



Strathesk  
Primary School

## Weekly Mail Drop

03.03.23

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

Included in this week's mail drop:

- Information poster - fully funded Scottish bird camp

### **Parent Consultations**

I hope you have had a great week. It has been another busy week in school with lots of preparation for our Parent Consultations next week. Children are very excited to share their learning with you. Time slots will be shared with you on Monday and we look forward to seeing you. We ask that you arrive promptly for the session you have chosen.

As you know children have led curriculum workshops in Numeracy and Writing over the course of the year. These will run again in the gym hall during Parent Consultations. Children will share with you strategies we use in Numeracy as well as an overview of Talk4Writing, the approach we use for developing writing skills across the school. Please pop in when you're here and have a look.

### **Family Learning - Learning through Play workshop**

This workshop scheduled for Wednesday 8<sup>th</sup> March will be postponed due to Parent Consultations. I will share the new date with you shortly.

### **Strathesk School Choir Performance**

We are delighted to be able to run after school clubs again this year. Mr Armstrong has been leading the school choir every Tuesday. They performed at Christmas in both Tesco and Cowan Court and they did us proud on both occasions! They have been working hard on their next big performance! Our annual music concert will be held at **2pm on Thursday 23rd March** in the school hall. The choir will be joined by our children who have been learning a range of musical instruments this year. Parents and families of children in the choir and those playing instruments are invited to join us on Thursday 23<sup>rd</sup> March at 2pm. Mr Armstrong will send out an invitation shortly with a reply slip. Please can you return this to him advising how many people will be attending from your family so that we know how many people to expect on the day?

### **P4 and P5 Performance**

This term P4 and P5 have been learning all about Scotland, focusing primarily on the Wars of Independence and Scottish myths and legends. As part of their learning, they have prepared a drama about 'The Last Monster in Scotland'. Parents and families of children in P4, P4/5 and P5 are invited to join us on **Wednesday 29<sup>th</sup> March at 6.30pm** for the children's performance. Class teachers will send out an invitation shortly with a reply slip. Please can you return this to them advising how many people will be attending from your family so that we know how many people to expect on the day.

### **Prime drinks and bottles in school**

Please do not let your child bring Prime drinks into school. Prime bottles should not be recycled as water bottles. We have had a number of incidents involving missing bottles and disputes over ownership of bottles. Children are encouraged to bring water in basic water bottles that can be refilled throughout the day.



**Online workshops for kinship carers** *I have been asked to share the following with you -* Children's Health Scotland are delivering two online workshops for Kinship Carers in Midlothian in May and June 2023.

*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.

*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

**The Scottish Ornithologists' Club and British Trust for Ornithology** *I have been asked to share the following with you -*

Applications have recently opened for young nature enthusiasts, ages 10 - 16 years, to apply to take part in the Scottish Bird Camp - a fully-funded weekend this May, in East Lothian, learning about Scotland's birds among like-minded others. Camp will include (subject to weather): a boat trip to the Bass Rock, bird ringing and nest finding demonstration, trips to nature reserves and more. The deadline for applications is Friday 31 March at 5pm. You can find out all about this year's opportunity on our website: <https://www.the-soc.org.uk/soc-bto-scotland-scottish-bird-camp-2023> . This is a link to last year's Camp to learn more about what the children got up to: <https://www.the-soc.org.uk/blog/soc-bto-scotland-scottish-bird-camp> .

### **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.



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**Next week's diary**

Mon 6 March	Tues 7 March	Wed 8 March	Thurs 9 March	Fri 10 March
Book Fair arrives	8.30 Peep group 3.15 Choir	9.00 HT Drop In 10.15 P5 swimming 12.15 P6/7 Active Schools Football 5.00 Parent Consultations	1.00 P1 transition 3.30 Family craft group with Ali Turbitt	1.00 Parent Consultations

Please have a lovely weekend, everyone.