



# St Mark's Primary Newsletter      August- October 2019

Welcome to the first newsletter of the new session. I hope that you enjoyed a wonderful holiday with the family and made the most of the sunshine when it appeared! I am delighted to join St Mark's Primary to support the establishment of a new management team. I will start the recruitment process in due course and keep you posted of any new developments. We are confident that the right enthusiastic, creative and skilled professionals are out there to ensure a continued quality education for your children. I have introduced a **Head Teacher drop in** session which I hope you will make use of to meet myself and discuss any queries or suggestions. (25th September 19) I am always open to hearing views and will consider options with the best needs of our pupils at the core of every decision. These informal meetings will be on a monthly basis. I am most impressed with the turn out of the children. They are extremely smart in their school uniform and this indicates a real pride in their school. Please adhere to the school uniform policy in the coming weeks to maintain high standards. Primary one have settled well - despite leaving behind numerous articles of clothing on a daily basis. I cannot emphasise enough the need to clearly label all items belonging to the children then at least this gives us half a chance of returning them to the rightful owner. Thank you in anticipation of your support in this.

## Staffing update



We are delighted to welcome Mrs Latif and Miss McGinlay to the staff team along with four newly qualified teachers: Miss Gemmell, Miss Cathcart, Miss Jeffrey and Miss Quinn.

In addition, I would like to introduce Mrs Neil who has joined the management team from Our Lady of the Missions Primary School where she has been Principal Teacher with a particular interest in all things Digital. Our attainment team has welcomed Mrs Sturgess who has started with a remit around supporting pupil learning needs.

Mrs Latif and Miss McGinlay have joined the team of class teachers.

Mrs Williams and Mrs Dalby have joined the Pupil Support team and will be supporting children in class during learning.

As you are aware, Miss Healey will be leaving us to take up her new post in Glasgow City Council. Miss Healey's final day will be Friday 30th August.

I would like to take this opportunity to thank Miss Healey, who has devoted herself to the pupils and families of St Mark's both past and present as well as the wider community and for her contributions to the school over the last 14 years. On behalf of the school I would like to wish her every success in this next career challenge. The pupils and parents have benefitted from her enthusiasm, professionalism and commitment to quality in learning and teaching for all of our children. May God bless and support her!

## Dates for the Diary August -October



### August

*Monday 19th* - Pupils return

*Thursday 22nd* - P7 Safety in the Park, Arthurlie House 9.00am-12.30pm

*Wednesday 28th* - P1-P7 Open Afternoon, 3.00pm-3.45pm

*Thursday 29th* - Inaugural Mass, St John's Church 10am (*parent helpers required, pupils will leave at 9.30am*)

### September

*Monday 9th-13th* - Maths Week Scotland

*Thursday 12th* - Picture Day by Tempest photography

*Monday 16th* - P7 Vocations Mass, St Mirin's Cathedral 9.15am-12pm

*Wednesday 25th* - HT Drop in session, 3.05pm-3.30pm

*Friday 27th-30th* - September Weekend

### October

*Tuesday 1st* - Pupils Return

*Thursday 3rd* - Reconciliation/First Communion Information Evening, St John's Church 5.30pm (*pupils should wear full uniform*)

*Friday 4th* - P6 and P7 First Friday Mass, St John's Church 10.00am (*parent helpers needed*)

*Monday 7th* - P7 Lord Provost Debate

*Monday 14th - 18th* - October Week Holiday

*Monday 21st* - In-service day

*Tuesday 22nd - Pupils Return*

*Wednesday 23rd - P7 Confirmation information Evening, St John's Church 5.30pm-6.30pm*

*Tuesday 29th - P6 Retreat, St John's church 9.30am-2.30pm*

*Wednesday 30th - P1-P3 Halloween Parade*

*HT Drop-in 3.05pm - 3.30pm*

## **November**

*Friday 1st - All Saints Day Mass, St John's Church 10.00am (parent helpers needed)*

*Monday 4th - Flu Vaccinations*

*Thursday 7th - Parents Evening 3.10pm-8.30pm*

*Friday 8th - P6 Victorian Showcase 9.00am - 10.30am*

*Sunday 10th - Remembrance Day Mass, St John's Church 10.00am*

*Monday 25th-29th -P7 Lockerbie Manor week*

*Wednesday 27th - HT Drop in 3.05pm-3.30pm*

## **December**

*Sunday 1st - P7 Mass of Commitment, St John's Church 10am*

*Friday 6th - P5 First Friday Mass, St John's Church 10am (parent helpers needed)*

