**Easter Carmuirs Primary School** 

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Dear Parents and Carers.



Welcome back to school to all our pupils, to our new pupils and especially to our new Primary 1 pupils. This week has been a big event for them, for you and us too! We want you to know what a privilege it is to teach your child. Children are all different, unique and precious and it is a huge responsibility to become their teacher. We take the role very seriously and will do our very best to ensure that they are safe, cared for and happy.

To keep our pupils safe, we would ask parents in the playground to put their child into their class line in the morning and then stand back from the pupil lines while the children go into school. Our teachers begin teaching soon after 9 a.m. If you wish to talk with them about anything other than e.g. dinner money, please contact the office to make an appointment for 3 p.m. This will provide the privacy you and your child deserve. If your query cannot wait until 3 p.m. please contact the Headteacher or Depute Headteacher.

## Bounce Back ~~

You will have heard your child talking about "Bounce Back Time" in school. Bounce Back is a learning resource within Health and Wellbeing. We will teach pupils life skills and how to meet difficulties with resilience. Pupils will learn that how they think, affects how they feel. When pupils can think more positively, they can help themselves change their behaviour in a good way. All pupils have a "Bounce Back" snack time from 10.20-10.30 every morning. Pupils eat their healthy snack and drink and their teacher will lead them in an activity to recognise and manage their emotions. We encourage pupils to eat one healthy snack and they will receive one class dojo point for this. Pupils will then go out for their morning playtime from 10.30-10.45 a.m.

## School Dinners

A new school dinner menu has been sent home for you to choose dinners with your child.

P1 parents will be given a slip to plan their child's meal in advance. School Dinners are free for Primary

1-3. Pupils in P4-7 pay for school dinners which cost £2.05, unless eligible for Free School Meals. You can download a form to apply for free school dinners from Falkirk Council Website.

## Breakfast Club

We run a Breakfast club Monday to Friday morning from 8.15 a.m. until 9 a.m. It costs £1.45 per day. For families in receipt of housing or council tax benefit (proof must be submitted) it costs £0.75. There is no charge for pupils who are receiving Free School Meals (FME). The maximum charge per family is free for families in receipt of Free School Meals. £1.50 for those in receipt of housing or council tax benefit (proof must be submitted) and £2.90 for all other families.

## P1 Play and Learn Day

P1 parents are invited to a play and learn session on <u>Wednesday 13<sup>h</sup> September at 2.15-3.00 p.m.</u> Parents will meet Mrs Doig and Mrs Buchanan who will share useful information to support your child with their learning. You will also be able to join your child in their class.

