



What's On Camstradden?

Week beginning: 2nd March 2026



Fuel Zone - Week 3

- See QR code for menu choices



Monday: PE Day for: P1A, P1B, P2, P4, P5/4

- Football Champions Group - 1:15-2:45pm
- P3 Cycling Sessions – 1:15-3pm
- DHS Sports Leaders working with groups from P6/5, P7/6 and P.7
- P5 Swimming – Don't forget your towel, trunks or costume!

Tuesday: PE Day for: P2, P3, P3/2, P5, P6/5, P7/6

- Kyla, sports coach in school
- Tracy, Play Therapist in school
- Lee, Family Support Worker in school
- P6 Nautical Trip- Leaving 9am sharp!
- **Parent's Evening 3.10-6pm**



Wednesday: PE Day for: P3, P3/2, P5/4

- Tracy, Play Therapist in school
- Lee, Family Support Worker in school



Thursday: PE Day for: P1A, P1B, P5, P6/5, P7/6, P7

- **World Book Day!** Bring your favourite bedtime book and cuddly!
- Kyla, sports coach in school
- LifeLink 1:1 Counselling in school



Friday: PE Day for: - P4, P7/6

- Whole-school assembly
- Bagel Friday for P6-7
- Clyde College Parent Course- Massage & Aromatherapy- 12:45pm



A wee heads up...

Head Lice- Take a peek every week!

Please regularly check your child's head for signs of lice.
More information on the next slide!



World Book Day!

On Thursday, the school will be celebrating World Book Day! Children are invited to bring along a copy of their **favourite bedtime story** and **cuddly toy** to school. A book will be given to every pupil and 'Drop Everything & Read!' bells will be rung throughout the day. As a school we are committed to considering the 'Cost of the School Day' to alleviate financial pressures on families. World Book Day is all about fostering a love for reading and we believe that this can be achieved without dressing up. We appreciate your ongoing support with this.



Self-care Information Head lice & nits

Tips on how you can self treat head lice in adults and children

"Supporting you to look after you"

Key advice:

- Avoid head to head contact, or sharing hair brushes if you or your child have head lice.
- The 'wet combing' method can be very effective at getting rid of headlice.
- Special combs can be bought online or in pharmacies.
- If the 'wet combing' method has not worked, you may need a medicated lotion or spray. These can be bought in the supermarket or at a pharmacy. Speak to your local pharmacy for advice.

What are head lice and nits?

Head lice are small insects that live in the hair, and can be up to 3mm long. They can't jump or fly, but can walk from one head to another. They soon die when away from hair.



They can be difficult to spot, and the only way to be sure someone has head lice is to find a live louse using a special fine-toothed comb.

Nits are the empty egg cases that can be found in the hair.



Other possible signs of having head lice are:

- Having an itchy scalp.
- Having a rash on the back of your neck.
- Feeling like something is moving in your hair

How do I treat head lice?

Medicated lotions and sprays may not always be needed, and the 'wet combing' method can be very effective at getting rid of head lice.



Let your pharmacist know if you take any other medicines, or if you are pregnant or breastfeeding, as this may affect which treatments you can use safely.



The 'Wet Combing' Method

- Wash your hair with ordinary shampoo.
- Apply lots of conditioner to the hair (any conditioner will do).
- Comb the whole head of hair from the roots to the ends using a special fine-toothed comb (detection comb). These can be bought online or from a pharmacy.
- It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long or curly hair.
- Use this method on days 1,5,9 and 13, so you can catch any newly hatched lice.
- Check everyone's hair again on day 17 to make sure they are free of lice.



If you do need medicated treatment, this can be bought from a supermarket or pharmacy. Some medicated treatments may need repeating after a week to kill any newly hatched lice.

Head Lice Facts and Myths

True

- ✓ Head lice can infect both clean and dirty hair.
- ✓ Head lice can infect both long and short hair.
- ✓ Head lice walk from head to head.
- ✓ Head lice only cause itching if you are allergic to the bites or poo.
- ✓ Head lice can be treated without using chemicals.

False

- ✗ Head lice can jump from one head to another.
- ✗ You will always have an itchy head or scalp.
- ✗ Head lice prefer clean hair.
- ✗ Head lice prefer long hair.
- ✗ You need to keep children off school.

Here are some useful links to further information

NHS Website	https://www.nhs.uk/conditions/head-lice-and-nits/
Patient Websites	https://patient.info/childrens-health/head-lice-and-nits/ https://patient.info/childrens-health/head-lice-and-nits/treating-and-preventing-head-lice-and-nits/

Or visit your local pharmacy for advice





What's On Camstradden? After School and Lunchtime Clubs

Term 3 – Starting Week beginning: 19th January 2026



Monday

Lunch Time

- P5-7 - Girls Football – Mr Reid
- P6-7 – Bluebell Room Lunch Club

After School (3pm-4pm)

- P4-7 - Dance - Mrs Douglas
- P1-3 – Board Games Club – Mr Imrie

Tuesday

Lunch Time

- P6 & P7 - Girls Netball - Kyla

After School (3pm-4pm)

- DHS Dance After-School Club
- P3-5 - Dance Club - Coach

Wednesday

Lunch Time

- P4-P7 - Choir - Mrs Copeland

After School (3pm-4pm)

- P2-3 - Mini Kickers – Coach
- P3-5 – Cheer Leading Club – Miss Gallacher
- Monthly Creative Cafe parent and child group

Thursday

Lunch Time

- P3-5 – Bluebell Room Lunch Club

After School (3pm-4pm)

- P6-7 – Rugby - Coach
- P6-7 – Athletics - Coach
- P5-7 - Football - Coach

Friday

Lunch Time

- P5-7 - Running Club – Mrs Copeland
- P5-7 - Mixed Football – Mr Reid



SCHOOL CALENDAR 2025-2026



AUGUST

- Pupils Return- Thur 14th
- School Photos- Wed 27th

SEPTEMBER

- Drumchapel High- Open Evening- P6&7 Parents - Mon 8th
- HOLIDAY- Fri 26th & Mon 29th

OCTOBER

- Anti -Racism- Wear Red- Thur 9th
- HOLIDAY-Fri 10th-Fri 17th
- PC Bingo Night- Fri 24th
- PC Halloween Disco- Thur 30th
- Class Halloween Parties- Fri 31st

NOVEMBER

- Parent's Night- Tue 11th & Thur 20th
- Children in Need- Fri 14th
- Dentist Fluoride Visit P1-4 - 25th & 26th

DECEMBER

- Flu Vaccination - Fri 5th
- Christmas Fair- Thur 11th
- Nativity- Tue 16th & Wed 17th
- Class Parties- Wed 17th & Thur 18th
- Panto-Fri 19th
- Schools Close- Fri 19th @ 2:30pm

JANUARY

- Pupils Return-Mon 5th

FEBRUARY

- HOLIDAY-Mon 16th- Wed 18th

MARCH

- Parent's Night- Tue 3rd & Thur 12th
- World Book Day- Thur 5th
- P7 Residential Trip- Tue 17th- Fri 20th
- Red Nose Day-Fri 20th- Wear something **RED!**

APRIL

- Schools Close- Thur 2nd @2:30pm
- HOLIDAY- Fri 3rd-Fri 17th
- Pupils Return-Mon 20th

MAY

- HOLIDAY-Mon 4th
- HOLIDAY-Thur 7th
- HOLIDAY-Fri 22nd-Mon 25th
- Sport's Day- tbc.

JUNE

- P7 Prom - Thurs 18th
- Prize Giving & Graduation- Wed 24th
- Schools Close- Thur 25th @1:00pm

More dates will be added as events are confirmed