

# Head Teacher's Update



## September Weekend

**Friday 23<sup>rd</sup> September – Monday 26<sup>th</sup> September 2022**

School Closed for the Holiday weekend.

## Building Resilience

Resilience is a key factor in protecting and promoting good mental health. This whole-school programme aims to look at ten different things that can help support children to develop resilience. The programme will run over a three-year period. Each theme is introduced with a launch assembly and the key messages are followed up in class activities and at follow-up assemblies. A parent and carer information leaflet will be provided for each theme.

### How you can help:

Each theme has a 'Talk It Over' section to encourage you to share some of your life's learning with your child. There is also a related 'Home Activity' to support learning at home.

Our first leaflet can be found at the end of this newsletter.

## Open Afternoons

Thank you to all the parents and carers who attended our Open afternoons. What a great turn out! It was so lovely to see the community back in school, sharing in our learning.

Here are a very small collection of some of the lovely comments left in our Golden Book:

**'Great to see all the work going on in class. Keep up the great work. You're all superstars.'**

**R1 Parent**

**'What a beautiful classroom. I loved seeing everyone work.'**

**R17 Parent**

**'Thank you for inviting me into your classroom to see all your wonderful hard work and beautiful pictures. You're doing really well. Keep up the great work. You are making us all proud.'**

**R2 Parent**

## Lunch Menu

**Week Beginning 26th September 2022 - Week 1**

### [NLC Primary School Menu](#)

All children in Nursery to Primary 5 receive a free meal. Parents/carers of children in Primary 6 and Primary 7 who may be eligible for a free school meal can find more information [here](#).

## Harvest Donations

To help support families in our local community this Winter. We would really appreciate your support in donating any of the following items over the month of September.

- Tinned products e.g. meat, fish, vegetables, fruit, soup
- Dried Rice, Noodles, pasta

- Instant Coffee, Tea bags and Diluting juice
- Custard, Jams and Spreads

Donations can be sent to the school office please.

### Reminder - Health & Wellbeing Bank

We have set up in school a health and wellbeing toiletry bank to support our families who are finding the rise in the cost of living expenses very difficult.

If you need any toiletries for your family please send a text or email to the school office  
We will then be in touch to arrange collection.

- We stock the following items;
- Toothbrushes, Toothpaste
- Deodorants
- Shampoo, Conditioner, Soap and Shower Gel
- Sponges and Hair Accessories

### What's On Next Week

## What's on at Lawmuir? Week Beginning 26<sup>th</sup> September 2022

Lunch Menu  
Week 1

#### Monday 26<sup>th</sup>

- School Closed - September Weekend

#### Tuesday 27<sup>th</sup>

- Breakfast Club 8.30am

#### Wednesday 28<sup>th</sup>

- Breakfast Club 8.30am
- Miss Law - CLPL
- Miss Hurst - HT Meeting 3pm

#### Thursday 29<sup>th</sup>

- Breakfast Club 8.30am
- Miss Law teaching R2 am
- R12 P5/6 - Kodaly Music Lesson
- Amy Hughes EP in school for arranged meetings

#### Friday 30<sup>th</sup>

- Breakfast Club 8.30am
- Whole School Assembly 9.30am - Bellshill Athletic Visiting
- VIP Group (Specific Pupils) Gardening

#### Up & Coming events

3<sup>rd</sup> October - Parent Council Meeting 2pm

3<sup>rd</sup> October - R13 visit to Bellshill Central Parish Church -  
Please return permission forms if you haven't already done so.

17<sup>th</sup> October - 21<sup>st</sup> October October Week Holiday

27<sup>th</sup> October - Friends of Lawmuir PC - Halloween Disco -  
More information to follow.



**Be Safe - Be successful - Be Sensible - Be Smart**

# Parent and Carer Leaflet



**BE RESILIENT**

**‘A boat is safe in the harbour,  
but that’s not what boats are for.’**

John A Shedd

**Promoting Emotional Health & Well-being**

## Be Resilient

Resilience is a key factor in protecting and promoting good mental health. While we can't always predict what life throws at us, the good news is there are a range of different skills, strategies and resources that can help us to cope.

In this unit, pupils will be introduced to a character called Skipper. Skipper is the captain of his boat which travels down the river of life. Like everyone he goes through various ups and downs on his journey.



On his way, Skipper will introduce the children to ten things that help us to navigate the river of life and support the development of resilience. These things include the importance of positive relationships and role models, the development of good social and emotional skills, participating in activities, having hobbies and interests and a sense of meaning and belonging.

### In this unit, we will be learning that:

- Everyone goes through ups and downs in their life
- We can learn to be more resilient
- Resilient people cope better with difficulties

### Talk It Over:

Share with your child an example of when you have gone through a difficult time. How did you feel? Who or what helped you to get through it?

### Home Activity:

Create a poster of someone who has come through a difficult time. Label your poster with things that have helped them get through difficult times. Please see the accompanying sheet for specific instructions for P1 to P7.

**Key Book:** *Oh, the Places You'll Go* by Dr Seuss