*Wednesday 11th - Nativity Dress Rehearsal*

*Thursday 12th - Nativity afternoon show, 1.30pm*

*Nativity evening show, 6.30pm*

*Friday 13th - Term 1 Awards Assembly*

*Thursday 19th - Advent Mass, Gym hall 11.15am-12.15pm*

*Friday 20th - Christmas parties 1.30pm-2.30pm*

**Early Closure, 2.30pm**

*Monday 23rd-3rd - Christmas Holiday*

## **January**

*Monday 6th - Pupils return*

## School Lunches



Our menus provide a selection of freshly cooked main meals including vegetarian and halal options with a choice of desserts, drinks and soup. There is extra salad and bread available included with this three course meal to help ensure all pupils are satisfied before leaving the dining hall. We continue to provide a selection of free fresh fruit to the whole school. Remember lunches are free to Primary 1-Primary 3 pupils and you may be eligible for free lunches if your child is in Primary 4-Primary 7. Please click on the link below to find out if you are eligible.

<http://www.eastrenfrewshire.gov.uk/freeschoolmeals>

To access school lunch menus, please click on the pictures below.

We plan to invite Primary 1 parents/ carers to lunch in the near future...more details to follow.

A number of children in our school have allergies which can seriously affect their health. For this reason, we are a NUT FREE school. Food including nuts may take the form of chocolate spread, peanut butter spread and bread types amongst other things. Please be extra vigilant about this and make sure your child does not have these items in their packed lunch.

As many pupils have similar lunch boxes, we request that your child's lunchbox is clearly named (class details included). If they leave their lunchbox in the lunch hall, it can then be returned to them. Children should not bring cans or bottles of fizzy drinks into school. Fresh water is available from our filtered drinking fountains and pupils are encouraged to drink regularly throughout the day. Please make sure your child has a water bottle with them at school every day.

At break time a tuck shop is available to all pupils, alternatively pupils can bring snacks into school.

### **Making school food healthier**

More fruit and vegetables, less processed red meat and sugar on the menu.

<https://www.gov.scot/news/making-school-food-healthier>

The Scottish Government and all local authorities are jointly committed to providing the healthiest food to children and young people. This commitment is underpinned by a duty to provide school meals that meet strict nutritional requirements, including encouraging the use of fresh, local and sustainable produce

**School food** regulations will be amended to ensure:

- a minimum of two full portions of vegetables and a full portion of fruit are offered as part of a school lunch, with full portions of fruit and or vegetables also available in, for example, tuck shops
- a minimum weekly amount in the school menu of red and processed red meat provision - such as bacon, ham and pepperoni

For Primary schools - Ensure no more than 175g of red and red processed meat can be provided over the course of the school week, of which no more than 100g should be red processed meat. All of the 175g amount can be used for unprocessed freshly prepared red meat.

This is a new standard and is based on the Scottish Dietary Goal for red and processed meat which is supported by scientific evidence based dietary recommendations to limit intakes of these foods to 70g per day with the purpose of protecting the health of children and young people. Therefore if a child is to have processed meat in their diet this can be managed at home by parents/carers.

Dietary advice highlights red meat as a major source of iron and zinc which can contribute to meeting the recommended nutrient intakes for primary school lunches removal of fruit juice and smoothies from primary and secondary schools to help reduce sugar intake.

The measures follow extensive consultation and advice from a working group comprising health, nutrition and education experts.

<https://www.gov.scot/publications/report-responses-consultation-nutritional-requirements-food-drink-schools>

- Currently all East Renfrewshire school meals are nutritionally analysed and comply with the existing regulations laid down by the Scottish Government.
- All medically prescribed diets will be accommodated on receipt of an Acute Services Division referral form from a hospital dietician or a Doctor's letter detailing dietary requirements.

## Health and Wellbeing



At St Mark's Primary School we have a Physical Education (PE) programme which gives every child 2 hours of Physical Education. PE is a compulsory and important aspect of our curriculum. In line with East Renfrewshire guidelines, this will include indoor and outdoor lessons. Pupils should come to school prepared for outdoor PE lessons with appropriate clothing to meet requirements of the Scottish climate and weather. As with secondary schools, it will only be in cases of extreme weather, such as heavy rain, snow or wind, that outdoor lessons will be cancelled. For safety reasons, pupils should not wear jewellery during PE lessons. Pupils with pierced ears must remove earrings. If ears are newly pierced, your child can bring tape to cover earrings, which they must cover themselves. We cannot supply tape for this purpose.

