

Ravenswood Primary School



May 2025

Parent/Carer Newsletter

May is full of health joy, so much to try and fit in. We are also working hard preparing for our school show. We hope you can make it along!

Dates for your Diary

Monday 5 th and 6 th May	- School closed for pupils
7 th – 16 th May	- Health Week – wear sporty clothes please!
Friday 9 th May	- Sports Day 9.30am – all welcome!
Wednesday 21 st May	- Progress Conferences
Tuesday 27 th May	- P7 GHS Sports day
Wednesday 28 th May	- P7 Independent GHS Transition Day
Thursday 29 th May	- P7 Independent GHS Transition Day
Saturday 31 st May	- 10am – 12 noon Summer fayre

Knitters needed!

We are looking for some volunteers to knit a cuddly companion in the form of a Raven for our Ravenswood newbies. If you think you can help us, or know someone who can, please contact Miss Robertson for more details, or please see the knitting pattern below. We would love to have a flock of Ravens by the 2nd of June.

Email: NLRobertsonA@northlan.org.uk

Telephone: 01236 632100

Thank you!

Sexual Health and Relationship Lessons

Thank you to those who made it along to view the Scottish Government Sexual Health and Relationships lessons, I hope you found the time useful. The lessons are online and can accessed by following the link - <https://rshp.scot/> The team have coordinated the delivery times for these lessons.

P1-P3 will deliver their class lessons at the following times –

Friday 9th of May 2-3pm

Monday 12th of May 2-3pm

Tuesday 13th of May 1-2pm

P4-P7 will deliver their class lessons at the following times –

Wednesday the 7th of May 1pm-2pm

Thursday the 8th of May 2pm-3pm

Monday the 12th of May 2pm-3pm

If you are choosing to collect your child, this will be noted as a parental holiday.



Sports Day

We are looking forward to Sports Day scheduled for Friday 9th May at 9.30am. Everyone is welcome to come along and support at our MUGA. There will be designated spectator zones as we are using as much space as can. Please do not bring dogs and please use the bins provided for any rubbish.

Children should wear sporty clothes, they are encouraged to wear their House colours, but this is not a must. Please no Rangers or Celtic strips. Children should bring water or juice but no fizzy or caffeinated sports drinks.

The children requested a sports refresh. You will see some new events. Bring your cheer spirit and smiles! ☺

Friday 9th May at 9.30am – all welcome!

Easter Tea and Teddy Bears Picnic

Thank you so much for your support at our Easter Tea, it was a HUGE success.

The money raised has been used towards digital supports for next session. Every child in the school benefits from this, thank you so much! ☺

It was amazing seeing so many families enjoying a picnic in the sunshine with their favourite Teddy Bears. Thank you for coming along, it was wonderful celebrating with our community. Picture will be added to the website for you to enjoy.

Parent Council Dress Down Day

On Thursday 22nd May the children are encouraged to dress down and bring in a tombola donation for our Parent Council. This will help towards a fun stall at

our school Summer fayre on Saturday 31st May at 10am – 12 noon. Items can be anything at all from a tin of beans to a candle. All donations much appreciated.



P7 Independent GHS Transition Day

On Wednesday 28th and Thursday 29th May all P7 children who will be attending Greenfaulds High should report immediately to the high school. *Do not come to Ravenswood Primary on these days, some children have made this mistake in the past!*

Access to the School and Playground

Recently there was an unfortunate incident in our school playground at the end of the school day. We ask that people who are collecting children at the end of the day remain at the school gates. Staff will lead children out at the end of the day. P1-P3 will show their teachers who is collecting them. P4-P7 leave mostly independently however staff will be in the playground. Please do not enter the playground. Please pass on this message to anyone who collects your child on your behalf. Many families have requested their child leaves from a specific gate. Please let us know if this is best for your family by emailing enquiries-at-ravenswood@northlan.org.uk

Please ensure all adults and late children to school report to the front office. This is a safety policy in all North Lanarkshire Schools. We appreciate your cooperation.

