

Orphir Community School

1 September 2025

Certificated Congratulations!

Ernest	Flourishing	Wonderful writing
Jacob	Flourishing	Perfect place value
Henry	Flourishing	Amazing mental Maths
Clara	Flourishing	Awesome Reading

School Uniform

We have loads of school uniform here so do feel free to come in and pick some up if you wish. It may save children's own clothes getting paint on! Anyone coming to Parent Forum on Wednesday night may want to take the time to have a look.

Wellies/Waterproofs

We have given out wellies and waterproofs to all the bairns that don't have wellies in school currently. If you are planning to put in wellies or waterproofs too with your bairn, that is also fine and we will take in all those we have given out.

PE Kits

A small reminder that PE is on a Tuesday and please could PE kits come in and stay for the term. Everyone has been given a PE bag and can be left on the second peg next to their named peg.

School Nurse

Information from the school nurse is attached.

Childsmile Information

A lovely poster about the impact of the Childsmile programme is also attached.

Annual Update Forms and others!

Please complete and return all the forms sent out last week asap. Thank you to those that have already done so.

Winter Service Road Priorities

A poster is attached which includes a QR code taking you to specific priorities for each road.

Instrumental Service

Applications are open for pupils aged Primary 4 to Secondary 2 in August 2025 who are interested in receiving free tuition on a musical instrument through Orkney Schools Instrumental Music Service through the following link: [Instrumental Tuition P4-7](#)

Parent Forum

Please find attached the agenda for Wednesday. Last meeting minutes and Head Teacher Report are at the end of the document.

Orphir Community School Forum Wednesday 3 September 2025, 6.00pm Orphir Community School

AGENDA - AGM

- 1 Present & Welcome
- 2 Apologies
- 3 Minutes from previous AGM
- 4 Chairperson's Report
- 5 Treasurer's Report
- 6 Election of Officers - Grant Thomson to chair this section
 - Chair
 - Treasurer
 - Vice-Chair
 - Secretary

AGENDA - MEETING

1. Present and welcome
2. Apologies
3. Minutes of previous meeting (28/05/2025)
4. Matters arising
5. Treasurers Report
6. Head Teacher's report
7. PC Meeting re Personal Devices (opinions sought)
8. AOCB
9. Correspondence

Next Meeting Dates (6.00pm):
TBC at meeting

Coastal Change in Orkney

Got 2 minutes? Share your views on coastal change in Orkney and how community voices are represented: https://qualtricsxmyr8z37rlk.qualtrics.com/jfe/form/SV_eEsXRz8uZopUIEm

COASTAL CHANGE IN ORKNEY



Natural
Environment
Research Council



We're inviting people living in Orkney to take part in a short survey about coastal change, and how our communities can be involved and better represented in future decisions. This is part of a PhD research project based at Heriot-Watt University in Stromness.

Take our short survey

- Open to anyone aged 18+ living in Orkney.
- No prior knowledge or experience needed.
- Opportunity to sign up for a creative workshop to explore the role of digital tools in local decision-making (optional).

Questions? Get in touch!

Research lead: Chris Reilly | cr177@hw.ac.uk | 850605



SCAN ME

Scan the QR code or visit bit.ly/coastalchangesurvey to take part. Paper copies are available at Stromness Library, Kirkwall Library, or the Robert Rendall Building (Old Primary School) in Stromness.



Everyone who completes the survey can enter our prize draw!



childsmile.nhs.scot

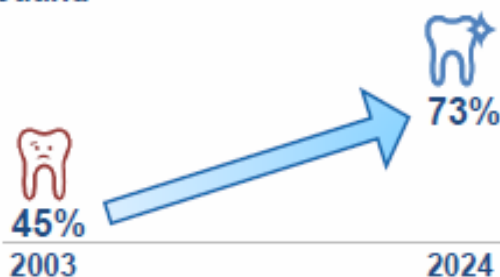
As the new school year begins...

A BIG THANK YOU

to all Nursery and School Staff, and to all parents, carers and children taking part in the Childsmile Daily Supervised Toothbrushing programme across Scotland.

