

Coupar Angus Primary School

Newsletter 8

March 2018

I was thinking how lovely it was to see the welcome signs of Spring as the snowdrops and the crocus flowers came up and then we had all the snow! Hopefully winter is on the way out now and Spring will be with us soon!

We had a very successful **Bingo Tea** on Fri 23rd February, thank you to all who came and all who helped out, as well as all the people and businesses who donated prizes and most importantly the team at **SOC** (parent council) who did all the hard work and preparation. They raised **£587.31 !**

This goes towards supporting the school. In fact we have just taken delivery of the equipment bags for the playground that SOC paid for after the children came along to a meeting and asked for more playground equipment. We also have a lovely new picnic bench made from recycled materials thanks to SOC! **Thank you so much SOC we really do appreciate all your efforts.**

However, we do need some more parent helpers and so look out for an information sheet from SOC to tell how you how you can get involved in supporting the school.

As usual please contact me on the school email if you have queries or questions. couparangus@pkc.gov.uk and keep up to date with the Facebook page.

Mrs N Drew

Science Event:

On Wednesday 28th March please come along from 1.30pm to Coupar Angus school hall. There will be light refreshments and a couple of stalls (fundraising for school) and then from 2pm the classrooms will be open for you to visit your child's class and any others you would like to visit. The theme this term has been science and each class will showcase their learning in science from P3's learning on how the body works to P7's gruesome discoveries about germs and disease and micro-organisms.

School Improvement Survey

We are running a survey for parents/carers to give their views on school developments and priorities. If you are signed up to ParentPay you will have received an email with a link to the survey. It has also been posted on the website and in the closed Facebook Group (CAPS P1-7 Parents'/Carers' Group). If you prefer a paper copy you can get one from the office and teachers will have a stock of them on Parent Contact Evenings.

If you can complete this by **Sunday 25th March** we will collate the results and feedback to you in the April newsletter.

<https://goo.gl/forms/7Yig0PWYcwbIPwMD3>

School meal price

School meal prices increase to £2.15 applicable from 17 April. This increase was approved at the Special Council meeting on 22 February.

This charge applies to nursery, primary 4 to primary 7 and secondary pupils unless registered for [free meals](#).

All primary 1 to primary 3 pupils continue to be entitled to receive the school lunch free of charge.

Please remember you can pay [online](#) for school meals via Parent Pay and if you would like some support to set this up, please contact the school office. Many schools are now going cashless and this is something we would like to consider going forward, but all parents need to be registered on Parentpay for this to work.

On Wed 28th March in the afternoon Mrs McLellen will be available to help any parents join Parentpay.

Can you also ensure the office have a note of any changes in email and phone numbers. We will be

sending more and more information through the Parent Pay email in the coming months.

Many thanks.

Choosing healthier snacks

The recent Chage4Life Campaign on TV has prompted us all to think about healthier snacking for children. The campaign encourages parents to look for '**100 calorie snacks, two a day max**' to help them purchase healthier snacks than the ones they currently buy.

This is because half of children's sugar intake, currently around 7 sugar cubes a day, comes from unhealthy snacks and sugary drinks, which can lead to health problems and dental decay.

Each year children are consuming almost **400 biscuits**; more than **120 cakes, buns and pastries**; around **100 portions of sweets**; *nearly 70 of both chocolate bars and ice creams*; washed down with **over 150 juice drink pouches and cans of fizzy drink**.

On average, children are consuming at least 3 unhealthy snacks and sugary drinks a day, with around a third consuming 4 or more. The overall result is that children consume 3 times more sugar than is recommended.

100 calorie snacks suggestions

- Malt loaf slice or mini loaf
- Lower-fat, lower-sugar fromage frais (some flavours include strawberry, raspberry, banana, apricot)
- Fresh or tinned fruit salad
- Chopped vegetables and lower-fat hummus
- Plain rice cakes or crackers with lower-fat cheese
- Sugar-free jelly
- One crumpet
- One scotch pancake

The '100 calorie snacks, two a day max' tip applies to all snacks apart from fruit and vegetables, as children should also be encouraged to eat a variety of these to achieve their 5 A Day.

Remember to always check the label as products may vary.

Read more at <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks#Jc2ycX0rF9upkyuE.99>

Summer trips

P4 & P5 – Wed 6th June

Trip to Stirling Castle

Returns to school at 4.15pm and cost is £5 per child. More information to follow.

P1-3 and P6 trip information will follow soon....

P7 trip -

The P7 residential trip this year is to Ardeonaig on Monday 30th April to Friday 4th May

Nursery News

Superhero Day 4th May 2018

Children will be taking part in a dress up as a Superhero day. The nursery will send out more information soon.

World Book Day

We finally had World Book Day on Friday 9th March. Children in nursery came in their PJs with a story to share and read lots of books in their cosy story corner as did Thinking Room 1 and P1-7 came dressed as many favourite characters from Where's Wally, Harry Potter to Alice in Wonderland and monsters. The Blairgowrie Advertiser took lots of photographs so do look out for pictures in the coming week. Prizes were given to a winner in each class, but it was a very tricky decision! Well done to everyone for their effort.

