

Dear families,

Welcome to the May issue of Balmalloch's Newsletter, I can't believe we are in the fourth term already.

New Primary 1 transition events have started, a big thanks goes out to Mrs Diamond (DHT) our nursery team and Primary 1 teachers. Our teachers for Primary 1 next year will be Mrs Davidson, Mrs Duff and Mrs MacFarlane/Miss Paterson.

I would like to say a big thank you and congratulations to our Netball Team together with Mrs Grant and Miss D Wright for their time and dedication, supporting our children to achieve 2nd place in the North Lanarkshire finals. I am so proud of them.

Miss McDonnell and Miss A Wright have been working hard with our Rights Respecting Schools committee towards our Silver accreditation, with the assessment taking place on the 9th May, 2024. Pupils in the RRS committee will be talking with assessors together with pupils from infants, juniors and seniors, parents and staff members to provide evidence of our journey. I am sure you will join with me in wishing them the best outcome. Mr Paterson and Miss McNeil have also been working hard with our STEM committee towards the STEM Nation Award. Through engagement with STEM, we are preparing our children for work within these areas, often paid more than those roles not within STEM subjects (Science/Technology/Engineering/Maths). The Government has highlighted that girls are substantially less likely than boys to consider taking these subjects at high school, although this has improved since 2010. In Balmalloch, we recognise the importance of equity for learners and encouraging learners to engage in a variety of opportunities to ensure they have the information and skills to make important decisions about their lives in the future.

Our Scottish National Assessments for current P1, P4 and P7 will be taking place throughout May. In P1, Literacy and Numeracy are assessed and in P4 and P7 the focus is on Reading, Writing and Numeracy and Maths. Good luck to all our pupils in the month ahead.

Finally, in Term 4 we prepare for our Leavers' Assembly and annual awards so please look out for this information in the coming weeks as we would love it if parents/carers of children receiving awards could come along to celebrate with us. The date and time will be confirmed soon.

Best wishes

Miss McCarthy
Head Teacher

Mental Health Awareness Week – 13th to 19th May, 2024

Theme: Movement – Moving More for our Mental Health



Mental Health Support Services

- NHS Inform
- Hub of Hope
- Every Mind Matters
- Shout 85258
- SAMH
- SANE
- The Mix
- Young Minds
- Insight Timer
- Happify
- Beyond - We are Beyond
- Campaign Against Living Miserably
- The Samaritans 116123
- Every Mind Matters

How to Manage Stress:

- Mindfulness
- Progressive Muscle Relaxation
- Visualisation/Guided Imagery
- Distraction and Grounding
- Affirmations
- Gratitude Diary

What can you do to Relieve and Manage Stress?

- Outdoor Activities
- Adrenaline Re-focus
- Worry Time - Allocate a period of time in the day when you look at the list of the jobs you need to do when you are calmer and can make appropriate judgments/decisions.
- Problem Solving