

Orphir Community School

Term 3 Newsletter Update

Friday 13 March 2026

	MINDFUL MARCH			
20	Comic Relief			
25	Orphir Community School Forum Meeting, 6.00pm,			
30	Class Assemblies, 2.30pm			
	APRIL			
2	Fluoride Varnish - letters out today			
3	LAST DAY OF TERM			
Mon	Tues	Wed	Thurs	Fri
Music	PE		Strings	Art
			Netball	
			Orphir Youth Activity Group	

A few reminders in this update:

Red Nose Day

Friday 20 March 2026

The Primary 4-7 children will be setting themselves some challenges to raise money for Comic Relief on Red Nose Day. The rest of the school community are invited to dress up. The theme is silly but we're happy with anything! 😊

A link to our Justgiving page is below.

https://www.justgiving.com/fundraising/rnd26-orphir-community-school?utm_medium=FA&utm_source=CL

We are delighted if the bairns take cash in to the school if you prefer, but happier 😊 if you wish to donate online.

Parent Council

The next Parent Council meeting is scheduled for Wednesday 25th March here at the school at 6 pm. Anyone is welcome to attend these meetings. If you have anything you would like to add to the agenda for the meeting please contact Liz Johnston (Chair) or contact Shona here at the school.

Class Assemblies

Both classes will present their class assemblies on Monday 30th March at 2:30 PM.

Information from Childsmile

There are pictures attached giving us an idea of less sugary options for packed lunches.

Information from Active Schools

I'm delighted to invite you to an 'Introduction to Coaching Children' workshop which will be delivered in Orkney later this month. The workshop has been developed by **sportscotland** to provide a development opportunity for coaches, volunteers and leaders working with children.

The workshop has been designed to provide learners with:

- An understanding of children's motivation in sport and physical activity
- Theoretical and practical knowledge of key principles that influence all round development of Physical Literacy and specifically of the Fundamentals of Movement in children.
- An understanding of holistic approach to child development and the development of the whole child through sport
- An understanding of how to develop basic multi-skills
- This is a practical workshop so please come ready to take part in low impact activity.

Workshop details are as follows:

Date - Thursday 19th March

Time - 18.00-21.00

Venue - KGS Sports Centre

Cost - Free

Please share within your clubs and schools, and to book please email elaine.harcus@orkney.gov.uk

Regards

Michael Swanney
Active Schools Co-ordinator
Education, Communities and Housing
School Place
Kirkwall
KW15 1NY

Tel: 01856 873535 ext 2452

Fluoride Varnish

Letters out about fluoride varnish with the children today. Please check and **ONLY RETURN** if there are changes.

Dental Inspection

Letters came back from the dentist for children who had their teeth checked for the National Dental Inspection Programme. In your child's bag too if they took part.

P7 Hoodies have arrived to great joy!



Education, Communities and Housing

School term dates - 2025 / 2026 (all dates are inclusive)

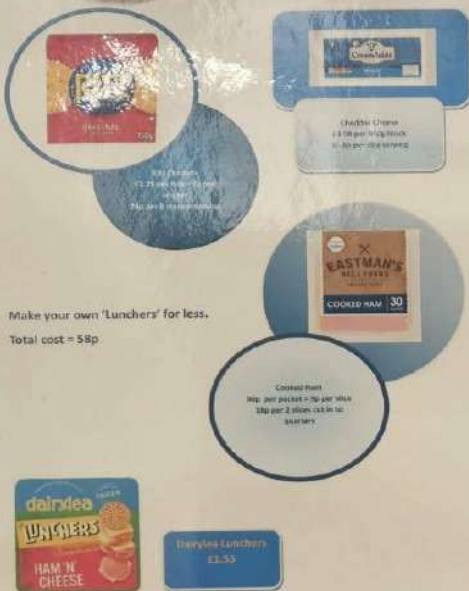
Term 1 2025	Tuesday 19 August* – Friday 10 October. (39 days)
October holidays	Monday 13 October – Tuesday 28 October.
Term 2	Wednesday 29 October – Friday 19 December. (38 days)
Christmas holidays	Monday 22 December – Friday 2 January.
Term 3 2026	Monday 5 January – Friday 3 April. (61 days)
Schools closed	Thursday 12 February – Tuesday 17 February.
Spring holidays	Monday 6 April – Friday 17 April. (Easter Monday 6 April).
Term 4	Monday 20 April – Thursday 2 July. (52 days)
Schools closed	Monday 4 May (May Day holiday).
Schools closed	Monday 1 June.
Staff Only, In-service days are: - Monday 18 August. - Monday 27 – Tuesday 28 October. - Tuesday 17 February. - Monday 1 June.	



