
KIRKTON PRIMARY NEWSLETTER



I am delighted to write the first newsletter for families of Kirkton Primary!! You will receive a Winter, Spring, and Summer newsletter. I hope you find this form of communication informative and helpful. The purpose is to share what is happening within the school during this term and offer advice and resources to support you family. If you feel there are areas you would like me to include or research to support families, please email the school email address.

I cannot believe I have been at Kirkton Primary for four months! I am delighted to be taking the school forward and working with you all. The children are a real credit to you all! I have been very impressed with their manners and general enthusiasm to learn.

The School Improvement Recovery Plan which is shared on our website, is well under way and we have currently improved Assessment, Pupil Voice, Reading and our Additional Support Needs procedures. Our P7 enhanced transition is well under way and we now move into developing our use of ICT within the daily practice of the class and further develop a progressive plan for digital skills. We have also reflected on our promoting positive behaviour pedagogy and the new policy will be issued within the month.

The Pupil Equity Fund has supported some of our children through additional staffing and outdoor learning. We have also used the 5% participatory fund as agreed with yourselves to pay for clubs and competitions. It's been great for the children to be a part of the Athletic and Football festivals. We have also used this money to introduce a fruit basket for children who have forgotten a snack.

We thank you for completing the Parent Forum questionnaire and offering your skills to assist the school. I will be looking to start parents supporting groups within the classes in the New Year. Parents will be contacted by myself or the school office to confirm any support required.

Many thanks to all the Parents/Carers who also attended the Read, Write and Count Sessions. It's great to see that you understand the importance of your involvement in supporting your child with reading, with approximately a 75% average attendance! We will continue to build up parent/child workshop/information sessions.

I also want to thank the parents who have helped us with Halloween, Children in Need, the forthcoming Christmas Fayre and with the JRSO. What an impact you have had on the children's experiences!!!

As we move into December please see the calendar of events. If you feel that you would like to send a Christmas gift to your child's class teacher, we ask that you are not obliged and as a staff we love to teach your children!!

I would like to wish you all...

Happy Holidays from all the team!!

We wish to thank our wonderful Parent Forum (PTA/Council) for all they have contributed to the school over the year, especially the money given to each class for the resources for the Christmas enterprise gifts, organising Halloween/Day of the Dead activities and Loose Parts for our outdoor learning.

Bike ability for P7 will be starting next term!! Look out for more information.



Health and Wellbeing Support

We value every child at Kirkton and we want to support our families as we begin to recover from the pandemic. The following information in this newsletter is to support you and your family. The children will be further reflecting on their health at assembly in January and why sleep, routines, eating healthily and getting outdoors will help us bounce back from this adversity.

health and wellbeing;

In addition here is a website to support your child's mental

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>



COVID - 19

Thank you for adhering to the mitigations when entering and leaving the school grounds. It is really important that we all keep up the social distancing and hygiene routines we have developed over the course of the year. A reminder for parents and carers; if you come to help or attend a parent session please take a lateral flow test before you come into Kirkton.



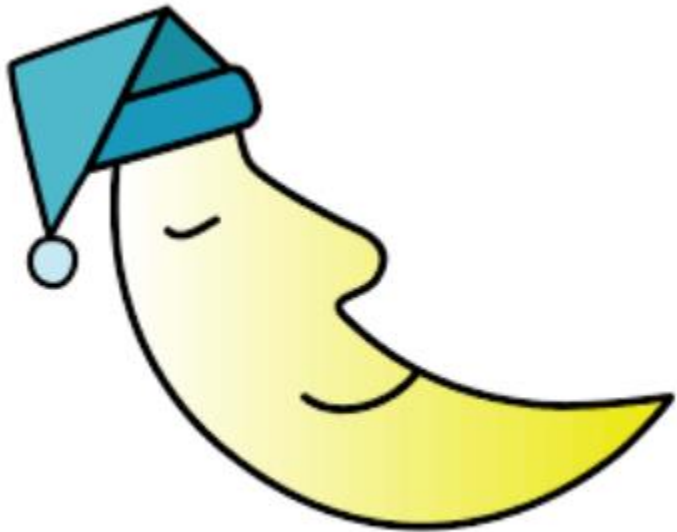
KIRKTON SCHOOL GARDEN

The garden will provide wonderful outdoor learning opportunities for our students, which we view as a vital element of their education after enduring prolonged periods of lockdown and school closures in the past year.

We hope to get the whole school and local community involved in the development of our garden. **We are seeking help and support** from Colin Dunlop, our Forest Schools Leader and **urge you to come along for an hour during the school day to pull out the weeds** in preparation for the children to start their new raised bed designs in the Springtime. We had a list of names of people who said they would love to come and help. I urge you now to commit your time to make a difference.

NOVEMBER EDITION

After a recent audit '**Food in Schools**' we identified that a wormery and compost heap are two areas we would like to see at Kirkton. If you have expertise you would like to share or help with, please contact Ms Reid. Within the dinner hall the children are learning how to recycle food and plastics. We will continue with this focus in the Spring Term. Cop 26 highlighted to our children the need to look after the world we live in more!!!



Sleep Support Line

sleepsupport@sleepscotland.org

Parents/Carers living in Scotland seeking support with their child's sleep problems can contact our sleep advisors via email and we will arrange a phone call

Monday to Thursday 10:00–16:00

Why do we sleep?

We still don't really know, but we do know that we need it. Sleep allows our bodies to carry out functions that are vital for our physical and mental wellbeing, leading to a whole range of benefits...

