimming pool, membership

## Children's Farms

Kinderboerderij Parkhoeve Breda-Noord

Bezoekerscentrum Wolfslaar/boerderij

<http://parkhoevebredanoord.nl/kinderboerderij/>

<https://www.wolfslaarbreda.nl/>

## Labyrinth in a cornfield

Hof van Overveld

t'Fazantje

<http://hofvanoverveld.nl/>

<http://www.fazantje-dongen.nl/maisdoolhof>

## **Puppet theatres**

MUZIPO

Irene Laros

**Youth circus:** Jeugdcircus Woenzini

Jeugdcircus Santelli

<https://www.muzipo.nl/>

<https://beeldmakerij.com/>

<http://www.woenzini.nl/woenzini.html>

<https://www.jeugdcircus.nl/cms/>

## **Other**

Oncle Jean

The Little English Library

Reptile House

Pancake House (Den Hout)

<https://www.sportcultuurhopper.nl/>

<https://onclejean.nl/> Restaurant/Coffee/Bar with outdoor play area

<https://littlelibrary.nl/> Library of English children's books at a local Montessorischool

<https://www.deaardebreda.nl/nl/home> Indoor reptile house

<https://koeckers.nl/>

# Sports Clubs and Indoor & Outdoor Activities

Extensive Sports Club List:

More sport clubs in Breda

Club Pellikaan

Club Pellikaan is a luxury sports club for the whole family. They offer a free week pass and 15% discount to ISB.

Bowling en Partycentrum

Merlijn Bowling (Oosterhout)

Climbing: Arendse Klimcentrum

Bowling / Laser/ Karting: LOT 66

Golf: Albatross Golfvereniging

Golfpark de Haenen

Rent a boat (with tapas and BBQ arrangement)

[Sport and leisure in Breda \(and surroundings\)](#)

[www.sportvereniging-info.nl/breda](http://www.sportvereniging-info.nl/breda)

<https://clubpellikaan.nl/club-breda>

<https://www.bowlingbreda.nl/>

<https://www.merlijn.com/>

<https://www.arendse.nl/>

<https://www.lot66.nl/>

<https://www.albatrossgolf.nl/>

<https://dehaenen.nl/>

[www.bootjevarenbreda.nl](http://www.bootjevarenbreda.nl)

## Horse riding schools

Ruitersportcentrum Breda

Hoeve Galderzicht

Manege Overbos

Stal Hoeveneind

Sintels BV

Manege De Roosberg

<https://www.ruitersportcentrumbreda.nl/>

<http://www.manegehoevegalderzicht.nl/>

<https://www.manegeoverbos.nl/>

<http://www.stalhoeveneind.nl/Homepage/>

<https://www.sintels.nl/>

<https://www.roosberg.nl/>

## **Ice skating**

<https://nieuw.optisport.nl/schaatsbaanbreda>

<https://www.bress.nl/en/sports/ice-skating/>

<http://magicskatesbreda.nl/>

<https://www.jollyicesports.nl/>

## **Skiing Indoor Ski & Snowboard Centre**

<https://www.indoorski.com/>

<https://www.skiresort.info/ski-resort/indoorski-breda/slope-offering/>

<https://www.snowworld.com/en>

<https://www.snowworld.com/landgraaf/en>

<https://www.anwb.nl/vakantie/wintersport/skibanen-in-nederland>

## **Trips by balloon**

Ad Ballon Ballonvaarten BV

Ballonvaarderij De Hot

<http://www.adballon.nl/>

<http://ballonvaarderij.nl/>

## **Tennis and paddle tennis**

Breda Lawn Tennis Vereniging

Ulvenhoutse Tennis Veringing

<https://www.bltn.nl/>

<http://www.ulvenhoutsetv.nl/>

# Supermarkets & Grocery Shopping

Please be aware when you are grocery shopping: Shoppers should bring their own bags as shopping bags are available at a cost. Cash and PIN cards are accepted for payment; credit cards usually are not.

Shopping carts are usually chained together in an area outside the store. To release a cart, insert a coin (usually €0.50 or €1 coin) into the slot on the wagon. The coin is released when the wagon is re-chained to the bank of carts.