P6 and P7 Science Fayre

Greenfaulds High are not leading a science fayre this year but fear not! Miss Purdon has organised a P6 and P7 Science Fayre for Ravenswood with a very special guest judge. P6 and P7 pupils will have their learning on display during Progress Conferences on Wednesday 21st May. We can't wait.

The timings for the Science Fayre during our final Progress Conference are as follows:

-Judging will take place between 4.00pm - 4.30pm. Children can wait by their station to speak to the judges at this time but they don't have to. Parents are also welcome to circulate the hall from 4.00pm. No child should stay with their Science station before or after the allocated times, resources will be tidied away the following morning.

-Winners will be announced at 4.30pm on the stage. Primary 6 and Primary 7 teachers will keep this appointment space free to ensure they can attend the announcement in the hall.

-Hopefully we can give a trophy and certificate to the winner as part of Celebration of Achievement 😊

- Miss Purdon wants everyone to know, everything will be done in school to prepare for the show including the purchase of resources. There is no need for any parents/carers to purchase anything at all.

Any further questions, just ask Miss Purdon 😊

Phones and Smart Watches

If your child is bringing a phone/smart watch to school, please remind them that this should be off when in school/on school grounds. All teachers have a safe space to keep phones throughout the day. Some children have taken photographs within the school and this has caused much distress to others. Community Police Officer Scott Douglas shared the concerns he has for pupils with devices and not following school guidance. Please contact the office for information to be shared with your child during the school day. Thank you for your help.

Uniform Preparations

This is a gentle reminder that all children should be appropriately dressed for PE, we aim to go outside as much as possible and use our MUGA. Crop tops are not appropriate in school. We will request a change to be delivered to the school from home for those presenting wearing these.

We are preparing for the school to be decanted to St Mary's for session 2025-26. As part of this, we ask that children have a spare change of uniform in their bags. We will not have the space at St Mary's for a uniform store, we are getting into this habit now.

Some children have not been wearing their uniform on non-PE days. This is against our school poverty proofing policy. We encourage uniform and ask that you contact the school to discuss any potential concerns you may have about this. Where possible, we will offer uniform to those without it.

Summer fayre

The Parent Council are working hard to organise an AMAZING Summer Fayre. Please come along and enjoy the fun on Saturday 31st May 10am – 12 noon at Ravenswood Primary School.



School Car Park and Playground

As you will know, our school car park is not the biggest! We have a big bus and after school care mini bus that must access it twice daily. Please park and stride using designated parking spaces and leaving pavements clear for our children to walk safely to school. The car park can be accessed between 8.15am and 8.30am to drop off any children attending breakfast club. If you are dropping children off after 8.30am, please do not use the school car park. Please do not use the car park at the end of the school day for collections as it is impossible for the school bus to turn. Our school car park has one disabled access space. This must be used by a child in our school. Any parents/carers who require to use the disabled bay can arrange to do so by contacting Mrs Hawthorn 01236 632100.

Thank you to everyone who is parking safely in the community. We have regular calls from residents who cannot access their cars because of parents/carers cars blocking their spaces. We understand parking locally is a nightmare and appreciate everyone in working together with the local community. ☺

P1 – P3 children are escorted to the gates by the teaching staff to ensure they are met with a safe adult. P4 – P7 leave independently. Please wait at the gates for children to leave the playground. Please share this message if any family members or friends are supporting with collection at the end of the day.

Thank you for cooperation keeping our children safe.

Absences and Late Comings

The office role is very busy, please help us out by emailing or calling the school to inform us if your child is off. The school phone has an answering machine that is checked throughout the day. Please inform the school, ideally prior to 9am. This saves Mrs Reid or Miss Rose having to contact individual families.

enquiries-at-ravenswood@northlan.org.uk

01236 632100

We are lucky that our school is well supported by a Family Engagement Support Assistant (FESA). The FESA supports families identified by the school whose attendance is concerning. Our aim is for children to attend at least 95% of the school year. We understand that this is not always possible. Communication is vital so we know why children are off school. We are keen to support in any way we can.

