

Clovenfords Primary School

Kindness Respect Honesty

Weekly Update – Friday 2nd February 2024



Head Teacher's Update

Dear all,

This week has been all about bikes, bath bombs, farming, construction, health and wellbeing, parental engagement, music instruction, creative writing achievements, Sportshall Athletics... the list goes on, as once more it has been another busy week in school.

Firstly, the bikes – our P6 pupils had Bikeability sessions this week and despite the wet and windy weather they got out and about and developed their road safety and cycling skills. The bath bombs, farming and construction etc., were part of a wonderful showcase from the P2/3 pupils as part of their class assembly where they explored our school vision and shared some of the things that make them unique.

Parental engagement came in the form of an appreciative audience at the class assembly as well as parents who came along to our Citizenship Gathering on Wednesday to work with the children on their understanding of what our Health and Wellbeing curriculum offers. All stakeholder views help to shape our curriculum and provide feedback for our next steps. We would be grateful if you could take a few minutes to fill in our Health and Wellbeing Survey (Link and QR code below). This will give us more information on your understanding as parents of what health and wellbeing looks like for your child at school.

Our P3/4 class all took part in a recent creative writing project, and we were delighted to award their certificates to them yesterday at assembly. All the children are now bona fide authors as their stories will be published in the Young Writers' Anthology.

Finally, at the Sportshall Athletics competition yesterday, our team came 2nd which we are delighted about! This means they will compete again next Thursday in the final. Go Team Clovenfords! Thank you to the parents who were able to help with transport.

You will find the next section of our Parent Handbook below in the '**Parent Handbook Bitesize**' and we have also shared a leaflet from the Royal College of Paediatrics and Child Health (RCPCH) about children and screen time which you may find useful.

Wishing you all a safe and peaceful weekend.

Mrs Saxon

Dates for the Diary

Friday 9th February	Building Resilience Family Learning task issued – Have A Goal
Monday 12th February	Half Term begins – school closed to all
Monday 19th February	In Service Day – school closed to all pupils
Tuesday 20th February	Pupils resume
Thursday 22nd February	World Thinking Day – pupils invited to come to school in Brownie/Scout/Cubs etc. uniform
Thursday 7th March	World Book Day
Friday 8th March	Building Resilience Family Learning Task due – Have A Goal
Monday 11th March	Open Afternoon Café Conversations – 1.30pm
Wednesday 20th March	Pupil Progress Consultations - 5.00pm-7.00pm
Thursday 21st March	P6/7 Class Assembly – 1.30pm – all P6/7 parents welcome

Thursday 21 st March	Pupil Progress Consultations - 4.00pm-6.00pm
Friday 29 th March	Easter Holidays begin
Monday 15 th April	All resume

Health and Wellbeing Parental Engagement



As mentioned above, we would love to have your feedback on your understanding of Health and Wellbeing. We are keen to hear all the ways you support your child's health and wellbeing outwith school and the most effective ways that you do this. Please take a few minutes to read over the options in the form, reflecting on which strategies you know and regularly use. We would also like you to tell us how informed you feel about the ways in which we support health and wellbeing in school. Your answers will support our health and wellbeing planning for the children. Many thanks for your engagement with this.

<https://forms.office.com/e/R1ecAQqVh0>

Wider Achievements



Our published authors and Sportshall athletics stars

Road Safety when using School Transport

We have been asked to share a reminder for all pupils about the following key road safety messages, particularly emphasising the safety around going to and from school transport:

- To stop, look (both ways) and listen when crossing roads
- To keep a safe distance from the road when walking on the path
- To minimise all distractions (mobile phones) when walking by the road
- To be aware of the behaviour of others around you when walking by the road
- To think about visibility – dark clothing etc

The following Road Safety resource may be helpful: <https://www.think.gov.uk/wp-content/uploads/2018/09/1.-Do-you-SLLT-lesson.pdf>

The Health Impacts of Screen Time

Children and young people's views on screen time use...

88% said screen time had a negative impact on their sleep
1.5 hours was the average time spent on screens before falling asleep



41% said screen time had affected their play / fun

35% said screen time had a negative impact on their mood / mental health



18% said screen time had a negative impact on their family time and schoolwork

109 children and young people aged 11-24 years took part in this engagement exercise.



We thought it would be useful to share a fact sheet that the Royal College of Paediatrics and Child Health (RCPCH) have produced to support parental understanding of the health impacts of screen time and to offer advice and strategies that may be useful, particularly the use of screens before sleep. Please see the attached fact sheet for further information.

Parent Handbook Bitesize

Each year schools are required to update and publish their latest Parent Handbook which details relevant information parents need to know in order to support expectations, communication and relationships between school and home. Although an easy read, there is lots of information included so we thought we would share the parent handbook in bitesize chunks via the Weekly Updates to support everyone having access to this information as well as making it more manageable to read. Much of this will be familiar to you, and of course you can access the whole handbook via our school website. We will share the handbook in chronological order as it appears in the handbook, this week continuing with practical information:

Practical information

School Uniform

At Clovenfords Primary School we actively promote the wearing of school uniform. We have a very high level of support from parents as it is understood that our uniform promotes a sense of identity, pride, and importantly, belonging in our school, and gives the children meaningful feedback that they are part of our school family.

Our ELC children do not have a uniform; however, there is a yellow sweatshirt that can be ordered if parents wish to do so.

For our P1-P7 children our uniform consists of a white polo shirt, grey/navy/black trousers or skirt and a school sweatshirt, jumper or cardigan in royal blue. All children are encouraged to wear black/dark shoes or boots.

