**Healthy Snack**

Mrs. Ferguson would like to thank all P.1 and P.2 Mums who are supporting the healthy snack initiative. All children have a sticker chart and receive a new sticker every time they bring a healthy snack to school. Charts are filling up and certificates will be given each time a card is full. Healthy snacks lead to positive actions and attitudes to health – exactly what we want for all of our children!



**Lateness**

Please try to avoid upset for your children by getting them to school in time. Children feel very unhappy going to class after the bell has rung so please encourage them to be punctual.

**Additional In-Service Day**

Please note West Lothian Council have designated **28th October** as an additional In-Service Day for Curricular Development. Pupils will resume on **Wednesday, 29th October**

**Friendship Friday**

P.5 would like your support with an Enterprise initiative to celebrate **Friendship Friday.** This worldwide event takes place on Friday, 26th September. Your child is invited to wear something **yellow** to school to spread the sunshine of friendship. P.5 would also ask if they could bring £1 or even a small donation to give to the charity. They will take lots of photos on the day to display outside the small hall**. Look out for these on Open Morning!**



**Technology Tokens**

Is your child difficult to get out of bed in the morning? Is he / she grumpy and difficult to motivate during homework sessions? Does he / she spend a lot of time using an ipad / xbox / DS / laptop or even watching TV?

Sleep Scotland have worked with pupils in Bankton to show them the harmful effects of too much SCREEN TIME on the brain. All screens emit a blue light which fools our brain into thinking it’s daylight – making it difficult for us to sleep. Try restricting screen time to 1hr a day using a ‘Technology Token’. This will have a dramatic effect on your child’s readiness to learn and on their general behaviour. Try it and see!



**Summer Fair** – Thanks to the Parent Council

Many thanks to the members of the Parent Council who worked tirelessly to make the Summer Fair a huge success. Thanks also to YOU, the Parents and families of Bankton, who came along and supported us in this important fundraising event. The magnificent sum of **£1600**  was raised on the day. We hope to use some of this money to further enhance the playground for the children – so watch this space!

Next Parent Council Event will be: Book Fair on 8th and 10th October and Hallowe’en Party in October. They are also planning a Ladies’ Pamper Night in February so if you are trained in hair and beauty or have products to sell at a ladies’ night (jewellery/cakes/cards etc) please contact **Leigh Sherwood**.

**Autism Support Group**

Does your child have difficulties with Language and Communication or Social Skills? The Autism Support Group is a group of Mums who meet in the Parents’ room every Wednesday from 9.00 until 10.30am for tea, coffee and a supportive chat. If you are interested, please contact **Emma Willox**.