We have noticed that many children are attending late to school and missing vital teaching time. The school is happy to help families who are struggling with time keeping. I have attached the council Attendance Matters information guide for your reference.

Weekly Snapshots

X (Twitter) is just not listening to our plea to unlock our school account. ☹ We have started sharing weekly snapshots of learning to our school website class pages. These are updated every Friday for you to enjoy.

<https://blogs.glowscotland.org.uk/nl/ravenswoodps/>

Community Learning and Development Officer

Our Community Learning and Development Officer, Val is amazing! She supports many families in our community and would love to add more! Please see attached information regarding the workshops she has on offer.

Financial Inclusion Team

The Financial Inclusion Team help North Lanarkshire residents with money advice and welfare benefits. The team includes a combination of debt advisers and welfare rights staff. If you are worried about debt or experiencing financial difficulties, the debt advisers can provide free, impartial and confidential advice. If you would like Mrs. Hawthorn to make a referral please do not hesitate to contact the school.

NLHawthornr@northlan.org.uk or 01236 632100

Cumbernauld and Kilsyth Care

Cumbernauld and Kilsyth Care are a registered charity, working since March 2016, with the aim of helping families in our community. They provide two

services in our local area – a school uniform bank and a Baby bank, both of which support children of all ages. If this is a service that could help your family please contact the school. Mrs Hawthorn would be delighted to make a referral on your behalf.

NLHawthornr@northlan.org.uk or 01236 632100

School Information

Keep up-to-date with the latest School news and events on:

Twitter: Follow us on @Ravenswood PS



School Website: <https://blogs.glowscotland.org.uk/nl/ravenswoodps/>



Please visit our School Website for more School, staff and class information.

Contact Us - Telephone - 01236 632100



First point of contact for all enquiries should be directed, in the first instance, to the School Office on the above telephone number. In most cases, these enquiries can be addressed and answered promptly by School staff. These arrangements should also be followed for any other specific issues which might require the personal attention of the Class Teacher and/or Principal Teachers or Head Teacher during School hours.

Changes to information

Please note that some information included in this Newsletter may be subject to change. If any changes are made, Parents/Carers will be notified in advance via email, Twitter and/or letter.

Many Thanks

Thank you for your continued support, it means the world to us!



Diary Dates

It is possible that some changes will be made throughout the school year. Please keep an eye on newsletters and check your emails for updates from staff.

May

5th May 2025

6th May 2025

9th May 9.30am

School closed

Holiday

Sports Day (weather permitting)

21st May 2025

23rd May 2025 – 26th May 2025

Progress Conferences

Holiday

June

4th June at 1.30pm

5th June at 6.30pm

12th June 6.30pm – 7.30pm

12th June 7.45pm – 8.45pm

13th June at 1.30pm

20th June at 1.30pm

25th June at 1pm

Whole School Concert

Whole School Concert

P1 – P3 Disco

P4 – P7 Disco

Celebration of Achievement

P6-P7 Summer service

School closes

Blackbird

Yarn

(A) Rowan Summedite DK: Black; 1 x 50g skein
(B) Rowan Summedite DK: Cantaloupe; 1 x 50g skein

Needles

A pair of 3mm straight knitting needles
A pair of 2.5mm double pointed needles (DPNs)

You will also need

2 x 6mm black beads or safety eyes for small children
Extra strong black sewing thread and sewing needle
Small piece of orange felt approx 25x12mm
Toy stuffing

Notes

Skill level: Intermediate

Finished sizes: 20cm (8in) from Beak to tip of Tail;
11.5cm (4½in) in height

Tension: Yarn used knits as DK to this tension: 28 sts and 40 rows to
measure 10x10cm (4x4in) over st st using 3mm needles

Throughout the pattern a capital A, B, C, D or E after an instruction
indicates the colour the instruction should be worked in.