A number of PE kit items are available in the Swap Shop located in the Family Room. Please feel free to visit Swap Shop for PE kit and school uniform items.

### **Scottish Weather and Outdoor Learning**

Please remember that although your child may be brought to and collected from school by car, they will always be outdoors at interval and during lunchtime unless we have particularly adverse weather. Therefore, please ensure your child has a jacket to protect them from showers. In our part of the country it sometimes seems like we have several seasons in one day with regard to weather and we need to have the children appropriately dressed for all curricular outdoor learning opportunities.

Scotland has a long history of engaging children and young people with the outdoors and Curriculum for Excellence places great value on outdoor learning opportunities. By capitalising on the potential of the full spectrum of outdoor learning experiences, from simple learning activities close to the



school and then through to residential experiences, we can contribute positively to the learning journey of our children.

### **Medication**

If your child has medication in the school office, a new consent form will be issued with this newsletter. Please complete and return to the office in the envelope along with the other paperwork provided.

### **Flu Vaccinations**

This year's programme will be the same as previously, children aged 2-5 years and not yet in school will be vaccinated at their GP, and primary school children will be vaccinated at school. Letters regarding the Flu vaccinations will be sent out for your information. Please send the return to the school office. The vaccinations will take place in school on Monday 4th November 2019.

### Early Bird Club



The St Mark's Primary Early Bird Club will continue to run this year. The club operates from 8.00am - 9.00am Monday to Friday. Pupils are only allowed entry between 8.00am-8.30am. Pupils have the opportunity to complete homework activities and prepare themselves for the day ahead. A small snack and drink is provided each day. Parents/Carers are not charged for their child's attendance at the club. Feel free to pop along and join us each morning from 8am.



## Microsoft 365

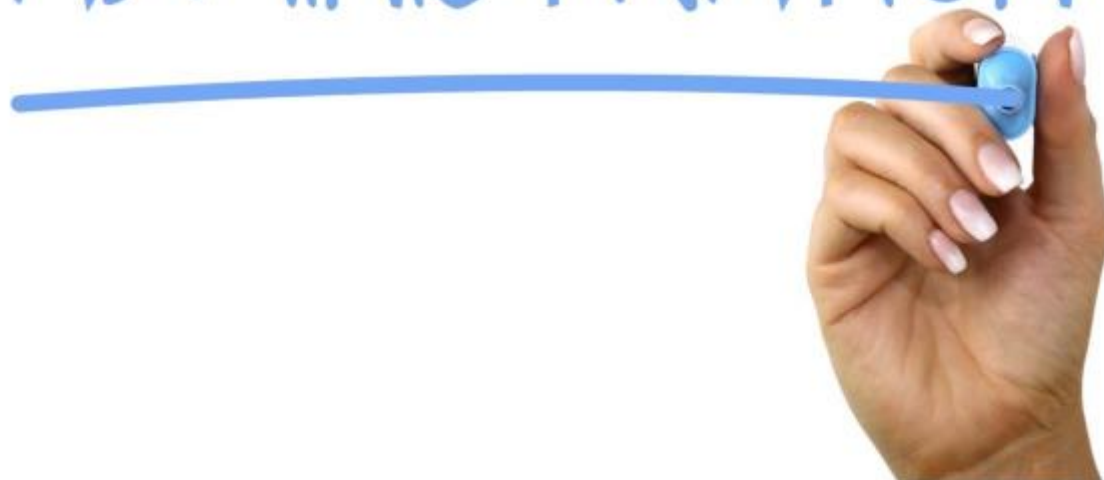


For all Glow users (your child has a username and password), it is possible for you to get copies of Microsoft Office 2016 to use on your home machines - PC, Mac, phones and tablets. By having this available to you, this will allow you to use a range of Microsoft products (Word, Excel, PowerPoint, Access, OneNote etc) on up to 15 home devices without cost (the 15 licenses being split as 5 for PCs and/or Macs, 5 for tablets and 5 for phones).

To Download Office 2016 Apps from RM Unify, you will need to access the Office 365 tile, which can be found on the National Launchpad or you can add it to your own "MyLaunchpad": To download the Office 2016 apps, log in to Glow and either click on the 'Download Office Now' tile or go to the 'Office 365 Home' tile and once in Office 365, click on "Install Office 2016" at the top right of the page. Find out more [here](#).