- **Cell growth and repair** – during sleep, new cells grow and existing cells are repaired, keeping us healthy, and our immune system strong
- **Memory** – while we sleep our brains move short-term memories into long-term storage, especially important for young minds learning about the world or studying
- **Relaxation** – sleep gives us respite from the information overload of the day
- **Healthy eating** – good sleep balances production of the hormones leptin and ghrelin, which help us to follow a healthy diet rather than craving more carbs
- **Concentration** – healthy sleep helps us to function better during the day, driving more safely, working and studying more effectively, getting more out of the activities we enjoy
- **Good mood** – after a good night's sleep we usually feel happier, and more able to deal with the issues life throws at us
- **Social interaction** – feeling rested helps us to keep an eye on our actions, taking fewer risks, reacting appropriately to other people, enjoying others' company
- **Energy** – a good sleep pattern means we have the energy to get the most out of the time when we're awake

For children and young people, this means:

- Healthy growth
- Positive mood and sociability
- Better mental health
- Doing better at school
- Enjoying life
- Improved immunity and better recovery from illness
- Healthy weight

For Parents/Carers, it's also important to be aware of how lack of sleep can affect your own mental and physical wellbeing. Look out for changes in mood and concentration, or for raised levels of anxiety or depression!



During lockdown there was a fantastic increase and interest in cooking and baking.

NOVEMBER EDITION

We know kids love sugary things!!! But too much sugar can lead to serious diseases like tooth decay, type 2 diabetes (which people are getting younger than ever before), and heart disease.

We've got an easy way to cut back on sugar, with lower sugar swaps on the things we eat every day.

That means kids get less sugar, but are still happy!

At Kirkton Primary we are promoting healthy eating.

Here is a website to help you look at packed lunches to support your child's bounceback from Covid 19;

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

or dinners; <https://www.nhs.uk/change4life/recipes>



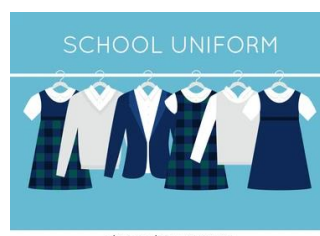
We say a huge well done to our families with children who have ASD or ADHD and have supported their children's needs during the pandemic. A very tricky time when things have been so unpredictable! Here are some possible websites to support you and your families further;

<https://www.scottishautism.org/>

<http://www.autismtoolbox.co.uk/nait-national-autism-implementation->

<https://www.youngminds.org.uk/>

If you would like to speak about your child further, please contact Mrs Neilly or Ms Reid for further guidance on supporting your child with additional needs. We are here to help!



School Uniform

It is important that our children have a sense of belonging. We ask that all children wear school uniform. We have recognised during the pandemic we were relaxed in our approach but as we now move out of the pandemic, we request all children **do not wear logo tops or sports trousers**. Your child should wear our Kirkton uniform (grey/black trousers, skirts, tartan/grey/black pinafores, shirts and ties. When they have PE they should wear the Kirkton sweatshirt, polo shirt and either black/dark grey leggings or jogging trousers. If they go to an after school club, they should wear their school uniform during the da

Jewellery

We also request that all children with earrings do not wear them during PE where possible. **Please supply your child with tape** if they cannot remove their earrings to ensure we are following health and safety guidelines for SLC.

NOVEMBER EDITION

Attendance

Why is attendance important for children?

An average attendance of 80% or less across a child's school career adds up to missing a whole 2 years from school!!

Being late for school reduces learning time. If your child is 5 minutes late every day they will miss three days of learning each year.

At SLC we promote 95% attendance. We request that appointments and holidays are taken out with the school calendar year where possible. We recognise that with some jobs you are restricted to what holidays you can take.

If your child is off, please call the office to explain their absence.

We are here to support your family if you are identifying that your child has patterns of absence. We will contact you if we see your child's absence drop below 90% and patterns are appearing in their attendance to see how we can improve it.

Kindness Cultivators

Any spare Christmas jumpers will be gratefully received.

DATES FOR THE DIARY:

END OF TERM – 22ND DECEMBER 2:30PM AT CLOSE OF SCHOOL

PARTIES:

PRIMARY 1 AND 2 PARTY; 16TH DECEMBER

PRIMARY 7 ; 14 DECEMBER

PRIMARY 5 AND 6; 15 DECEMBER

PRIMARY 3 AND 4; 20 DECEMBER

- *PLEASE NOTE P6/7 CHILDREN WILL ATTEND PARTY WITH STAGE.*

CHRISTMAS FAYRE; *4TH DECEMBER 10:30-12:20 CHATELHERAULT COUNTRY PARK, HAMILTON.*

NATIVITY;

PRIMARY 1; 16TH DECEMBER 9:30-10:30 OR

17TH DECEMBER 1:30-2:30PM

SPARKLE DAY; *1ST DECEMBER. ALL CHILDREN ARE INVITED TO WEAR A CHRISTMAS JUMPER OR SOMETHING WITH A CHRISTMAS SPARKLE TO START THE FESTIVITIES.*

- *PLEASE NOTE ALL CHILDREN CAN WEAR CHRISTMAS JUMPERS ON THE 16TH OF DECEMBER AND DURING THE LAST WEEK OF SCHOOL; DECEMBER 20-22ND ONLY. IT'S IMPORTANT THAT WE TRY TO KEEP AS MANY ROUTINES AS NORMAL AS POSSIBLE FOR OUR CHILDREN.*

ALL CHILDREN WILL HAVE NO HOMEWORK BEYOND THE 6TH OF DECEMBER

CHRISTMAS MOVIE /FUNDAY TUESDAY 21ST DECEMBER

CHRISTMAS BINGO/ CHRISTMAS ASSEMBLY/RECORDING OF P1 NATIVITY 22ND DECEMBER.