



EAST END

Primary School

Education, Communities & Organisational Development



14 September 2020

Dear Parents/Carers,

It is so lovely to have the children back in school and Nursery after such a long time away and wonderful to see how happy they are to be back with their friends and engaging in their learning. I am also so pleased to see how well the children have adapted to the new COVID-19 safety guidelines. Everything is 'falling into place' and feeling good.

Staffing

This term, we welcome new members of staff to our team. Firstly, I am delighted that Katherine Bywater was successful at interview on Monday and is now a permanent member of teaching staff. P5 were thrilled when I told them about her appointment! Congratulations to Mrs Bywater.

We also welcome Elaine Gordon who is now our new Nursery Manager. Miss Gordon has joined us as part of our move towards the 1140 hours that will be taking place at East End Nursery this year. Miss Gordon has a wide range of experience in the Early Years and I am very much looking forward to working with her on our journey towards this exciting development.

As part of our Recovery Plan, our school is currently receiving additional cleaning hours daily. For that reason, I would also like to welcome Sheron Sinclair to our school as part of our Cleaning team.

Dropping off and Picking Up

I would like to take the opportunity to remind parents of the Government's social distancing guidelines when picking up and dropping off your child/ren. Please continue to observe the 2 metre distance from other adults and children.

In addition, our policy remains in line with the local authority and I would urge you to ensure that only one parent drops off or picks up your child/ren.

I will be at the entrance to the school grounds most days, welcoming children and families into school from 8.45am. Should you have any questions regarding school matters, please do not hesitate to come and chat with me on your arrival to school.

Absences from School / Nursery

Please continue to inform the school if your child is due to be absent from school/Nursery by 9.15am and provide details of the reason for absence. Please follow the Government guidelines if you think your child/ren has/have COVID-19 symptoms. Details on this can be found on the letter that was sent to all families at the end of August from Jason Leitch.

PE Days

The local authority and Government guidelines advise that children should not be changing their clothes for PE in school. In order to ensure that your child/ren can take part in PE sessions comfortably and safely, please can you ensure they come to school on PE days wearing a school jumper and school T-shirt on the top and leggings/jogging bottoms and trainers on the bottom. On days that your child/ren does/do not receive PE, they should continue to come to school wearing a full school uniform.



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Below is a list of when each class will be receiving PE lessons for the remainder of this term:

P1	Wednesday
P2	Tuesday
P3	Wednesday and Friday
P4	Thursday and Monday
P5	Monday and Friday
P6	Tuesday and Thursday
P7	Monday and Thursday

Outdoor Learning

Primary 1 and 2 are currently taking part in daily outdoor learning sessions. Please can parents/carers of children in these classes ensure that your child/ren come to school with appropriate outdoor clothing including wellies and a waterproof jacket/trousers each day. These can be kept in school (in a plastic bag with your child's name on) or taken home every day.

Lidl currently have on sale children's outdoor clothing at a reasonable price, which may be of help if families are trying to source any items. I do realise, however, that times are difficult financially for many families at the moment. We do have a small stock of outdoor clothing in school and should you wish for your child/ren to borrow from this, please contact the school to let us know. Any borrowed items will be put in a plastic bag with your child's name on and will be used only by your child.

Fruit and Brain Breaks

Across the school, children in each class will be given the opportunity to enjoy a break in the classroom, additional to their morning break outside on the playground.

Your child/ren will be given permission to have a small healthy snack and a drink of water while taking part in a calm break from their classwork. Primary 1-3 will have their 'brain break' opportunity towards the end of the day and P4-7 will have theirs between break and lunch.

Please can you provide your child/ren with a piece of fruit/healthy snack for these occasions, which will be additional to the snack they have at 10.30am. Thank you.

Head Lice

As the children are back in the classroom and together in their bubbles on the playground, it is time to start checking your child/ren for head lice on a regular basis.

Within most schools at any one time, there will be a small number of children infected with head lice. Infection levels remain fairly constant, so if you could inspect your child's hair at least once a week, this would help reduce the spread of infection.

If you do find your child has head lice, we would be very grateful if you could inform the school as well as following NHS guidance on how to 'How to get rid of head lice':

<https://www.nhs.uk/conditions/head-lice-and-nits/> Thank you.



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Mental Health Support – Grampian Psychological Resilience Hub

This online hub was set up to directly respond to the COVID-19 pandemic. It is led by senior psychologists from Grampian and staffed by a range of professional groups. In the first six weeks of operation, the hub has seen over 250 people and demand continues to grow week on week. This vital hub also has support available by telephone. You can self refer – you do not need a GP or other medical clinician to refer you. The referral form is available at:

<https://covid19.nhsgrampian.org/for-the-public/mental-health-support/>

The hub is open to a wide range of health and social care staff, along with any member of the general public. In addition, the hub is not just for adults. Children can receive support as well. You do not need to be at ‘crisis’ point to access the hub. Around a third of those seen so far have been supported with lower levels of anxiety or depression.

Yours faithfully

Gail McIntosh
Head Teacher



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