**Albert Heijn** — Top-end supermarket chain and the largest in the Netherlands, with stores ranging from small convenience stores to large hypermarkets. This chain also offers its own brand of organic produce. Online shopping is also available <https://www.ah.nl/>

**JUMBO** — One of the fastest growing supermarket chains in the Netherlands with a wide range of food items. Online shopping is also available <https://www.jumbo.com/aanbiedingen>

**Lidl** — Their motto is “good quality for a lower price” and they have been selected the best supermarket in vegetables and fruits in the last 5 years. <https://www.lidl.nl/>

**Butlon.com** — Online shopping, also non-food goods

**Mantrafood.nl** — Online shopping Indian, Surinam, African and organic

**Amazing oriental Breda Belcrum** — Asian grocery store

**Molen De Arend** — A wind mill in Terheijden with a shop that sells its own self-made flour mixes for different types of bread and for baking. They also sell other baking ingredients ([www.molendearend.nl](http://www.molendearend.nl))

**Fish shops** — [Noordzee](#) has 2 shops one near Ginneken and another near the city center where you can find and order fresh fish.

**Biological products** — [Estafette](#) is a biological supermarket that can be found at Ginnekenweg, 65 4818JB Breda  
[De Groene Weg](#) is a biological butcher that can be found at Ginnekenweg, 1 4818JA Breda

**Asian food** — can be found at The [Amazing Oriental](#) supermarket in Belcrumweg, 34-36 4815HB Breda, amazingly you can also find some American and English products here.

**Turkish Halal supermarkt** — [Ken Foods](#) in Nieuwe Haagdijk 22-26, 4811 TD Breda

Not in Breda but in the near city of Antwerp (45 min drive) you can also find an [American supermarket](#) for those craving for their American treats. It can be found at Prins Boudewijnlaan 175, 2610 Antwerp.

# Shopping

Shopping in Breda <https://www.holland.com/global/tourism/destinations/more-destinations/breda/shopping-in-breda.htm>

## **Late night shopping**

Breda City Centre: Thursday until 9.00 p.m.

Ginneken: Thursday until 9.00 p.m. (some shops)

Bavel, Ulvenhout: Fri until 8.00 p.m. (some shops)

Teteringen, Prinsenbeek, Haagse Beemden: Fri until 9.00 p.m. (some shops)

**Sunday shopping:** Breda is also familiar with the term Sunday shopping. Most of the shops in the centre of Breda are open from 12.00 a.m.-5.00 p.m.

## **Outdoor markets:**

Grote Markt: Tuesday and Friday 9.00 a.m.-1.00 p.m.

Veemarktplein (biological farm market): Tuesday 9.00 a.m.-1.00 p.m.

Haagweg: Saturday 9.00 a.m.-5.00 p.m.

Wilhelminapark: Saturday 9.00 a.m.-1.00 p.m.

For more markets: <https://www.welkominbreda.nl/doen/winkelen/markten-in-breda>

# Restaurants and Entertainment

Breda has a wide range of restaurants, cafes, disco's, theaters and cinemas. The exciting and exuberant city of Breda has something for everyone.

Restaurants in Breda

<https://en.eet.nu/breda>

Best Restaurants

<https://www.stappen-shoppen.nl/stappen/eten>

Italian restaurants - Al dente and Bar Lucca

Greek take-away - El Greco

Cinema

<https://www.pathe.nl/bioscoop.breda>

Theater

<https://www.chasse.nl/>

Concerts and Dance

<https://www.mezz.nl/>

Casino

<https://www.hollandcasino.nl/en/vestigingen/breda>



# Post Office

The Dutch Post Office used to be an office where you could obtain all postal products and services and some services not related to mail. These Post offices do not exist anymore and have been replaced by smaller Post shops, located in other shops, such as book- stores, tobacco shops and supermarkets. These Post shops are still called Post offices and offer all products and services from PostNL and sometimes a few other services as well. For locating a Post Office, please refer to the website of PostNL: [www.postnl.nl](http://www.postnl.nl) (locatiewijzer).

# Waste Collection

In the Netherlands different municipalities follow different procedures and systems when disposing normal everyday waste. However garden waste and other organic materials such as vegetables and fruit should be deposited in the container 'GFT' (groente-fruit-tuinafval)', which you will get at your disposal. All plastic should be disposed of in a provided container for plastic. Paper and cardboard (papier en karton) should be deposited in your third container. The rest of your waste should be deposited in the 'RSTV' (restafval), which is usually a fixed container located somewhere in your neighbourhood.