Daily Supervised Toothbrushing has driven improvements in child oral health over the last 20 years.

% of P1 children with no tooth decay in Scotland



Our **NEW** research shows that Childsmile Daily Supervised Toothbrushing may also **reduce school absences** in P1 children!



Full text here



Preventing dental decay reduces tooth extractions in hospitals which are linked to 6+ extra school absences.



Thank you and please keep up the Childsmile Daily Supervised Toothbrushing.

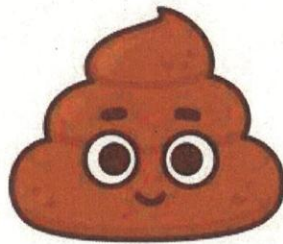
Not only can this reduce tooth decay in Scotland's children it can contribute to reducing school absences.

All the best for the year ahead!



Orkney Continence Advisory Service

Promoting healthy bladder and bowels amongst
school aged children and young people



Is your child experiencing:

- bedwetting
- daytime wetting
- constipation
- soiling
- nocturnal enuresis
- stool withholding
- overactive bladder
- delayed toileting

We're here to provide
practical advice, guidance
and support for children and
young people with bladder
and bowel problems

This service is available by
referral from your GP. Please
speak to your GP for more
information or to request a
referral





Healthy Bladders and Bowels

Information and advice for children and their parents



Bladder and bowel problems in school aged children are common. You are not alone, its no-one's fault and with a little guidance many issues can be resolved

Promoting a healthy bowel

- Encourage your child to drink 6-8 water based drinks every day
- Include fruit and vegetables in their diet
- Exercise and move around
- Establish a toileting routine

Drinking water is important for good bowel and bladder health, and for tackling daytime wetting, night-time wetting and poo problems like constipation.

Age	Sex	Total drinks per day
7-12 months		600 – 900ml
1-3 years	Female	900 – 1000ml
	Male	900 – 1000ml
4-8 years	Female	1200-1400 ml
	Male	1200-1400 ml
9-13 years	Female	1200-2100 ml
	Male	1400-2300 ml
14-18 years	Female	1400-2500 ml
	Male	2100-3200 ml

Suggested intake of water based drinks per 24 hours according to age and sex:

(Adapted from CG 111 Nocturnal Enuresis NICE 2010 and American dietary requirements, cited in CG 99 Constipation in Children and Young People, NICE 2010)

NB higher intakes of water are required when children are physically active, or the weather or environment is hot.
Overweight children may also require more water.

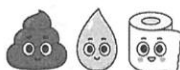
Tips to try with your child if they are experiencing bed-time wetting

- Encourage my child to have six to eight water-based drinks per day
- Ensure my child is not having drinks that contain caffeine
- Avoid blackcurrant diluting juice
- Ensure my child is not having any fizzy drinks, except as an occasional treat
- Make sure child does not have a drink in the hour before they go to sleep
- Make sure they have switched the tv and other screens off for an hour before bedtime
- Make sure my child is going for a wee before they go to sleep
- Make sure my child is going to bed at the same time most nights
- Done a trial with my child of a few nights without night-time pants / nappies
- Emptying their bladder between 4 - 7 times or every 2/2.5 hours during the day.
- Keep a fluid intake / outtake diary (urine and stool)

For further information and advice

www.eric.org.uk
www.bbuk.org.uk

Speak to your GP if you require further support



Winter Service 2025/26



73% (714km) of the road network is treated as Priority 1 and 2 routes. This prioritises treatment on:

- Primary commuting routes
- The hospital & doctors surgeries
- Police & fire stations
- Schools & school transport routes
- Transport terminals & bus routes
- Town centres
- School and care facility car parks
- Public car parks

For more information, including the priority of each road please scan this QR code with your phones camera. Alternatively please visit www.orkney.gov.uk/Winterroads



Orphir Community School Forum (OCSF)

Minutes, Wednesday, 28 May 2025, in person

1 Welcome:

Liz welcomed everyone to the meeting.

