

Faith

Kindness

Love

Persevere

*St Elizabeth's Primary School and Nursery Class*

# Welcome to our weekly update!

Friday 27<sup>th</sup> February 2026

Enjoyment

Respect

Dear parents and carers, families and friends,

A very warm welcome to our latest school and nursery update. Happy reading!

## • Health and Wellbeing

The recent Health and Wellbeing survey undertaken by South Lanarkshire Council showed that a big proportion of our young people in primary and secondary don't get the recommended 9-10 hours, and about 10% report getting less than 5 hours a night.

A practical guide on getting a good sleep has been produced by Sleep Action and SAMH and provides practical advice for us. Please see the Managing Good Sleep Young Persons' Leaflet via copying this link into Google -

[https://www.samh.org.uk/documents/Managing\\_Good\\_Sleep.pdf](https://www.samh.org.uk/documents/Managing_Good_Sleep.pdf)



## • Parent's Evening

We are looking forward to seeing you at our Parent's Evening next week on Wednesday 4<sup>th</sup> March.



## • Lenten focuses

We have enjoyed our second dress down day across our school today. Thank you very much for your support. The children have learned more about SCIAF and the wee box at our whole school assembly. Any donations towards the wee box appeal each week would be wonderful, every little helps, as they say! Next week's focus is Crazy Hair Day!

Fri 6 <sup>th</sup> March	Crazy Hair Day
Fri 13 <sup>th</sup> March	Dress Like a Celebrity
Fri 20 <sup>th</sup> March	Back to Front Day
Fri 27 <sup>th</sup> March	Bring a Toy Day (no electronics)

Children can choose to take part in each of these activities each week and, if they do so, are asked to bring a donation for their class SCIAF box please. Alternatively, any child is welcome to wear their school uniform each Friday if they would prefer, there is no obligation to take part each week.

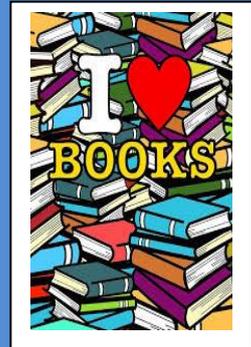
## • P7 Residential

We are now counting the sleeps until we head off on our much anticipated P7 Residential Trip on the 11<sup>th</sup> March and we are all really looking forward to a lovely trip away. More info will come out to our P7 parents this week re times, drop off, pick up, etc. Pictures of our trip will be posted on Instagram so if you've not already joined our Instagram feed you may wish to do so. Please remember if you have an unusual name that

we don't recognise, we will not be able to accept you until you notify our school office so that we know who you are.

## • World Book Day

We will be celebrating World Book Day next Thursday, 5<sup>th</sup> March and children are invited to bring a favourite book to school on Thursday. They can also come dressed as a character if they would like however we don't want anyone to be buying pricey costumes so our theme is recycling and making our own costume or mask. We have spoken to the children about this at our whole school assembly. Alternatively, the children can dress down. We are also inviting you in to school to read with your child from 2-2.45pm on Thursday in our school hall. We are looking forward to taking part in celebrating all things books and enjoying a lovely day!



## Important Dates

Monday 2<sup>nd</sup> Mar - Rugby sessions in school for P5/6 and P6/7 classes

Wednesday 4<sup>th</sup> Mar - Parent's Evening in school

Thursday 5<sup>th</sup> Mar - World Book Day - children are invited to bring a favourite book to school or nursery. Children can come in dressed as a character, using their own clothes and ideas.  
2pm Come and Read session for all parents/families.

Fri 6<sup>th</sup> Crazy Hair Day and dress down day.

## • Can you help us?

Our school and nursery are looking for any of the following items, we would be delighted if anyone is able to help us.

- Real plants, plant pots, buttons, string, measuring tapes, rolls of masking tape/cellotape
- Cushions, rugs.

We would be delighted to receive any of these items to help make out nursery and school environment so cosy - please hand any items into the school office or to a member of staff. Thank you for any help you can give us.

*Every good wish, have a lovely weekend ahead*

*Mrs Grant, Head Teacher*



