

Meldrum School Newsletter

20th May 2022



I just wanted to share a little more information about some events which are coming up for children and parents at Meldrum School

P1-7 Sports Day – Thursday 26th May

Our Sports Day events will be held on the school playing field at the following times

Upper Stages (P4-7)	Approximately 9.30am – 12.00pm
Early Stages (P1-3)	Approximately 1.45 – 3.00pm

All children should come to school dressed for Sports Day wearing appropriate gym kits and their house colours if possible. Please no crop tops, vest tops or football kits. We recommend that children come to school wearing sun cream. As our weather can be unpredictable, you may also wish to consider a sun hat/cap and jumper/waterproof layer as the children will be outside for a considerable period of time.

We are delighted that parents will be able to join us again for Sports Day this year. There will be designated areas for spectating which will be clearly marked and we ask that parents/carers remain in these areas to watch the events. If time allows, we are hoping to incorporate a parents race at the end of the morning and afternoon sessions so please come prepared!

If Sports Day has to be postponed due to bad weather, you will receive an email to let you know this as soon as we have made a decision. In the event that we have to postpone, Sports Day will then be moved to Monday 30th May.

P1-7 Open Morning/Afternoon – Tuesday 31st May

As we begin to have parents in to school again after the easing of Covid restrictions, we are keen not to have too many visitors in classrooms at the same time. For this reason, parents can choose to attend in the morning (9.45 – 10.30am) or afternoon (2.30 – 3.15pm) and only one parent/carer per child can attend the session. If you have more than one child in school, you can either choose one session and visit each child's class during that session or you can come to a different session for each child. During the session, you will be able to work with your child on a Jubilee themed craft activity.

Jubilee Celebration Day – Wednesday 1st June

Children from Nursery – P7 will take part in activities throughout the day to celebrate the Jubilee. Children may choose, if they wish, to dress in red or white or blue for the day. For P1-7 children who are having a school lunch that day, school catering staff will be providing a Picnic Bag Lunch consisting of a ham or cheese sandwich, sausage roll or vegetarian sausage roll, mini margherita pizza, home baked biscuit, vegetable sticks, apple and a bottle of water. Weather permitting, all children will eat their lunch outside as part of a whole school picnic lunch.

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Optional Parent Consultations – Tuesday 7th June and Thursday 9th June

These will be from 4.00 – 6.30pm each day and will be face to face appointments in school.

As previously, if you wish to book an appointment this can be done through Parents Evening Booking System. You will receive an email next week when the system is open and available for bookings.

Carol Harper

Head Teacher

School Calendar 2021/22 Term 4



		Children	Parents	
Week beginning Monday 2 nd May	Nursery Open Sessions	√	√	Various days/times
Week beginning Monday 9 th May	Nursery Open Sessions	√	√	Various days/times
Monday 9 th May	P1-7 Class Photographs	√		
Tuesday 10 th May		√		
Week beginning Monday 16 th May	ALEC Caravan visiting	√		
Monday 16 th May	Nursery Group Photographs	√		
Monday 23 rd May	Reports Issued			
Wednesday 24 th May	MPiP meeting		√	6.30 – 7.30pm, GP Room
Thursday 26 th May	Sports Day	√	√	Timings tbc
Monday 30 th May	Alternate Sports Day (in case of bad weather on Thursday)	√	√	Timings tbc
Tuesday 31 st May	P1-7 Open Morning/Afternoon	√	√	9.45 – 10.30pm or 2.30 – 3.15pm
Wednesday 1 st June	Jubilee Celebration Day	√		
Thursday 2 nd , Friday 3 rd and Monday 6 th June	Holidays			
Tuesday 7 th June	Optional Parent Consultations	√	√	4.00 - 6.30pm
Thursday 9 th June	Optional Parent Consultations	√	√	4.00 - 6.30pm
Thursday 9 th June	Nursery Outdoor Stay and Play	√	√	Timings tbc
Saturday 11 th June	MPiP Summer Fayre	√	√	10.30am – 2.30pm
Tuesday 14 th June	Nursery Sports Day	√	√	AM. Timings tbc
Tuesday 14 th , Wednesday 15 th and Thursday 16 th June	P7 Academy Transition Days	√		
Thursday 16 th June	Nursery Sports Day	√	√	PM. Timings tbc
Week beginning Monday 29 th June	P7 Activity Week	√		
Tuesday 21 st June	Nursery Induction meeting		√	5.00pm
Monday 27 th June	Meet the Teacher	√		
Tuesday 28 th June	Dance Off	√		
Wednesday 29 th June	Nursery Teddy Bear's Picnic	√		AM
Wednesday 29 th June	P7 Leavers Celebration	√	√	2.00pm
Friday 1 st July	Nursery Teddy Bear's Picnic	√		PM
Friday 1 st July	Last day of term			

Parent Information: Humour

Enjoying a laugh with others is a unique human bond that helps us connect with others. Finding something funny about a difficult situation can also help us to feel more hopeful. Humour helps us to gain a sense of perspective on our problems, because it can throw a little light on an otherwise dark situation. It reminds us that life goes on. It allows us to release the tension created by strong and uncomfortable feelings such as sadness, disappointment, anxiety and anger. Having a laugh also helps us to stay healthy and well because of the changes that laughter creates in our bodies. The use of laughter in children's hospital wards is an example of how humour can help us cope and deal with hard times.

Key messages to communicate to your child about humour

Humour helps us to stay healthy.

Laughter helps our body to fight disease and illness. Humour is like exercise for our mind and our feelings.

Humour can help you to feel better.

Having a laugh and finding the funny side of a situation can help you feel a little bit better when you are feeling unhappy, sad or worried, or when things are difficult.

You can use laughter and humour to help someone else feel a little bit better.

You can cheer someone up when they have a problem, or they are feeling sad or worried, by being funny in a nice gentle way. Stop doing it if they don't like it.

Humour should not be used to pretend that you don't feel sad or worried.

Even though laughter can help you feel better when you have a problem, you still need to try to solve the problem, or deal with the unhappy feeling. Laughter doesn't make problems go away. It just helps you to cope with them a little better.

Humour shouldn't be used to hurt someone's feelings.

It's unkind to laugh at someone else's problems or bad luck, or make fun of the way another person looks, thinks, speaks or acts.

What can you do to help your child learn about humour?

- Share funny songs or movies and TV shows with your child. This is a great way to connect and enjoy each other's company.
- Read funny stories or poems to your child and enjoy the humour together.
- Share riddles and jokes that don't rely on put-downs or insulting humour.
- Help your child learn how to tell a riddle or joke well.
- Encourage your child to make a funny card, drawing or banner to cheer up a family member or a friend who is sick or having a difficult time.
- Create opportunities for your child to have fun and some laughs with their friends (e.g. when your child has friends around to play you could show a funny movie, encourage a joke-telling session, play silly or fun games, provide funny dress-ups or encourage them to put on a funny skit).
- Point out to your child when they are using humour in an inappropriate way (e.g. to put down someone such as their younger brother or sister, or to trivialise something important, or to deny a problem or a feeling they are having). Discuss this with them.