Present:

Emma Diamond, Katy Beaton (Treasurer), Grant Thomson (Head Teacher), Liz Johnston (Chair), Shona Garson (Minutes), John Dearnness (Principal/Class Teacher)

2 Apologies: Paula Powell

3 Previous minutes:

Minutes of the meeting held on 5 February 2025

Proposed Liz Johnston

Seconded Katy Beaton

4 Matters arising

OUTDOOR EDUCATION PAYMENTS

- A complete list of payments, income from community council and fundraising and costs for outdoor education for P6 and 7 was issued to the Treasurer
- Liz is to check with any new netball coaches for the next school year regarding PVG checks
- Liz has advised all the coaches to liaise with school staff to organise keyholder inductions. This will allow coaches to use the facilities without school staff on site.

5 Treasurers' Report

In the bank is the total of £1547.86.

As this was Katy's last meeting, Liz gave a huge thank you on behalf of the parents of Orphir Community School and the OCSF team for Katy's many years on the committee and for undertaking the role of Treasurer.

6 HT Report (attached)

Grant circulated a paper copy of the Curriculum Rationale and a feedback form. He requested that feedback from the Forum members be passed to himself by next Wednesday 4 June 2025. This would then be circulated to the wider parent body. Initial thoughts were to issue the feedback form request via MS Forms.

It was decided that the Head Teacher Report relating to the meeting would go out sooner (with next newsletter if minutes were not ready) to allow parents to see it before going out with the draft minutes for the next meeting.

7 Car Parking Management

It was noted that parents were parking in the area that staff used to park in and seems to work fine. No other issues noted at this time.

8 Hoy Update

John reported that the trip went really well and Grant confirmed that next year's residential trip would also be to Hoy. Discussion was held about the possibility of Orphir children going with children from schools that also fed into KGS. Grant explained that this has been raised with Outdoor Education staff before but it is not part of a transition programme; therefore in order to keep costs as low as possible and make best use of the resources, schools are joined up according to numbers for that purpose.

Discussion was had about organising alternative residential trips such as a trip to a city and taking in different events that way. Clearly not applicable for 2026 as this has already been agreed for Hoy but maybe look at planning and costing in Term 2 2025-26.

9 Transitions

Transitions from Nursery to P1, P3 to P4 and P7 to S1 were discussed with no questions further to the transitions information in the newsletter.

John spoke about funding/running a breakfast club. No concrete plans as such but watch this space.

10 Face to Face Day - Parent Council Chairs and Head Teachers

Mobile Phone Policy

Imogen Kerr presented information on a mobile phone policy that the council is working on with a small group of parent council chairs. Parents will be invited to give feedback/opinions in due course.

Relationships Policy

Cathy Lyner presented information on the preparation and work involved in compiling a relationships policy guidance for schools/education settings incorporating building relationships and regulation.

OIC Service Plan

Information was also presented on the OIC Service plan for the next 3 years.

11 Proposed calendar of Termly Meetings

Members present thought the idea of set type agenda items for each item would have a beneficial effect on trying to encourage more parents to attend at designated meetings where they may have more interest in certain topics.

12 AOCB

Leavers Disco

Children have requested and it was agreed that the Leavers Disco will take the form of 'bring a plate of food' included in the evening with the dancing and games.

Parents will not be required to help with the disco side of things (unless they want to) but parents will be asked to help serve supper and clear up afterwards in the dinner hall.

Cost of the School Day

Liz asked for this to be added to the next term's agenda.

Burns Supper

There is no Christmas Show in the school year of 2025-26 so OCSF could consider a Burns Supper fundraising event. One suggestion for a change, would be to have dinner, maybe a couple of small acts and then some dancing, eg Auskerry?

Date for diary was mentioned of 23 January 2026. Liz/Shona to book with Orphir Community Association.

Next Meeting Date -

Term 1 - 3 September 2025, 6pm in the staffroom

Orphir Parent Council Head Teacher Report

Wednesday 28th May 2025

As the academic year draws closer, we are in the process of finalising our staffing for 2025/2026. We anticipate no major changes to how our staffing looks but once finalised we will communicate this via our usual channels before the end of term.

