



Strathesk  
Primary School

## Weekly Mail Drop

13.01.23

(Our weekly mail drop will continue to be sent out each **Friday** this year)

Included in this week's mail drop:

- Home Energy Scotland information
- Adult Learning information
- Active Schools Jan - Mar programme

A very happy new year! What a start we have had to 2023! Children have all settled back into school life really well and there is a great atmosphere across the school.

This week Miss Sloan and some P6 and P7 children led our first Family Learning session with a Numeracy focus. Thank you to all those parents who were able to attend. The children loved sharing learning with you and we hope you found it useful.

**Next week we have our first Thinking Together session at 9am on Tuesday 17<sup>th</sup>.** This is an opportunity for parents and school to come together and chat about current trends and practices in education and children's lives in general. The initial focus of this week's session will be asking the question: **'Do you think homework makes a difference to children's progress in primary school?'** In our recent homework survey 61.6% of parents agreed that it does make a difference while 38.4% disagreed that it makes a difference. Please come along and join us. It will be very informal and I'll make sure there are biscuits with the tea and coffee ☺

### Digital Safety Webinars

We are pleased to offer four webinars that will focus on what you can do to help keep your child safe online and how you can support your child to get the most out of his/her device.

**These webinars will be held 7-8pm on the following dates:**

- Tues 24 Jan - Digital Safety (ELC/Primary) [Click here to register](#)
- Wed 25 Jan - Digital Safety (Secondary) [Click here to register](#)
- Tues 7 Feb - Supporting Your Child With Their Device (Primary) [Click here to register](#)
- Wed 8 Feb - Supporting Your Child With Their Device (Secondary) [Click here to register](#)

Please visit our school website [strathesk.mgfl.net](http://strathesk.mgfl.net) Our weekly mail drop and much more has now been added. Please take a wee look. We will continue to add information we think you might find useful so please visit regularly. We would appreciate your feedback and suggestions of what you would like us to share here.

A gentle reminder that our school is a pet and smoke free zone. Please do not smoke in or around the school grounds, including the playground and the school gates. Please do not bring pets, including dogs, into the school playground. Many of our children are afraid of dogs, even those on a lead, and some of our children are allergic to them. Thank you for your support with this.

Can you please ensure your child brings a healthy snack and water to school rather than sweets and fizzy drinks? Similarly, if your child is bringing a packed lunch can you please ensure all items are healthy? Over this term we have seen an increase in sweets, crisps and chocolate which can have a negative impact on a child's ability to concentrate in class. Please note we are a nut free school and so nuts or foods containing nuts, including Nutella, must not be sent into school as we have a number of children with allergies. Thank you for your support with this.



Can you please make sure your child comes to school dressed for cold and wet weather? Children can leave a change of clothing in their trays in the classroom should you wish to send these in with them. Where possible, we will continue to develop our Outdoor Learning curriculum unless the weather is particularly bad. Even if not raining, the ground can still be wet and slippery especially in the woods so we recommend coming to school in wellies, waterproof trousers and coat on the days your child has Outdoor Learning.

We have been asked by Police Scotland to share the following notice:

Concerns around safety of primary school pupils have been raised with Police Scotland and Midlothian Council in relation to vehicles entering the restricted area at Strathesk Primary School, Penicuik, during the relevant times. These restrictions cover Strathesk Road, Windsor Terrace and Eastfield Park Road. Penicuik Community Officers will be out at the school in the coming weeks to remind road users of these restrictions. Where necessary, enforcement action will be taken with tickets carrying a £50 fine. We ask all parents and carers of pupils to remind themselves of these restrictions and adhere to them. They are in place to better protect children as they attend school. Further information can be found at [www.midlothian.gov.uk](http://www.midlothian.gov.uk).

#### Citizens Advice Scotland Helpline

The festive period is fun but once it's over financial stress can increase. You may be left with extra bills to pay off or debts. Citizens Advice can help. You can contact their advice helpline on 0800 028 1456. They're open Monday - Thursday 9:00am to 3:00pm and Friday 9:00am to 12 noon. They can help with queries about employment, housing, debt, benefits, and consumer issues like energy bills as well as many other topics.

Head lice and nits are very common in young children and their families. They don't have anything to do with dirty hair and are picked up by head-to-head contact. Please check your child's hair regularly for head lice. Treat head lice as soon as you spot them and ensure you complete the full treatment. There's no need to keep your child off school if he/she has head lice. For further information on how to spot and treat headlice please visit the NHS website <https://www.nhs.uk/conditions/head-lice-and-nits/>

#### Next week's diary

Mon 16 Jan	Tues 17 Jan	Wed 18 Jan	Thurs 19 Jan	Fri 20 Jan
	9.00 - 10.00 Thinking Together P7 - Headstrong programme 15.15 - 16.30 Choir	9.00 - 10.00 HT Drop In 10.15 - 11.45 P5 Swimming		

Please have a lovely week, everyone. Take care and look after yourself and your family.