Abbreviations

alt	alternate	rem	remain/remaining
approx	approximately	rep(s)	repeat(s)
beg	beginning	rev st st	reverse stocking stitch
C2B	slip next stitch to cn & hold at back, K1; K1 from cn	RH	right hand
C2F	slip next stitch to cn & hold at front, K1; K1 from cn	rib2tog	either k2tog or p2tog dep on what next stitch in ribbing should be (keeps ribbing looking neat on buttonholes)
C4B	slip next 2 stitches to cn & hold at back, K2; K2 from cn	round(s)	(on a circular needle/DPNs)
C4F	slip next 2 stitches to cn & hold at front, K2; K2 from cn	RS	right side
C6B	slip next 3 stitches to cn & hold at back, K3; K3 from cn	RT	right twist
C6F	slip next 3 stitches to cn & hold at front, K3; K3 from cn	skpo	slip 1 stitch, knit 1 stitch, pass slipped stitch over (1 stitch decreased)
cb	cable back	sk2po	slip 1 stitch, knit 2 stitches together, pass slipped stitch over (2 stitches decreased)
CC	contrast colour	sl	slip
cf	cable forward	sl st	slip stitch
cn	cable needle	SM	stitch marker
co	cast on	ssk	slip 2 stitches one at a time, knit 2 slipped stitches together (1 stitch decreased)
cont	continue	sssk	slip 3 stitches one at a time, knit 3 slipped stitches together (two stitches decreased)
dec	decrease(ing) (by working two stitches together)	ssp	slip 2 stitches one at a time, purl 2 slipped stitches together through back loops (1 stitch decreased)
est	established	st(s)	stitch(es)
DK	double knitting	st st	stocking stitch
DPNs	double-pointed needles	tbl	through the back of the loop
fol/s	following/follows	T2B	slip next stitch to cn & hold at back, K1; P1 from cn
g st	garter stitch (knit every row)	T2F	slip next stitch to cn & hold at front, P1; K1 from cn
inc	increase (usually knit into same stitch twice)	T5L	slip next 3 stitches to cn & hold at front, P2; K3 from cn
K/k	knit	T5R	slip next 2 stitches to cn & hold at back, K3; P2 from cn together
kfb	knit into front and back of stitch	W3	wrap 3 stitches – with yarn held at back of work, slip next 3 sts to cn and hold at front of work. Wrap yarn 3 times around these 3 sts, being careful not to pull it too tight and ending up with yarn at back of work. Slip the 3 sts to right needle without knitting them
kwise	knitwise; by knitting the stitch	WS	wrong side
k2tog	knit the next two stitches together	wyib	with yarn at back
k(1)tbl	knit (1) into back loop	wyif	with yarn in front
LH	left hand	yblk	yarn to the back
LT	left twist	yfwd	yarn forward
meas	measure(s)	yo	yarn over
M1	make one by knitting into back of loop between two stitches (increase 1 stitch)	yrn	yarn round needle
M1L	make one twisted to the left (increase 1 stitch)	yon	yarn over needle
M1R	make one twisted to the right (increase 1 stitch)	*	work instructions immediately following *, then repeat as directed
M1P	make one purlwise by purling into back of loop between two stitches (increase 1 stitch)	w&t	wrap and turn – slip next st from LH to RH needle, take yarn between needles to other side of work, slip st back to LH needle, take yarn between needles to its starting point, then turn
MB	make a bobble		
MC	main colour		
P/p	purl		
pat(s)	pattern(s)		
PB	place bead		
pfb	purl into front and back of stitch		
PM	place marker		
P2tog	purl 2 stitches together (1 stitch decreased)		
P3tog	purl 3 stitches together (2 stitches decreased)		
prev	previous		
pso	pass slipped stitch(es) over		
p(1)tbl	purl (1) into back loop		
pwise	purlwise; by purling the stitch		

BLACKBIRD KNITTING PATTERN

Body

Make 1 in yarn A.

Cast on 18 sts using 3mm needles and Yarn A.

Row 1 (RS) Knit. [18 sts]

Row 2 K1, P16, K1.