## Administration

# ADMINISTRATION



It is imperative that we have up to date information on addresses, phone numbers, email addresses and emergency contact details as we may need to contact you urgently if your child has a fall or becomes unwell during the school day. We have recently requested updated information (Local Consent, Annual Data Check, ICT Agreement, Health questionnaire) which contains a variety of different contact and consent forms for you to complete and update. Please make sure you return these all to the school office with the most up to date information by as soon as possible. Please remember to notify us of any changes to that information throughout the year.

Please ensure that you notify the school, in writing, of any known absences in advance of the date to guarantee we know all of our children are where they should be. This will avoid office staff having to make unnecessary calls to parents which takes up a large amount of their time. Can I also ask that your child is aware of 'pick-up' arrangements for the end of the school day and if you are making changes to these arrangements please do so as early in the day as possible. We often have multiple messages to communicate across the school to a variety of children and this is not always feasible. Many thanks for your support with this.

### A message from Police Scotland



**POLICE  
SCOTLAND**  
Keeping people safe  
**POILEAS ALBA**

#### **FOR THE ATTENTION OF ALL CAR USERS**

Parking around the school is a cause for concern for both pupils and residents.

Inconsiderate parking of motor vehicles particularly at the start/finish of the school day results in:

- A hazardous environment for children going to and from school.
- Inconvenience for other road users
- Access problems for local residents

- Obstruction of the footpath for pedestrians

Please allow sufficient time for your child to be dropped off in an area that does not inconvenience others, and where possible, avoid arriving at the last minute with the expectation of parking outside the front gates. It is appreciated that drop off times in the morning extend over a period of time, and this spreads the number of cars and pedestrians outside the school at any one time. At the end of the school day, all the children are leaving at the same time, and naturally parents/guardians have gathered to collect them resulting in a higher volume of vehicle/pedestrian traffic in the vicinity, causing congestion.

Drivers are reminded that parking restrictions are placed around the school with a view to ensuring a safe environment for children, and to allow other road users freedom of movement. Parents should not be using the staff carpark at the beginning or end of the day. **These restrictions should be complied with.**

The school asks all parents and drivers to be considerate and help create safe surroundings for all our children. Local police officers will be monitoring driver behaviour around schools over the coming weeks, and will take the appropriate action.

The co-operation of all concerned in this matter is appreciated.

PC Daniel McFarlane

School Campus Officer

## School uniform



I would like to thank families very much for the evident commitment to our *Dressing for Excellence* policy since we returned to school for the new session. The children look extremely smart. Granted, they are not quite as pristine at the end of the day as they are at the beginning but I think that's the sign of a good, fun day! Please remember that trainers are **not** part of our school uniform – we would ask that pupils wear black school shoes and keep their trainers for PE times. We would also ask that the children wear school jumpers or cardigans rather than hoodies.

Please ensure that items of clothing are labelled with your child's name and class. Everyday items are found in the playground and if labelled, they are returned to the pupil's class. Lost property is located in the reception area. Feel free to pop in and have a rummage!

The Swap Shop in the Family Room contains a number of uniform items. This facility is available to all families.

Many thanks for your support with this.

Are you needing a little bit of help? Do you have a child aged 0-8?



# Family First



Family First is a free, confidential advice and information resource in East Renfrewshire.

The aim of Family First is to provide support by working in partnership with families.

Family First can assist and enable you to access local services professional and voluntary, ensuring the children get the best possible start in life.

We understand that families can run into difficulties, emotionally, financially, or even physically that may prevent us doing the simplest of things.

Whatever you would like to speak about, the Family First team can offer support & advice on issues surrounding school, health, home, money, parenting, and confidence building.

To contact Family First you can call, text or email to arrange an informal chat in school, at home or somewhere convenient to you.

**Roslyn Graham**

Based: Auchenback Community Mobile –07800 712388

Roslyn.Graham@eastrenfrewshire.gov.uk

Your Parenting Plan - guidance families going through separation or divorce.



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[Home](#) › [Births, deaths and family](#) › [Divorce, separation and living apart](#) › [Children and living apart](#) ›

## Make a Parenting Plan

The Scottish Government would like to inform you about a new resource designed to provide guidance for families going through separation or divorce –Your Parenting Plan.

