



Dear Parents/Carers,

I hope you had a relaxing September weekend, and I know the children (and teachers) are looking forward to their next break in October. It was lovely to see you all at Meet the Teacher at the beginning of September and we are looking forward to welcoming our P1 parents again for a literacy workshop next Tuesday. At Kirktonholme we spend time talking to our children about emotions. This month our children are learning about the Survival Responses of Fight, Flight and Freeze which can help us understand why we feel certain emotions and react in certain ways. We thought this would also be useful for you to know at home so Miss Little has put together a parent guide. The leaflet includes some good links to help with any parenting challenges. We are delighted that Mia and Leah represented Kirktonholme at yesterday's national conference on Cost of the School Day. They were accompanied by Mrs Ferguson who is our Equity Champion. At Kirktonholme we have given very careful consideration to the Cost of the School Day for many, many years and we have put things in place to support all of our families. This work has been very gratefully supported by our Parent Council. As a result, our children have had free school trips, access to school uniforms, Halloween costumes, winter coats and Christmas jumpers. Our healthy snack campaign is another measure to help keep costs low for our families as it is not only healthier but cheaper to provide fruit for a snack than crisps and chocolate. I have a great sense of pride in our school community as we are an excellent example of supporting each other. To this effect, we will be asking for donations for Loaves and Fishes foodbank soon (more info will follow), Halloween costumes for us to recycle as well as any winter jackets which can be used by other families. As always, if you have any questions, queries or suggestions do not hesitate to get in touch with the team. We are very approachable and only too happy to help. Best wishes, Linda Wright

PS Please download our school app as all communication is issued through this. Ask office for details.

Keeping Kirktonholme Community Connected



Learning is the **HEART** of Kirktonholme

Happiness Excellence Achievement Respect Teamwork

Links to **Respect**

Mobile Phone policy



The use of mobile phones in schools is a hot topic. This is a reminder that at Kirktonholme, the use of mobile phones is not permitted in the school either in the classroom or playground area during the day. I have attached our mobile phone policy. If you need to contact your child during the day, this should be done so via the school office. Any smart phones should have school mode turned on.

As always, thank you for your support. 😊

Links to **Respect and Teamwork**

What's App chats

I wanted to bring to your attention that the legal age for WhatsApp (and Snapchat) is 13. At school, we are seeing more and more cases of children using this platform, and using it inappropriately, leading to high levels of distress for children. Please regularly check your child's phone to make sure they are not subjected to any online bullying or being unkind to others. Children in primary school are not developmentally mature enough to manage social media on their own and need careful guidance and support. That is why the age limit is in place. Unknown persons can easily be added into chats making your child vulnerable. For the safety of your own child, please keep a very close monitor of who and what they are communicating. I've attached a parents' guide to help. I would encourage you to make sure you are aware of the dangers your child can face. Thank you.

<https://www.internetmatters.org/resources/ukcis-social-media-guide-for-parents-and-carers/>



Links to *Happiness, Respect and Teamwork*

BREAKFAST CLUB



I am delighted to have had a new stock of toys and activities for children, which were provided by SLC. This helps your child have a calm start to their day. A special thank you to Orla and Megan who are our P7 leaders and who organise our games during this time.

I am further delighted we can still offer this provision to our families. Children who attend **MUST** eat a breakfast - this is the sole purpose for Breakfast Club and is not a quick fix childcare solution. Children are welcome from 8.05 to 8.40am. If your child refuses a breakfast we will be in touch.

Links to *Happiness and Teamwork*

Parent Council News

Halloween Discos will be on Wednesday 29th October. Tickets will be on sale next week.

Playground

All children should be supervised if playing within school grounds at the end of the day.

Links to *Respect and Happiness*

Health & Wellbeing Quiz

Thank you for your help in completing our Health and Wellbeing Quiz. We ask the children about the following SHANARRI Wellbeing Indicators.

227 children completed our survey.

97.8% of our children said they felt SAFE

90% of our children said they felt HEALTHY

89% of our children said they felt ACHIEVING

98.7% of our children said they felt NURTURED

96% of our children said they felt ACTIVE

89% of our children said they felt RESPONSIBLE

89.9% of our children said they felt RESPECTED

89.4% of our children said they felt INCLUDED

We use this information to inform our assembly programme and to check in with our children. As a school we are very proud of these exceptional and consistently high statistics.

Links to *Excellence and Teamwork*

Pupil Leadership

Congratulations to our P7 leaders. Every child in P7 has a role of responsibility. Our Captains for 2025/26 are

Millie	Ellena	Eilidh	Murray
Darius	Lewis	Oscar	Clara
Hiraa	Aria		

Playground leaders have started up lunchtime clubs including football, reading, Pokemon, chess, drama, cheer and dance.

Links to *Teamwork*

Diary Dates

A full list of dates has already been issued but here is a reminder, along with some new events. Health warning - these dates can be prone to change!

Tues 7th Oct P1 Literacy Workshop 1.45-2.45pm

**slight change of time*

Mon 13th - Fri 17th Oct HOLIDAY

Thu 23rd Oct ELC PEEP every Thu 4 wks 3-4pm

Mon 27th Oct ELC Stay and Play all week

See nursery newsletter for group days & times

Fri 31st Oct Blue Group 9-9.35am

Thurs 6th Nov PARENTS' NIGHT 3.30-8.30pm

Mon 11th Nov INSERVICE DAY

Week begin 17th Nov Scottish Book Week

come and read with me (times tbc)

Wed 26th Nov Flu immunisation

Tues 9th Dec 2pm ELC Nativity

Wed 10th Dec 9.30am P1&2 Nativity

Thur 18th Dec P3-P7 Carol Concert 9.30am & 1.30pm

Fri 19th Dec School closes at 2.30pm

The last Friday of the month is Dress Down Day. The next one is Friday 31st October & costumes can be worn.

Links to *Achievement*

P7 Millport Trip

The next £50 instalment for Millport is due on 1st October. The final payment of £150 is due by 20th December. If this poses a problem, please get in touch.

Only plain water is allowed in drinks bottles in the classrooms