Row 3 K1, k2tog, K2, (kfb, K1) 3 times, kfb, K3, ssk, K1. [20 sts]

Row 4 K1, P4, pfb, P1, pfb, P3, pfb, P1, pfb, P5, K1. [24 sts]

Row 5 K1, k2tog, K4, kfb, K1, kfb, K3, kfb, K1, kfb, K5, ssk, K1. [26 sts]

Row 6 K1, p2tog, P5, pfb, P1, pfb, P3, pfb, P1, pfb, P6, ssp, K1. [28 sts]

Row 7 K1, k2tog, K7, kfb, K5, kfb, K8, ssk, K1.

Row 8 K1, p2tog, P7, pfb, P5, pfb, P8, ssp, K1.

Row 9 K1, k2tog, K7, kfb, K5, kfb, K8, ssk, K1.

Row 10 K1, P9, pfb, P5, pfb, P10, K1. [30 sts]

Row 11 K1, k2tog, K8, kfb, K5, kfb, K9, ssk, K1.

Row 12 K1, P10, pfb, P5, pfb, P11, K1. [32 sts]

Row 13 K1, k2tog, K9, kfb, K5, kfb, K10, ssk, K1.

Row 14 K1, P30, K1.

Row 15 K10, kfb, K1, kfb, K5, kfb, K1, kfb, K11. [36 sts]

Row 16 K1, P34, K1.

Row 17 K1, k2tog, K9, kfb, K1, kfb, K5, kfb, K1, kfb, K10, ssk, K1. [38 sts]

Row 18 K1, P36, K1.

Row 19 K12, kfb, K1, kfb, K7, kfb, K1, kfb, K13. [42 sts]

Row 20 K1, P40, K1.

Row 21 K1, k2tog, K36, ssk, K1. [40 sts]

Row 22 K1, P38, K1.

Row 23 K13, kfb, K1, kfb, K7, kfb, K1, kfb, K14. [44 sts]

Row 24 K1, P42, K1.

Row 25 Knit.

Rows 26-27 Rep Rows 24-25.

Row 28 K1, P42, K1.

Row 29 Kfb, K41, kfb, K1. [46 sts]

Row 30 K1, P44, K1.

Row 31 Knit.

Row 32 K1, P44, K1.

Row 33 Kfb, K43, kfb, K1. [48 sts]

Row 34 K1, P46, K1.

Row 35 Kfb, K17, ssk, k2tog, yo, K4, yo, ssk, k2tog, K16, kfb, K1.

Row 36 K1, P46, K1.

Row 37 Kfb, K45, kfb, K1. [50 sts]

Row 38 K1, P48, K1.

Row 39 Kfb, K18, ssk, K8, k2tog, K17, kfb, K1.

Row 40 Rep Row 38.

Row 41 K19, ssk, K8, k2tog, K19. [48 sts]

Row 42 K1, P46, K1.

Row 43 Kfb, K17, ssk, K8, k2tog, K16, kfb, K1.

Row 44 K1, P17, p2tog, P8, ssp, P17, K1. [46 sts]

Row 45 Kfb, K16, ssk, K8, k2tog, K15, kfb, K1.

Row 46 K1, P16, p2tog, P8, ssp, P16, K1. [44 sts]

Row 47 Kfb, K15, ssk, K8, k2tog, K14, kfb, K1.

Row 48 K1, P15, p2tog, P8, ssp, P15, K1. [42 sts]

Row 49 Kfb, K14, ssk, K8, k2tog, K13, kfb, K1.

Row 50 K1, P15, p2tog, P6, ssp, P15, K1. [40 sts]

Row 51 K15, ssk, K6, k2tog, K15. [38 sts]

Row 52 K1, P36, K1.

Row 53 (K6, ssk) twice, K6, (k2tog, K6) twice. [34 sts]

Row 54 K1, P32, K1.

Row 55 K5, (s2kpo, K4) 3 times, s2kpo, K5. [26 sts]

Row 56 K1, P24, K1.

Row 57 K4, (s2kpo, K2) 3 times, s2kpo, K4. [18 sts]

Row 58 K1, P16, K1.