What healthy things shall I put into the lunch box?



This lunchbox contains a trace of sugar



Make your own 'Lunchers' for less.
Total cost = 58p



I can't get my registered with a dentist

Who can I contact if I have concerns about my child's teeth?

I am so busy and it's hard to find time for toothbrushing.

My child refuses to let me brush their teeth. It's a battle.

My child is a full eater. They only eat.....

My child seems upset when I am trying to brush their teeth.

I find keeping a toothbrushing routine tricky

My child doesn't like the toothpaste

I don't really feel supported by the people around me.

www.childsmile.nhs.scot

We are here to help

We can offer support for children and young people of all ages

How can you reach us?

- Karyn, Claire, Liz, Gina and Cherry
- Based at The Balfour
– Part of the Public Dental Service

- Tel: 01856 888258
- Email: Karyn.tait@nhs.scot



How much sugar???



A healthy packed lunch is a great way to manage what they're eating away from home.



This lunchbox contains
11.5 cubes of sugar
(46 grams)



Over 1 tsp sugar
per 17g roll



Over 3.5 tsp sugar
per 20g packet



Are you encouraging your
child to have a sweet
tooth?

The NHS recommended maximum daily
amounts of sugar are:

ADULTS 30g	CHILDREN AGED 7 - 10 25g	CHILDREN AGED 4 - 6 20g	CHILDREN 0 - 3
			There's no guideline limit for children under the age of 4, but it is recommended they avoid sugar-sweetened drinks and food with sugar added to it.
			
			
			

Don't put crisps or sweet treats in
every day, save them as an
occasional lunch box treat.



Sugar

TOOTH

					
7 tsp sugar per 500ml bottle	Nearly 1 tsp sugar per 47g pot	Over 1 tsp sugar per 7 sweets 8 tsp sugar in bag	Nearly 2 tsp sugar per 21g packet	10.5 tsp sugar per 500ml bottle	2 tsp sugar per 2 finger bar (20.7g)
					
Over 5 tsp sugar per 300ml bottle	Over 3.5 tsp sugar per 18g packet	1.5 tsp sugar per 30g bar	7 tsp sugar per 330ml can	Over 2.5 tsp sugar per 125g pot	Nearly 2 tsp sugar per 14g box
					
3 tsp sugar per 30g bar	2.5 tsp sugar per 125g jar	Over 3 tsp sugar per 120g pack	Nearly 1 tsp sugar per 15g serving	Over 1 tsp sugar per 17g roll	Over 1 tsp sugar per 5 sweets 8 tsp sugar in bag
					
Over 3 tsp sugar per 30g serving	Over 3.5 tsp sugar per 136g pot	2.5 tsp sugar per 2 biscuit pack	Over 4 tsp sugar per 200ml carton	Nearly 2 tsp sugar per 16g packet	2.5 tsp sugar per pot

The Italian Chapel Creative Award 2026

Hosted by The Friends of the Italian Chapel



 drawing
 painting

 photo
sculpture

 textiles



Prizes

Under 12 years / 12-18 years / Over 18

	Trophy + £150 Voucher
	£60 Voucher
	£30 Voucher

for full info

Entry Deadline
18th May 2026

or email
inga.linklater@googlemail.com



The Italian Chapel Creative Award 2026

Hosted by The Friends of the Italian Chapel

For over eighty years, the Italian Chapel has stood as a testament to creativity, craftsmanship and hope. Created by Italian prisoners of war and lovingly preserved since, it continues to inspire visitors from around the world, as well as all of us in Orkney.



We now invite artists across Orkney to create their own response to this remarkable place.

What can you enter?

For the inaugural year of the award, we invite artworks inspired by the Italian Chapel in any of the following media:

- Painting
- Drawing
- Sculpture
- Photography
- Textiles

Conditions:

- Artwork must not exceed 1 metre in any direction
- Work must be original and created within the last year
- One entry per person
- Framing or mounting (where required) is the responsibility of the entrant
- Unframed work must be suitably protected for transport
- Clear display instructions must be provided if required

Who can enter?

- Open to all ages and abilities
- Entrants' permanent residence must be in Orkney
- Entries will be judged in three categories (age as of 18th May 2026):
 - Under 12 / 12-18 / Over 18