Close to most shopping areas, but also at random locations, you should dispose of wit glas (white glass) or bont glas (coloured glass). Unwanted clothing can be disposed of in special containers, generally placed by local organizations and most often located close to a shopping area. Other waste has to be deposited at the waste separation stations (milieupark), such as chemical waste such as paint, batteries and oil, and large household debris such as furniture, appliances and HiFi/computer equipment.

The containers are collected once or twice (and depending on the season sometimes weekly) a month. On a yearly basis municipalities all over the Netherlands publish a calendar with the time-table of the pick up dates. Additionally you will find addresses of the waste separation and recycling stations. In case you don't have one it can be requested at the Municipality. There is also an application available for smartphone users: Afvalwijzer or DeAfvalApp (<http://www.mijnafvalwijzer.nl/>). For more information regarding garbage collection and recycling (<https://www.breda.nl/en/waste>).

# Babysitting and Cleaning Services

We advise you to ask other parents if they know anyone who can help you with your need. There are also many international children in secondary babysitting. To find the right one for your family we suggest you to meet and ask for reference if they have any. There are also companies offering these services. Please refer to the websites below.

Home Cleaning & Services

<https://hlprs.nl/en>

Dry Cleaning & Laundry Services: Loekinette

<https://www.loekinette.nl/>

Please note; The ISB nor the ISB PA can be held responsible for the quality of the items/services mentioned as this is an open forum to the ISB parent community which can be used out of free choice. Nevertheless if you have any feedback regarding any of the services, we kindly ask you to communicate these to us as soon as possible in order for us to remove or adjust this information accordingly.

# **We Welcome Your Suggestions**

## **“Making the most of your Parent Association!”**

To: International School Breda Parent Association

We welcome your ideas, comments, suggestions, (fundraising) recommendations, concerns, etc. you would like to bring to the attention of the ISB Parent Association, an association for parents by parents. Any suggestions made will be carefully considered and you will receive a response, if you leave your contact details at the bottom of this form. Alternatively, you may choose to remain anonymous. Please note; the Association is not an educational body and therefore will not have advisory powers on educational matters nor will it concern itself with issues concerning individual children, which need to be addressed to the educational team.

**Suggestion(s):**


# Expression of Interest

## ISB Parent Association



**1**

**Amplify your voice.** PA allows you to advocate for for community by taking actions and building coalitions that make positive change.

Through PA, you are informed about what you can do to help build strategies that most impact your child(ren), and school.

**2**

**Increase Cultural Diversity.** Your input and uniqueness will increase the diversity and cultural awareness in our school. Representing your culture will create more experiences, more enriched activities, other types of communications ideas to advocate for school improvements & inclusiveness.

**3**

**Gain recognition and visibility for improving your school.** Participate in PA's School to strengthen your family-school partnership by engaging families in supporting student success and continuous school improvement.

**4**

**Have fun and meet new people!** Show your passion while making new lifelong friends from across our community.

**5**

**Transform parent leadership into professional development.** Increase our impact, visibility and connections by taking a leadership role on PA boards in your local community. Building up networking opportunities.

**6**

**Share timely parenting info.** Parents involved with PA help their child excel at school and in life. Share your expertise with the community and get enriched by others too.

**7**

**Create the village that helps to raise kids and strengthen schools and our community.** PA believes can make every child's potential a reality—but we need more believers. We need you!

**Please complete this form if you are interested in joining the PA Committee or if you would simply like to join the list of PA Volunteers, whom we contact for support for the various events we organise.**

Please note that there is no obligation to complete this form. Information provided will be treated as confidential and kept within the ISB PA. Your contact details can be removed from our files at any time upon request.

**Name:** .....

**Email address:** .....

**Mobile no:** .....

**Name and year group of child(ren):**..... **Year:** .....

..... **Year:** .....

..... **Year:** .....

☐ **I am interested in Joining the ISB PA Committee.**

☐ **I would be happy to help at future PA events; please add me to your Volunteer List**

Thank you for expressing an interest in supporting the International School Breda's Parent Association. If you have expressed an interest in joining the PA, you will be contacted by one of our members shortly. If you have indicated you would like to volunteer in supporting various activities, we will be contacting you in the not too distant future in order for you to join one of our events sub-committees.

Go to our website for more information: [ISBPA Website](#)



# International School Breda Parent Association

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[www.isbreda.nl](http://www.isbreda.nl)

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