Row 59 K3, (s2kpo) 3 times, s2kpo, K3.

[10 sts]

Breakyarn, thread through rem sts. Pull tight to fasten.

WINGS

Note: Use 3mm needles to make feathers in yarn A.

Small Feather

Make 2.

Cast on 2 sts.

Row 1 (RS) Kfb, K1. [3 sts]

Row 2 K1, P1, K1.

Row 3 K1, s11, K1.

Row 4 Kfb, P1, K1. [4 sts]

Row 5 Kfb, s11, K2. [5 sts]

Row 6 K2, P1, K2.

Row 7 K2, s11, K2.

Rep Rows 6-7, twice more.

Row 12 K2tog, P1, ssk. [3 sts]

Breakyarn, thread through rem sts. Pull tight to fasten.

Medium Feather

Make 10.

Cast on 2 sts.

Rep Rows 1-5 of Small Feather.

Row 6 K2, P1, K2.

Row 7 K2, s11, K2.

Rep Rows 6-7, five times more.

Row 18 K2tog, P1, ssk. [3 sts]

Breakyarn, thread through rem sts. Pull tight to fasten.

Large feather

Make 2.

Cast on 2 sts.

Rep Rows 1-7 of Small Feather.

Row 8 K2, P1, K2.

Row 9 Kfb, K1, s11, K1, kfb. [7 sts]

Row 10 K3, P1, K3.

Row 11 K3, s11, K3.

Rep Rows 10-11, five more times.

Row 22 K2tog, K1, P1, K1, ssk. [5 sts]

Cast off.

FEET

Make 2 in yarn B.

Back Toe

Cast on 4 sts using 2½mm DPNs.

Work 4 rows of i-cord as follows: *slide sts to opposite end of needle, pull yarn across back of work and complete next row. Rep from *.

Row 5 With RS facing, pull yarn across back of work, (kfb, K1) twice. [6 sts]

Distribute i-cord sts over 2 DPNs.

Row 6 PM to indicate beginning of round, knit to end.

Row 7 Sl sm, (kfb, K2) twice. [8 sts]

Row 8 Sl sm, knit.

Row 9 Sl sm, (kfb, K3) twice. [10 sts]

Row 10 Sl sm, (kfb, K4) twice. [12 sts]

Measure approx 120cm of Yarn B and break yarn.

First Toe

*K4, work an i-cord of 6 rounds on these 4 sts.

Thread yarn through sts, pull tight to fasten. Push needle inside toe and pull out at top opening. The yarn is now in position to knit next toe. **

Second Toe

Rep as for 1st toe from * to **.

Third Toe

K4, work an i-cord of 6 rounds on these 4 sts.

Thread yarn through sts, pull tight to fasten.

Legs

Make 2.

Cast on 4 sts using 2½mm DPNs.

Work a i-cord to desired length, 3.5-4.5cm is ideal.

Thread yarn through rem sts. Pull tight to fasten.

Beak

Make 1.

Cast on 10 sts using 2½mm DPNs.

Rounds 1-5 Knit.

Round 6 (K1, s2kpo, K1) twice. [6 sts]

Round 7-9 knit.

Round 10 (S2kpo) twice. [2 sts]

Thread yarn through rem sts. Pull tight to fasten.

MAKING UP

Body: Note If using safety eyes, cut 10mm felt circles, insert stem of eye through felt, position on head and lock in place before stuffing.

Use mattress stitch to join the back seam from head to tip of tail, stuffing as you go.

The tip of the tail contains only a small amount of stuffing which is filled through the opening created by the folded cast-on edges. When you are happy with the overall shape, close opening using whip stitch.

Wings: Make 1 right and 1 left. Each Wing uses three Feathers, one of each size. The Large Feather overlaps the Medium Feather, the Medium Feather overlaps the Small Feather. Use yarn ends to stitch Feathers together placing each as described.

Note Make second wing a mirror image of the first.

Stitch wings to body around the rectangular base.