We continued our termly attendance monitoring at the end of Term 3 and can report that our attendance up till the end of Term 3 for Orphir was 95%. This was a rise from 94% in Term 2 and is in line with the local authority target of 95%.

We are beginning the process of finalising our school and nursery improvement priorities for next academic year. Where we have not yet finalised our nursery priorities but from P1 to P7 it has been decided that our priority focus will be on high quality teaching and learning in Religious & Moral Education (RME) and French. These priorities were identified from staff after a self-evaluation session highlighted these were areas where further work could be done to improve outcomes for learners. At this stage it is hoped that our broad aims of the year will be to ensure that:

- Almost every learner in P1 to P7 receives consistent high-quality teaching and learning in RME and French every week.
- Almost every learner to be clear on their intended learning in RME/French and state which Curriculum for Excellence Level they are working within.
- Almost every learner can identify their Meta-Skills strengths within RME and French and see the links between these and real-life contexts.

Whilst we continue to flesh out what this will look like in terms of what the children will experience, we plan to take this to consultation to pupils and parents before the end of term so that we can hit the ground running in August (at the end of this meeting I would like to gather your views on how this could be best done).

John, Dawn and Lynn recently completed a piece of work creating a new curriculum rationale for Orphir Community School. In a nutshell this should explain why we do what we do and in the way that we do it - considering our unique qualities and context. All schools across Scotland are expected to have a clear curriculum rationale and this now works alongside our fairly recently refreshed vision, values and aims which help remind us of our purpose and gives us clear direction for our goals. We try our hardest to make sure that all we do stems from our curriculum rationale and matches with our vision, values and aims. We revisit these regularly with staff (usually in the August in-service day) and learners (at assembly) to make sure they are at the forefront of what we do and more importantly are real and lived.

Thanks to the Parent council for their contributions towards the P7 Hoy residential trip. They all came back glowing, if not slightly on the tired side and whilst there took part in a wide range of land and sea activities - for many their comfort zones were well and truly pushed and I think they even surprised themselves with some of the things they did. The results of the survey to our current P5 and P6 pupils highlighted that next year's residential trip will be to Hoy for P7.

Our second Intergenerational Event (snakes and ladders) was equally as popular as the first one and was very well attended by members of the community. Feedback from those in attendance on the day was 100% positive and we will look to repeat this again next session with plans to do something in partnership with the Orphir Community Association and really strengthen those school-community links even further.

A reminder to you all that school will be closed to pupils on Monday 5th June for in-service staff training. Other dates upcoming that have already been shared with you are as follows:

- Thursday 29th May: Primary Athletics.
- Tuesday 3rd June: Sports Day.
- Thursday 5th June: KGS transition information evening.
- Thursday 5th June: Bikeability Level 2.
- Friday 6th June: Puppet Man visit.
- Tuesday 10th June: KGS transition day.
- Wednesday 11th June: KGS transition day.

- Wednesday 11th June: Nursery to P1 transition day.
- Tuesday 17th June: New nursery parents to visit.
- Thursday 19th June: New P1s information morning.
- Thursday 26th June: Leavers Disco.
- Wednesday 2nd July: Leavers Assembly 2 PM.
- Friday 4th July. Last day of term 2 and academic year 2024-2025.

Forward notice that school remains closed to pupils on Monday 18th August 2025 and reopens on Tuesday 19th August for the first day of term 1.

Coming back after the Easter break our littlest pupils didn't seem to look so little and our oldest pupils looked a lot older. With only 5 full weeks left before the end of this academic year I want to take this opportunity to wish our P7's (Edith, Helga, Jack, Jamie, Rianne & Sophie) all the very best with their transition to Kirkwall Grammar School. We will miss them a great deal but they are ready to embark on their next adventure - we know we have done our job here when they appear ready to move on. Thanks to you all for the part you have played on making the experiences here at Orphir Community School so special for all our pupils. When it comes, enjoy the summer holidays and I look forward to seeing you all again in August.

Grant