[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwicjJGx44rkAhUQ8hoKHRrYBJkQjRx6BAgBEAQ&url=http://www.clipartpanda.com/categories/exercise-clip-art-free&psig=AOvVaw2nh7-5SGDqXQoqbePQ0ttO&ust=1566161231218652) [](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=imgres&cd=&cad=rja&uact=8&ved=2ahUKEwiJ97bX4orkAhWIxIUKHYRFDrsQjRx6BAgBEAQ&url=https://www.123rf.com/clipart-vector/canoe.html&psig=AOvVaw1BYK5HrFGf1Kqjl2kC8L-j&ust=1566161043559389) [](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=imgres&cd=&cad=rja&uact=8&ved=2ahUKEwiJ97bX4orkAhWIxIUKHYRFDrsQjRx6BAgBEAQ&url=https://www.123rf.com/clipart-vector/canoe.html&psig=AOvVaw1BYK5HrFGf1Kqjl2kC8L-j&ust=1566161043559389)

**Health and Wellbeing-**

**Physical Education**

P.E. is part of all children’s education and is especially important due to the government’s focus on Health and Wellbeing to provide each child with 2 hours of P.E. each week. Therefore, all children will be expected to participate unless they have a note saying why they cannot take part. Last year a number of our children forgot P.E. kits on a regular basis. **Please ensure your child has his/her kit on the days required.**

**PE kit should include;**

* shorts
* t-shirt
* indoor soft shoes

*Jogging trousers, jumpers and trainers may be worn for Outdoor P.E.*

**In line with NLC guidelines ANY football tops/shorts are not permitted.**

**Also,** children **should not wear jewellery** on days when they have P.E., as it can easily become lost. Earrings should be removed before coming to school on PE days. If your child is having their ears pierced this should be done at the start of the school holidays otherwise they will be unable to participate in many aspects of P.E. **Class Teachers will inform you of INDOOR/OUTDOOR days.**

May I also ask that children have indoor shoes with clean soles! In winter especially our yard becomes very dirty and we need to protect the school flooring. Thank you!

|  |  |  |
| --- | --- | --- |
| Class | P.E Day 1 | P.E. Day 2 |
| P1 | **TUESDAY** | **WEDNESDAY** |
| P1/2 | **TUESDAY** | **WEDNESDAY** |
| P2/3 | **THURSDAY** | **FRIDAY** |
| P3 | **THURSDAY** | **FRIDAY** |
| P4 | **WEDNESDAY** | **THURSDAY** |
| P5 | **MONDAY** | **WEDNESDAY** |
| P6 | **TUESDAY** | **FRIDAY** |
| P7 | **TUESDAY** | **FRIDAY** |
| Class 1 | **TUESDAY** | **THURSDAY** |
| Class 2 | **TUESDAY** | **WEDNESDAY** |
| Class 3 | **TUESDAY** | **FRIDAY** |
| Class 4 | **MONDAY** | **TUESDAY** |
| Class 5 | **MONDAY** | **WEDNESDAY** |
| Class 6 | **MONDAY** | **WEDNESDAY** |
| Class 7 | **MONDAY** | **THURSDAY** |
| Class 8 | **WEDNESDAY** | **THURSDAY** |
| Class 9 | **WEDNESDAY** | **FRIDAY** |
| Class 10 | **WEDNESDAY** | **THURSDAY** |

PE- earrings etc

Days of PE

Parent Council

**Infant Yard**

Can I ask parents to stay back towards the fence when collecting children at 3pm as it can be very congested and as a result is difficult for us to see who is collecting each child. ***The safety of our children is of paramount importance and we wish to ensure all children go with the appropriate adult.*** In addition, parents/carers **should not enter the senior/infant yards** but dismiss/meet their child at the appropriate gate. These procedures help us keep all children safe.

**If you do need to speak to a teacher please make contact through the school office.**

***REMINDER: Only assistance dogs are allowed in the school grounds and smoking is not permitted in ANY area of our school. Thank you!***

**Car Park**  [](https://www.google.co.uk/imgres?imgurl=https://s3.amazonaws.com/vanhorn-advocate/wp-content/uploads/2017/12/14111607/sign-taxi-clipart.png&imgrefurl=https://vhtx.news/2017/12/14/obituaries-teddie-darlene-st-clair-ascencion-martinez/sign-taxi-clipart/&docid=0lZEU_mA0ie8oM&tbnid=QOHiaNuKRkE-QM:&vet=10ahUKEwisipz33IrkAhUShxoKHQMLAPkQMwigASgWMBY..i&w=1024&h=1024&bih=622&biw=1366&q=taxi%20clipart&ved=0ahUKEwisipz33IrkAhUShxoKHQMLAPkQMwigASgWMBY&iact=mrc&uact=8)

Throughout the summer adaptations were made to our car park by NLC. After much consideration and careful planning, the 23 additional car parking bays will be allocated to support the **‘Drop Off and Pick Up’** times of the 24 taxis which transport our children to and from our LCSC. Early observations show that this allocation of space is working well and will, hopefully through time, help ease congestion of traffic for our local residents. During these **‘Drop Off and Pick Up’** times ***8.30am-9.15am and 2.30pm-3.15pm,*** I would ask parents/carers not to use any section of the car parking areas beyond the double gates in the interest of the Health and Safety of our children. The Health and Safety of all of our children is of paramount importance to us and with the volume of traffic entering the area at this time, we must ensure our measures achieve the safest outcome for all of our school, nursery and LCSC children.

We will continue monitoring this system and keep you informed if changes are required.

I would appreciate your support in this area and ask you to please adhere to the parking arrangements and work with us to ensure safe passage for all of our children. Thank you!

**Kilbowie**

Our P7 children will visit Kilbowie Outdoor Centre in Oban from Monday 2nd September to Friday 6th September. Already, this is all the children are talking about and I am sure they will have a wonderful experience making memories that will last a lifetime.

**More details will follow to relevant parents/carers.**