

# **School Newsletter**

# Term 3 2025

Happy New Year! We hope you all had a lovely Christmas.

It was lovely to have such an amazing turn out at our services. The performances were outstanding, a real show case for the talents the children have.

There are lots of dates for your diary, which we will regularly update on the calendar on our school website.

A paper copy of this newsletter is displayed outside the main entrance and a copy can be requested at the school office.



KINDNESS
CAN B-OST YOUR
ENERCY LEVELS

About had for participants in one
study reported that they feel stronger
and more energetic after helping
others; many also reported feeling
calmer and less depressed, with
increased feelings of self-worth.



KINDNESS CAN REJUCE STRESS
Perputally kind people have 23% less cortisol (the stress hormone) than the average population.
Secure Singapire Psychological and Balterioural Science, 1988.

We started our new term with a reminder of our kindness rules- Kind to ourselves, kind to each other and kind to the environment. We learned about the impact kindness has on our bodies, either through being kind, being treated kindly or witnessing others being kind.

We learned about the hormone Dopamine and how this hormone can make us feel happier and healthier. Links to Factsheets and links to research can be found in the Pupil News section of our website.



## Thank you!

All who used the Asda cashpot app have raised a massive £676.25!

This money should now be heading to the school account so we can work with pupils to identify the best use for these funds.



https://blogs.glowscotland.org.uk/fi/pitteucharwestprimary/

Our school Glow Blog site is coming together well. We have links to events, a calendar which we will update regulalry, school information, newsletters past and present and a parent/carer section including links to support information. We hope this will give you an easier access to school information and updates. This term our pupil groups will begin to upload information for each class as well as school news.



Scan the QR code, type the web address above, or search for *Pitteuchar West Glow Blog* in your search engine.

Please get in touch if you have any suggestions to make our website more user friendly. All help welcome!

### School events

## Health and wellbeing week: 3rd-7th February



There will be an additional focus in school on Health and Wellbeing learning which will be shared on our school website.

As part of the 5 ways to wellbeing, our 'connect' focus will include the very popular Family Bingo Night.



# Bingo Night- Thursday 6th February 6-7pm. £1 per bingo book.

Tuck shop/tea and coffee stall available. This event will be organised and run by pupils with all funds being spent after school captains consult with pupil groups.



World Book day is the  $6^{th}$  March, when we will celebrate authors, illustrators, books and the joy of reading. We will continue to celebrate as a whole school on **Friday 7**<sup>th</sup> March.

Rather than dress up, we focus on celebrating and sharing stories using the theme 'bedtime stories'.

Children can come to school on Friday 7<sup>th</sup> March in cosy pyjamas and bring their favourite story to school. (Shoes and outdoor waterproof clothes will be required for breaks).

## Meet the teacher evenings

Interview appointment for Wednesday 19<sup>th</sup> or Thursday 20<sup>th</sup> March 3:45pm-6:15pm. These will take place in the hall with tea and coffee served in E Wing.

A link to book your ten-minute slot will be shared nearer the time.

(Only one ten-minute slot can be booked per child.)

### Football morning sessions

P2 and P3 age pupils- Wednesday 15<sup>th</sup> January -26<sup>th</sup> March 8am-8:45am P6 and P7 age pupils- Friday 17<sup>th</sup> January-28<sup>th</sup> March 8am-8:45am

We hope to run Multi-sport sessions but have not had this confirmed yet.

### Holidays

February (Wednesday 12<sup>th</sup> children only), Thursday 13th & Friday 14th 2025

Spring Monday April 7<sup>th</sup> - Friday 18<sup>th</sup> April 2025

In-service closure days

Additional Monday 5th May 2025

Additional Monday 2nd June 2025

• Wednesday 12th
February 2025

Summer Friday 4th July - Friday 15th August 2025 • Tuesday 3rd June 2025