



**Strathesk**  
Primary School

## Weekly Mail Drop

10.02.23

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

Included in this week's mail drop:

- Letter from our Education Chief Operating Office, Michelle Strong, in relation to school closures

I hope you have had a great week. We have been very busy in school this week with children in P4 and P5 exploring Scottish history and preparing a dramatization around a famous Scottish legend. Watch this space for more information to follow! There has been lots of active learning and learning through play taking place across all age groups and during outdoor learning many of our children have been putting the starting touches to a very exciting project! Again, we will share more details with you as the project progresses ☺

### **Additional Parent Consultation**

Following a review last year of how we share learning and report to parents, we are adding an additional parent consultation this year. This additional session will differ from the traditional sessions in that it is an opportunity for children to share their learning with you. Your child and his/her teacher are currently gathering samples of work to share with you in a variety of ways at this session. Your child will lead the chat with you and his/her teacher will support with this, as necessary. The time slot for this consultation is 30 minutes to allow time for your child to share his/her learning.

**The additional parent consultation will take place on Wednesday 8<sup>th</sup> March, 5pm - 7pm and Friday 10<sup>th</sup> March, 1pm - 3pm.** Included in the next mail drop will be a sign up sheet for you to select the slot that suits you best. We have tried to accommodate working parents while taking account of bedtimes for children. If you are able to make an earlier slot please opt for this.

### **Family Learning - Writing Workshop**

**As you know our writing workshop has had to be postponed due to staffing issues. This will now take place on Thursday 2<sup>nd</sup> March at 2pm.** This is a chance for children to share with you some strategies and skills we use in writing across the school. Please come along and join us.

### **World Book Day**

**Also on 2<sup>nd</sup> March we will celebrate World Book Day.** Apologies for any confusion caused by last week's mail drop when I shared the wrong date. More information will follow when we return after the February break.

### **Clothes Recycling**

Please make use of our uniform swap shop. We have a number of uniform items of all sizes and although previously owned, they are in very good condition. Please contact the office or Ali Turbitt, our Home School Practitioner, if you could use any of these items.

Similarly, if you have any unwanted clothes at home that your little ones have outgrown, can you please donate these to school? Outdoor clothing such as wellie boots, waterproofs, coats etc are very useful for outdoor learning and for taking away with us to camp however, any items would be really appreciated as children often need a change of clothes due to wet or messy play.

### **Active Schools**

Our P6 and P7 children have been offered a three week block of football coaching by Active Schools. There is no charge for this activity and it will take place in the PE hall at lunch time each Wednesday. Sign-up sheets have been given to all P6 and P7 children. If your child is interested, can you please complete and return the form to the school office or your child's class teacher as soon as possible?

### **Kinship Carer Workshops**

We have been asked to share the following information with you.

#### **1) Understanding Trauma and Supporting Recovery**

**Wednesday 24<sup>th</sup> of May 2023 from 10am to 2pm online via MS Teams**

What do we mean by trauma? Where does it come from? What causes it? How does it show itself in a child and most importantly of all, what can we do about it? These and many other questions like it have been asked over the years by carers. This workshop session attempts to get to the bottom of these and support recovery with the use of stories and videos.

#### **2) Calming Techniques**

**Monday 19<sup>th</sup> June 2023 from 10am to 2pm online via MS Teams**

Children's Health Scotland found that following their popular workshop on Trauma, carers were saying, "Well so what? What now? I get it but I need to know what to do when my child/young person have a meltdown."

This is a practical session which aims to introduce carers to a range of techniques or strategies to help both carers and their children cope with stress and stress related behaviours. Everything from *Star Breathing* to a *Huge Bag of Worries*. A key focus of this workshop is that the techniques and activities are designed to be used by carers as well as their children

If you are a kinship carer in Midlothian or a kinship carer caring for one of Midlothian's children/young people and would like to attend either or both of these workshops then please email your name to [kinship@midlothian.gov.uk](mailto:kinship@midlothian.gov.uk) stating which workshops you wish to attend. We will then confirm your place and closer to the time send you a MS teams link to access the workshop.

### **Gentle reminders**

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



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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.

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** - *Please remember we are not in school next week as it is the February mid-term holidays.*

Mon 20 Feb	Tues 21 Feb	Wed 22 Feb	Thurs 23 Feb	Fri 24 Feb
	3.15 Choir	9.00 Parent Partnership Meeting. We are always hoping for more members so please join us if you can.  9.00 - 10.00 HT Drop In  P5 swimming  2.30 Community Drop In with Ali Turbitt, Home School Practitioner.		School nurse visit for P1

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