

Meldrum School Newsletter

3rd December 2021



Storm Arwen

We are very thankful that we suffered no damage to the school during the recent storm meaning we were able to welcome everyone back to school and nursery on Wednesday. We are aware that some members of our community are still dealing with the aftermath of the storm. Meldrum and Bourtie Parish Church is assisting any families in the community who are still without power. They can provide gift vouchers for local restaurants/eating places. Church members can also support families to have access to a hot shower. Please phone 07968000610 or sessionclerk@meldrum-bourtiechurch.org if you require support.

Clothing

We still have a few children coming to school without a jacket. Children are outside for playtime, lunchtime and often for learning so it is important that children are appropriately dressed for the weather.

As the weather gets colder, we are aware that many children are wearing winter shoes/boots which are not suitable for PE. Please feel free to send your child to school with indoor shoes for PE. These should be named and ideally in a gym bag.

We are still required to have windows open for COVID ventilation purposes so it is often a wee bit chilly in school. Please feel free to send your child with an extra jumper/fleece which they can put on as an extra layer on cooler days.

Equipment

As we make greater use of our new Chromebooks and iPads, we have noticed that many of the children like to wear headphones when accessing apps and learning games. If your child has headphones or a headset at home which they would prefer to use in school, they are welcome to bring them in. We suggest they bring them in a labelled plastic bag which can be stored safely in their tray. In addition, if you have any spare headphones at home which you no longer use, we would welcome any donations.

Our Early Stages classes enjoy learning about technology, how things are made and how they work by tinkering with old equipment. If you have any old IT equipment (keyboards, mice, cameras, tablets etc) we would love donations of these too.

Seesaw Update

The children are really enjoying using Seesaw again as a way of sharing work they are proud of with you at home. Seesaw is a great tool to give you an insight into your child's learning and we hope it gives you a chance to have conversations at home about their learning. You can also like and comment on their learning on the Seesaw app.

Bounce Back

This term, our Bounce Back focus is People Bouncing Back. Further information for parents is attached below.

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ECO Committee Update – Free From Fridays

The Primary 6 Eco Committee would like to introduce a 'Free From Friday' initiative. Every Friday, pupils will be encouraged to bring a wrapper free snack to promote less litter and waste produced by our school. P6 pupils will collect class totals and convert these into percentages. The class with the highest percentage, will be announced at assembly and they will receive the 'Golden Globe' to display for the week. Examples of wrapper free snacks include – fruit, vegetables, snack taken in a reusable tub such as biscuits, popcorn, dried fruit etc.

Thank you and good luck!

P6 Eco Committee

Christmas!



Christmas Show

All P1-7 classes will be taking part in our Christmas show, 'I'm Gonna Shine!'. To follow current COVID guidelines, this will be filmed in school and then shared with you all in the lead up to the holidays. Our nursery children are also working hard on their Christmas Show, recording festive songs and videos. We hope you'll all enjoy watching these together at home.

Christmas Assembly

Our P6 pupils will be leading our online Christmas Assembly on Tuesday 21st December. We are delighted that Rev. Alisa McDonald from Meldrum and Bourtie Parish Church will be working with our P6 pupils in the run up to their assembly and will join us for the Assembly too.

Christmas Jumper Day



We plan to take part in Save the Children Christmas Jumper Day on Friday 10th December. If you wish to donate money to Save the Children, this can be done [here](#).

Christmas Lunch

Our school Christmas lunch will be on Thursday 16th December. The choices for lunch will be

- Roast turkey with all the trimmings
- Pizza topped baked potato (vegetarian)
- Ham sandwich
- Jelly, ice cream and Christmas shortbread

Christmas Parties

Our Christmas parties for all P1-7s will be on Monday 20th December. On this day, children can come to school in their party clothes. Please remember that children will still need appropriate footwear and clothing for playtime and lunchtime! Dates for Nursery Christmas parties will be shared shortly.

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Our Community

Meldrum and Bourtie Parish Church are having a Community Christmas Tree Project Open Day on 11th December. Our P5 children have been busy making a Christmas Tree to be displayed in the church. It is made out of objects they have found in school as we work to promote the reuse, reduce, recycle, repurpose message.

Village Church Oldmeldrum and The Royal British Legion Oldmeldrum are providing support for families this Christmas. See information below.