Tail: Stitch remaining 8 Feathers around the tail.

Legs/Feet: Darn Toe ends to inside of Feet.

Use cast-on end to carefully stitch Leg to Foot, just behind middle Toe.

Rep for second Leg.

Push Legs inside small eyelet holes situated on Blackbird tummy. Use Yarn B to sew Legs in place ensuring Toes are facing to front.

Eyes: Cut 2 felt circles of approximately 10mm diameter. Position felt as shown in photographs and secure by sewing a bead to the centre of each using strong black sewing thread.

Beak: Place a small amount of stuffing inside Beak. Use Yarn B to stitch in place.

PARENT WORKSHOPS

CLD Schools

The following workshops will run in the Garrell Vale Cen-

Wednesday 5th March 12.30pm to 2.30pm

Child Development Part 1 - Brain and Behaviour



This workshop gives an overview of child development, looking at how their brains develop and how this influences their behaviour. By the end of the workshop you will have more understanding of your child and why they act the way they do. This workshop is suitable for all parents/carers

Wednesday 12th March 12.30pm to 2.30pm

Child Development Part 2 - Anxiety and Meltdowns

In this workshop we will use the information that we learned in the child development part 1 workshop to put together strategies to support our children with their behaviour, anxiety and/or distress. You need to attend part 1 before attending this workshop.



Wednesday 19th March 12.30pm to 2.30pm



Supporting positive behaviour

In this workshop we will look at simple strategies to encourage our children to develop good social, emotional and behaviour skills.

Wednesday 26th March 12.30pm to 2.30pm

Problem Solving

In this workshop we will learn how to help our children develop their skills to deal better with challenging situations and help keep homes calmer with less meltdowns and shouting.



**To sign up for the workshops text me on
07812501883 or email: mckernanv@northlan.gov.uk**
Transport can be provided—please contact me if you require this.
Val McKernan Community Learning and Development Worker (Schools)

Make every day count: what can you do to help?

- Think about the impact of regular absences - missing school is missing learning and play.
- Try to arrange non-urgent dental and medical appointments outside school hours and if an appointment must be made within school hours, try to ensure your child is back at school as soon as possible.
- Establish routines at the start and end of the day so your child is prepared for the school day ahead; building up habits of punctuality and attendance. Your child's school may have a breakfast club which will support you.
- Talk to your child's school - ask questions and have regular discussions which support you and your child.
- Discuss any problems or difficulties with the school: staff are there to help and will be supportive. You have support from school staff, the Head Teacher and Cluster Integration and Improvement Lead (CILL) for the cluster.
- Let the school know if your child is absent due to illness or other reason. This can be a call or text.



What should I do if my child is anxious or worried about going to school?

Your child has a right to an education and to be safe and happy at school. But sometimes children and young people can be anxious or worried about going to school due to many possible reasons.

You may think letting your child stay off school when they feel this way is the best option, however experience tells us it is better to talk to the school about this as soon as you can. Longer absences makes it harder for your child to return.

Your child's school staff are there to help. Your first point of contact should be the school. Staff in your child's school and the CILL are keen to help and support you. If you are unsure who to talk to in the school, ask to speak to the Head Teacher.

However there are also a number of agencies and services that can provide you with professional help and advice.

(Contact details can be found on the following page).

Support, information and advice

ParentLine Scotland

At some time all parents find that parenting can be difficult or stressful. ParentLine Scotland is the free, confidential, telephone helpline for anyone caring for a child in Scotland. You can call about any problem, however big or small. Phone: 0808 800 2222

On line at: www.children1st.org.uk/parentline-scotland

Parentzone

Parentzone provides information for parents and carers about how you can support your child's education.

On line at: www.educationscotland.gov.scot/parentzone

Childline

Children and young people can get confidential help about any question, concern or worry.

Phone: 0800 1111

On line at: www.childline.org.uk

Citizen Advice Bureau

Your local CAB can provide information and support about rights and responsibilities when it comes to schools and education. Information and advice on lots of areas at: www.adviceguide.org.uk where you can also find your local CAB.