First published in 2006, as the Parenting Agreement for Scotland, the Plan has been refreshed by the Scottish Government in conjunction with a number of key agencies, and will be promoted over the coming weeks to help as many families as possible access practical advice.

You can go to download or request a copy of the Parenting Plan via this link -

[mygov.scot/parentingplan](https://mygov.scot/parentingplan)

The site also contains a link to Guidance Notes for professionals who work with parents and children, with information on how to support parents to make a Parenting Plan -

[mygov.scot/publications/parenting-plan-guidance-notes](https://mygov.scot/publications/parenting-plan-guidance-notes). There is also a Charter for Grandchildren that sits alongside Your Parenting Plan – [mygov.scot/publications/parenting-plan-charter-grandchildren](https://mygov.scot/publications/parenting-plan-charter-grandchildren).

If you have any questions, please don't hesitate to contact

[parentingplan@smartscommunicate.com](mailto:parentingplan@smartscommunicate.com)

Supporting your child's learning at home.



Each month we will highlight information and guidance available on the St Mark's Primary School Website to support learning at home. This month we look at general tips...please click on the link below for further details.

#### [General Tips](#)

Further information can be found in the After School section of the school website including:-

- Supporting your child with numeracy and mathematics
- Supporting your child with literacy and English
- Learning through play
- Supporting health and wellbeing
- Supporting your child with digital technologies

#### [24/7 Access to Digital Services](#)

SEARCH THE  
LIBRARY  
CATALOGUE

**Search the Library Catalogue**



You can look for items quickly and easily by searching the library catalogue. Items may then be reserved for collection at any East Renfrewshire Library. To search for books, e-books, audiobooks, spoken word, films and more simply type your search term in the "Search library catalogue" box. For the full range of search options available, visit the [Library Catalogue](#) or go to the [help page](#) for help to build your search.

## **Renew Library Books**

You can renew your library books in several ways:

- [renew your loans online](#)
- visit or telephone [your local library](#)
- use the [library app](#) on your mobile device. It's currently available for Apple, Android and Blackberry devices. Once you have downloaded the app, click on the 'My Account'
- section and login using your library card number and PIN.

To renew online, you must [create an online library account](#). Once this has been set up you can complete a number tasks including renewing your loans, checking your reservations and your current loans.

Have your library card handy as you need to enter your library card number and PIN to access your account. Your PIN number would have been issued to you when you first joined the library. Don't worry if you've forgotten your PIN, you'll be able to [reset your PIN](#), just add your library card number and new PIN will be sent to your registered email address. If you would prefer to speak to a member of staff you can contact [your local library](#) and they'll issue you with a new PIN.

You can renew each item up to four times – unless it's reserved by another borrower.

## **Read Online - eBooks and eAudiobooks**

With a wide range of [eBooks and eAudiobooks](#) available to enjoy 24/7, including bestsellers, children's fiction, non-fiction and classics, there is sure to be something for everyone.

## Sharing the Learning Experiences



Throughout the session, pupils will share their learning experiences with parents, carers and other family members.

### **Open Afternoon - Wednesday 28th August**

Parents, carers and family members are invited to visit their child's new class on  
Wednesday 28th August from 3pm-3.45pm.

### **Class Blogs**

We are in the process of setting up Class Blogs for Primary 1 to Primary 7. We will share these with you via email.

### **Jotters Home**

Throughout the session we will send home jotters and samples of our learning. This will allow you to discuss your child's learning with them. Please remember to return jotters as requested.

### **St John's Parish Church Displays**

Throughout the session, stages will display their learning in RERC in St John's Parish Church. Further information to follow.

Future plans for class led assemblies and discovery days to follow...

Tell us about your child's successes and achievements



Our learners are successful, confident, exercise responsibility and contribute to the life of the school, the wider community and as global citizens. Our pupils achieve a range of skills and attributes through a wide range of activities.

As a school, we are committed to recognising a broad sense of achievement. Therefore, in addition to the many ways in which we celebrate achievement within school already we would like you to inform us of any additional achievements that we may not yet know about your child.

In no more than 200 words, please outline the achievement including the pupil's name and year group.

If possible, please provide a photograph or any other relevant media via [schoolmail@st-marks.e-renfrew.sch.uk](mailto:schoolmail@st-marks.e-renfrew.sch.uk)

Alternatively, you can Tweet achievements and photographs to @StMarksPrimary1