Transition for children coming into P1 August 2018

New P1 parent evening: **Monday 14th May 6.30- 7.30pm** in the infant building and there will be a crèche available for children. This will be an opportunity to find out about P1 in Coupar Angus and ask any questions. There will be some samples of school uniform to help with sizing as well.

The following times are for new P1's to come into school and meet their new teacher/classroom. All new P1's welcome, those in our nursery and those who are not in the nursery currently.

Tue 22nd May 9.30 -10.30 am

Tue 29th May 9.30- 10.30am

Friday 8th June all morning for an induction morning

Friday 15th June 9.30- 10.30am

Times will also be arranged for children who are starting the nursery in August to come along for a visit.

Crèche & New Rhyme Time

Currently there is a crèche available to families on a Tuesday morning between 9.15- 11.15. This is on a first come, first served basis and is held in the gym building across the road in the drama room. If it is your first week if you come to the school office someone can show you where to go.

We have only had 2 children so far and this is a great opportunity – **so from Tuesday 17th April we will hold a Rhyme Time session led by Mrs Johnstone from 9.15- 9.45** and then parents can leave their children for the crèche if they wish. Please come along and take part.

Easter End of Term Service

This will take place on Thursday 29th March at 9.30am. Parents are welcome to attend. The choir will sing a couple of songs and some children will be playing their instruments.

P5 Swimming

This year the P5 class will get their 10 week swimming block from Friday 20th April to Friday 20th June. A letter will be coming home soon with more information about this. Children go to Blairgowrie Recreation Centre and have a 45 minute swimming lesson, free of charge. We were unable to go last year due to no swimming instructor so P5 will have lessons this session. Children are entitled to one block of swimming lessons between P3 & P7 in PKC at the moment.

Pupil Council News

The Pupil Council have recently taken in a selection of jotters across the school to have a look at the presentation of work and the standard of work across the school. They gave some very helpful and honest feedback to the teachers and this will be shared with the classes. I am pleased to say most of the jotters

were very neat and well presented, and Pupil Council came up with some tips to improve them further.

Next we will be having a walk around the school to look at classrooms and the school environment.

School Development Work

This month teachers have been looking at Pace and Challenge in the classrooms and discussing how we can ensure children are stretched in their learning. We have looked at research and engaged in professional discussion to see how we can challenge all the children. Our social target this month for the children is to challenge themselves in their learning.

Cars in the Playground

Can we politely remind everyone to use the two gates at each end of the school to enter the playground at the beginning and end of the day and NOT the car park gates. The smaller gate is for taxi children. There should not be cars or delivery vans in the playground when children enter and leave school and new signage is being ordered to remind all visitors not to drive into the playground at this time, unless an exception has been made. Many thanks for your support with this.

Dates for Diary

Class assembly dates are on a Friday at 10.50am, parents and friends are welcome to attend when it is your child's class assembly:

P1- Friday 16th March 2018

P1/2- Friday 23rd March 2018

P3-Friday 4th May 2018

P2- Friday 11th May 2018

*Book Fair in school Wednesday 14th March – Wednesday 21st March.

Thursday 15th March, 2018 - 5-7.30pm Parent Contact

Tuesday 20th March 3.30- 6pm Parent Contact

Thur 22nd March – Robo Science Workshop in school

***Wednesday 28th March 2018 – Science Open afternoon 1.30pm all welcome**

Thursday 29th March 2018 – school closes at 3.15pm for Easter holiday

Monday 16th April 2018 – in-service day
Tuesday 17th April 2018 – school opens for children

Friday 20th April 2018 – P5 swimming block starts for 10 weeks every Friday.

Thursday 26th April 2018
P7 Transition morning to BHS

Monday 30th April 2018- Friday 4th May – P7 Residential Trip

Monday 7th May 2018 – May Day Holiday

Thursday 10th May 2018 – SOC meeting 5.30pm

New P1 transition visits:

Tue 22nd May 9.30 -10.30 am

Tue 29th May 9.30- 10.30am

Friday 8th June all morning for an induction morning

Friday 15th June 9.30- 10.30am

Parent evening for New P1 parents and children:

Monday 14th May 6.30- 7.30pm

Induction morning all children moving up to new classes for some of the time:

Friday 8th June

Thursday 8th and Friday 9th June Induction mornings BHS.

***Friday 1st June 2018 – School Sports day Afternoon for parents**

*Monday 4th June – Charity Shop for one week

Wednesday 6th June – P4 & P5 trip to Stirling Castle back at 4.15pm

Wednesday 6th June 2018 – Reports issued to parents

*Monday 25th June – P7 Leaver's meal and Disco (whole school disco, times to follow)

Thursday 28th June – End of Term Service

Thursday 28th June 2018 –school closes at 12.00 for summer holiday.

N. Drew.