Enquire

Enquire is the Scottish advice service for additional support for learning and operates a helpline for parents, carers and practitioners.

An interpreter can be arranged upon request.

Telephone helpline: 0845 123 2303

E-mail: info@enquire.org.uk

On line at: www.enquire.org.uk

ABEL

ABEL is a voluntary organisation that developed out of the strong desire of parents to do something for themselves to overcome the devastating effects that bullying can have on children, their families and their community. Abel offers information and support to the young person being bullied and their family and the young person displaying the bullying behaviour and their family.

Contact them through their website at: www.antibullyingeastlothian.org.uk

National Parent Forum of Scotland

Provides parents with information and advice on understanding the new curriculum and supporting their child's education.

On line at: www.parentforumscotland.org



ATTENDANCE MATTERS

SUPPORT FOR PARENTS AND CARERS



EMPOWERING OUR CLUSTERS | **LEARN HERE**

Why is school attendance so important?

We want all our children and young people to realise their full potential.

Excellent attendance at school is important to allow your child to fulfil their potential and for them to have the best start and brighter future.

Below are just some of the key reasons why it is so important children attend school:

- To have fun and opportunities to experience new things
- To develop new skills for learning, skills for work and skills for life
- To understand responsibility
- To make new friends and build positive relationships
- To develop awareness of other cultures, religions, ethnicity, and gender difference
- To celebrate achievements with friends and peers
- To attain in curricular pathways
- To build confidence, self-esteem and resilience
- To grow as individuals

Every school day counts

When you have a conversation with your child's school they will give you attendance in a percentage. This can be confusing. Have you considered the following:

100% attendance	0 Days missed	Gives your child the best opportunities in their learning and achievement
95% attendance	9 days of absence 1 week and 4 days of learning missed.	
90% attendance	19 days of absence 3 weeks and 4 days of learning missed.	This will potentially impact on your child's progress in learning.
85% Attendance	27 days of absence 5 weeks and 3 days of learning missed. This is almost a half term.	This will impact on your child's progress in learning, achievement and attainment.
80% Attendance	36 days of absence 7 weeks and 3 days of learning missed. This is a half term.	
75% Attendance	45 days of absence 9 weeks and 1 day of learning missed. Almost a whole term.	



NORTH LANARKSHIRE

MISS SCHOOL MISS OUT

Did you know...?

There are **190 days** in each school year

That means there are **175 non school days** for holidays, haircuts and appointments

90% attendance may sound good but **19 days missed** each year

2 school days missed each month during your school life adds up to **1 whole year** of school lost

15 mins late every day = 2 weeks of lost learning each year.

In primary school there are **25 hours** of learning each week. **4 weeks missed = 100 hours** of learning missed.

Some children and teens find it hard to come to school. Tell the school as soon as you can if there is a problem.

Don't Worry.. You are not on your own, we are here to help and to work with you and your family.

Working Together we can do it and make sure your child does not **MISS OUT**

LEARN HERE

Is it ever alright for my child to be off school?

Your child can be off school if:

- They are ill
- They are attending a doctor or hospital appointment
- They are going to a meeting about a Children's Hearing or court, or if they are going to a Children's Hearing, case review or court
- If they are involved in an activity and the school agrees in advance
- Someone close to your child has died
- There is a crisis or serious difficulty at home or in your family
- They are going to a religious ceremony or a wedding of someone very close to them
- You are a Gypsy/Traveller family and while you go travelling you keep in touch with your child's teacher
- Your family is returning to a country of origin for cultural reasons or to care for a relative.

As long as you have informed the school of the reason why your child is off, and the school is satisfied that this is a valid reason, these would be called authorised absences.

However this is still recorded as an absence for your child.

Top tips it's good to talk!

Any child currently avoiding school is likely to become nervous when they are asked about their worries or returning to school.

These questions can help to start the conversation about feelings and fears.

- What are the three best things about school?
- Would you prefer to text, draw or write about it?
- What three things are you most worried about?