We know Christmas is a difficult time for many families and so we want to ease any pressure they may be feeling by offering a Christmas Hamper of food for Christmas Dinner and some accompanying goodies to help families celebrate Christmas the way they deserve this Christmas but who otherwise wouldn't manage to do so. Please complete the form below to apply

<https://www.village-church.org.uk/christmaspantry>



Dates for your Diary

| | |
|---|--|
| Wednesday 8 th December 6.00pm | MPiP meeting |
| Friday 10 th December | Christmas Jumper Day |
| Thursday 16 th December | School Christmas Lunch |
| Monday 20 th December | Christmas Parties |
| Tuesday 21 st December | Online Christmas Assembly for Children |
| Tuesday 21 st December | Last Day of Term |
| Wednesday 5 th January | Start of Term 3 |

Carol Harper

Head Teacher

Parent Information: People bouncing back

If you are resilient you are able to cope reasonably well with difficult situations and things that go wrong and then 'bounce back'. Throughout life children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school and losing in a sports competition. Many will also face challenges such as adapting to family break ups, a step-family, the illness or death of a family member, or being bullied. People Bouncing Back is the curriculum unit that teaches children the ten BOUNCE BACK! statements.

BOUNCE BACK! stands for:

Bad times don't last. Things always get better. Stay optimistic.
Other people can help if you talk to them. Get a reality check.
Unhelpful thinking makes you feel more upset. Think again.
Nobody is perfect—not you and not others.
Concentrate on the positives (no matter how small) and use laughter.
Everybody experiences sadness, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?
Accept what can't be changed (but try to change what you can change first).
Catastrophising exaggerates your worries. Don't believe the worst possible picture.
Keep things in perspective. It's only part of your life.

Key messages to communicate to your child about 'bouncing back'

- Life is mainly good but now and then everyone has a difficult or unhappy time. Things always get better even though sometimes they may take a bit longer to improve than you would like. It is important to stay hopeful and expect things to get better.
- You will feel better and have more ideas about what to do if you talk to someone you trust about what's worrying or upsetting you.
- Unhelpful thinking isn't necessarily true and makes you feel worse. Helpful thinking makes you feel better because it is more accurate and helps you work out what to do.

| Unhelpful thinking | Helpful thinking |
|---|---|
| I made a mistake, I'm really dumb. | I made a mistake but everyone makes mistakes sometimes. |
| Jake doesn't like me. I must be a jerk. | Jake doesn't like me but other kids like me. |

- No one is perfect. We all make mistakes and find out there are some things we can't do well.
- If you can find something positive or funny in a difficult situation, no matter how small, it can help you to cope better.

- We all need to take fair responsibility for the things we did or didn't do that contribute to a difficult or unhappy situation. However we should not over-blame ourselves because circumstances, bad luck or what others did may have contributed to the difficult situation too.
- If a situation can't be changed you just have to accept it and live with it.
- Don't make yourself miserable by exaggerating how bad something is or by assuming that the worst possible picture is the one that will happen.
- When something goes wrong it usually only affects one part of your life. Concentrate on the things in your life that are still going well.

What can you do to help your child?

- Use the appropriate BOUNCE BACK! statement whenever you see the opportunity.
- Consider displaying the statements on the fridge or somewhere prominent so they serve as a useful prompt for your child (and the rest of the family!).
- Don't over-protect your child from the normal challenges that all children have at different ages (e.g. walking to school, looking after their own things, packing their own lunch). Start by giving your child small age-appropriate challenges that require small responsibilities. Using small steps moves them towards becoming more independent and competent. Don't do things for them without checking that they are capable of doing it for themselves.
- Encourage your child to talk about what's troubling them and help them to find solutions. Encourage them to talk about how they are feeling and what they are thinking about the problem. Then help them to think about different solutions.
- Gently challenge self-defeating talk (e.g. I can't do this, I'm hopeless, dumb, useless) and helpless behaviour (giving up easily, expecting others to do things for them). Suggest they use helpful thinking instead (e.g. I made a mistake but everyone makes mistakes).
- Don't fight all your child's battles. Children need to experience some difficult times so they learn how to bounce back.
- Model effective solving of problems that are age appropriate for your child by talking 'out loud'. Review different solutions to a problem and the possible good or bad consequences of the different solutions.
- Avoid offering 'quick fixes' or 'feel good' options when things get tough. Rather than distracting them with a movie or treats, let them sit with the bad feelings, knowing that you care that they are hurting, but that it is something they have to deal with, not escape from.
- Help your child to take responsibility for what happens. When something doesn't work out for them, draw up a pie chart with them of:
 - How much was due to me?
 - How much was due to others?
 - How much was bad luck and circumstances (i.e. being in the wrong place at the wrong time)? Also encourage them to consider the situation from the other person's viewpoint.
- When something bad happens for your child, help them to keep things in perspective by asking them:
 - Does this really matter? Are you getting upset over very little?
 - On a scale from 1 to 10, how important is this to you?
 - What's the worst thing that can happen? Do you think you can handle that?

Encourage them to think about the parts of your life that are still exactly the same and still really good (e.g. they lost a friend but they still have other friends in their team, in the street to play with, their school work is going well, nothing has changed at home).

These questions help your child to stop catastrophising and stop getting too upset over things that will get better or improve in time.