School uniform can be ordered from BE Uniforms at:

[Embroidered Schoolwear & Clubwear \(border-embroideries.co.uk\)](http://border-embroideries.co.uk)

PE Kit

For PE, children are required to have a plain white t-shirt, plain black or navy shorts and trainers. Children may also wear black leggings or plain black/navy tracksuit bottoms. On PE days children must still come to school in their school jumper or sweatshirt. Football tops, non-school hoodies/tops and sparkly fashion leggings etc. are not acceptable at any time.

Sportswear should not be worn on non-PE days. Jewellery is a safety hazard and should not be worn to school. Children are discouraged from wearing make-up, nail varnish or acrylic nails.

Clothingfords

Our Parent Council have opened a used uniform store. The store is located within the school and has a generous selection of used uniform items available for all. The Parent Council aim to open the store at least one day a month for drop ins however the school are more than happy to enable access to the store if you need an item sooner! We would be delighted to receive other items: coats, welly boots, Christmas/Halloween clothes, waterproof trousers and shoes in good condition. Please contact the Parent Council if you have items you wish to donate. Their email address is:

clovenfords.parent.council@gmail.com

For details on applying for a school clothing and footwear grant please visit:

Break Times

We encourage all children to get plenty of fresh air and exercise during their break times to promote their wellbeing and physical health. We will aim to have the children outside every day regardless of the weather. Please ensure your child comes to school each day with suitable outdoor clothing and footwear.

Snack

As part of the children's break time, there is an opportunity for them to have a snack. As we are a health promoting school, we encourage you to provide your child with a healthy snack. We are a nut free school therefore you must not send your child to school with anything containing nuts as we do have children with food allergies. We would encourage you to support us in discouraging the children to share food during break times. Again, this supports the management and safety of children with food allergies.

As we are a health promoting school, please do not send in cakes or sweets for your child to hand out to their classmates if it is their birthday or for Christmas presents etc. Please do not ask a member of staff to do this on your behalf. Staff will be unable to accommodate such requests and any treats brought in will be returned home with your child.

It is important that your child has regular access to water throughout the day. We would encourage you not to use single use plastic bottles and instead supply your child with a reusable water bottle that has a sports cap. Please ensure your child's water bottle is clearly labelled. Water coolers are located in the main corridor outside the classrooms and your child can fill up their water bottle at any time during the day. Juice (not fizzy) can be brought in for the children to have at lunchtime but children can only drink water in the classroom.

Lunches

The lunch menu works on a four-week rota. You can find the menus online on the Council website. We have a photo gallery of the lunch menu choices on our school website which we encourage you to scroll through with your child when selecting their weekly lunches as this can help the children to see what the food looks like that they will be getting, and support any differences from similar dishes they may enjoy at home. The school uses an online system to book and if required, pay for your child's lunches. The system is called ParentPay and you need to set up an online account. The school office can help with this. We ask that you choose and book your child's lunch in a timely manner and share with them what choices you have made if you choose not to do this with your child each week.

Staff on duty in the dinner hall will always encourage children to try and eat some of what they have on their plate or in their packed lunch.

When the weather permits there is outdoor seating for the children if they prefer.

Currently the cost of a school lunch is £2.40. Some families may be eligible for free school meals. Please refer to the Scottish Borders Council website for details of eligibility. If applying for free school meals, an application form must be completed by the parent along with supporting documentation as detailed on the form. A new application is required for the start of every school session.

All pupils in ELC and Primary 1 - Primary 5 are entitled to free school meals, however parents must still order their child's choices weekly using ParentPay.

P2/3 Assembly

Our P2/3 class led our assembly yesterday and used our school vision of **'I am unique, I am a lifelong learner, My voice matters'** as the theme to showcase their learning, their interests, their special skills and their voice. We loved the variety and the independence that was on display.

Congratulations to the following Star Achievers for showing our school values in action, for using their learning powers effectively to support their progress, and for showing their ongoing understanding of our school aims:



ELC	Lachlan
P1/2	Jamie
P2/3	William
P3/4	Aimee
P5/6	Mirryn
P6/7	Isla



Mirryn and Isla were at the Sportshall Athletics so will join us for their hot chocolate next week.

Arrangements for winter school transport/cancellations/route amendments

Please remember that during the winter months SBC's School Transport team now use the Scottish Borders Council website to provide updates on school transport affected by weather or road conditions. The webpage can be found at www.scotborders.gov.uk/wintertransport and will be updated from 7.30am as and when required.

It is important to remember that in normal circumstances children should not wait more than 15 minutes for the bus, but in severely cold weather please use your own judgement. If you decide to take your young person to school yourself, you will be expected to collect them at the end of the school day.



School's Out Clovenfords

A reminder you can contact School's Out at: admin@schoolsoutclovenfords



Clothingfords

Clothingfords is available for you to come and browse across the school day as well as during after school and evening events. Please do not be shy about coming in to use this great facility! There is a great mixture of good quality, used items. Please pop along when you can to use this great facility.

WANTED!

If you have any children's wellies that no longer fit and are in good condition we would love to have them for our hub. Thank you for the donations so far – keep them coming!

Communication

If your child will not be in school, it is important that you inform the school office by 9.00am. You can report absence by phone or email.

School office phone number: 01896 662755

School office email: clovenfordps@scotborders.gov.uk

School Twitter (X) : @Clovenfords_ps

School website: [Clovenfords Primary School – Kindness, Respect, Honesty \(glowscotland.org.uk\)](http://Clovenfords Primary School – Kindness, Respect, Honesty (glowscotland.org.uk))