

Meldrum School Newsletter

3rd February 2022



Staffing

Congratulations to Emma Cooper who was appointed last week as Acting Principal Teacher. Emma will be in post for the duration of Lauren Cunningham's maternity leave. Katie Witt will begin her maternity leave on Monday 21st February and recruitment for this maternity cover is in progress. In Nursery, Clair Anderson, will take up an Early Years Lead Practitioner secondment post at Buchanhaven School Nursery in the next couple of weeks. We recently appointed three new Early Years Practitioners. Carla Soria Colom, Anne Grieve and Rebecca Watt will take up post soon.

COVID

As you may be aware, we have reported a number of COVID cases so far this term. Thank you for your continued support and for remaining vigilant to any potential COVID symptoms

- A new continuous cough
- High fever/temperature (37.8c or above)
- Loss of, or change in, sense of smell or taste (anosmia)

We encourage you to continue using Lateral Flow Tests regularly for asymptomatic testing. A reminder that anyone displaying any of the above symptoms should book a PCR test.

Bounce Back

Our next Bounce Back focus is Looking on the Bright Side. Further information for parents/carers is attached below.

Safer Internet Day

On Tuesday 8th February, we are taking part in Safer Internet day. The theme this year is 'All Fun and Games? Exploring Respect and Relationships Online'. All classes will be participating in learning around this theme and we will have an assembly linked to the theme. In the evening, parents/carers are invited to an online workshop. This will be led by the NSPCC and will be on the same theme. The workshop will be held via Microsoft Teams at 7.00pm on Tuesday 8th February. All parents/carers are welcome. Please use the following link to join the meeting [Click here to join the meeting](#)



Carol Harper

Head Teacher

Parent Information: Looking on the bright side

If you think optimistically it means that you expect things to mostly turn out well and you focus on the positives rather than the negatives in a situation. It also means that you understand that setbacks and difficult times happen to everyone but that things get better after a while. Teaching your child to be optimistic will help them to be better equipped to 'bounce back' when they face difficulties, frustrations and problems. It means that when they are faced with a problem they will be more likely to look for solutions rather than giving up and not trying.

Key messages to communicate to your child about being optimistic

Look on the bright side.

This means being positive and expecting that things will work out well or get better. When you look on the bright side you believe that good things CAN happen and you don't give up easily.

It's good to be a positive tracker.

A positive tracker looks for and points out the good things in themselves, in others, and in what happens in their life. They are more fun to be with and others like them more and want to be their friend.

Look for the small good bits in the bad things that happen.

Sometimes things happen that you don't like. But you can usually find something good in the situation if you try. Sometimes the good thing is that it could have been worse. Sometimes the good thing is the lesson you learned from it. Sometimes a small good thing happened anyway even if the rest was bad.

Bad times don't last. Things get better.

When a bad thing happens in your life, it isn't forever. Bad times and bad feelings always go away again although sometimes it might take a bit of time for this to happen. Things will get better faster if you talk to your parents about what's worrying you.

It's important to stay hopeful when you have unhappy times.

You will get over unhappy times in your life more easily if you stay hopeful that good things will happen again and things will get better. If you stay hopeful then you don't give up.

Be thankful and grateful.

Being thankful for the nice things people do for you and the good things that happen in your life can help you to feel happier. Letting people know that you are thankful or grateful for how they have supported and cared about you also makes them feel happy too.

Good memories of things help you to bounce back.

When you are feeling sad because you have lost someone or something you love, it helps to remember some of the good times you shared with them to help you feel a bit better.

When one unhappy thing happens in your life it doesn't spoil everything else.

When one thing in your life goes wrong or you feel unhappy or worried, try to remember all the things that are still good in your life. It's just one thing that is going wrong for a while, not everything.

What can you do to help your child to look on the bright side?

Three Good Things in Your Day

At the dinner table, ask your child, 'What were three good things that happened for you today?' With younger children you can do this just before they go to sleep. If they can't think of anything ask them some prompting questions (e.g. Did you have any laughs? Did you enjoy being with anyone? What did you do well?).

The Positive Tracking Game

Challenge everyone in the family to identify the three best things about your family, your home, your holiday, your suburb, about being their age, about this time of the year etc.

Showing gratitude

Encourage your child to say thank you to someone who has done something nice for them (e.g. by sending a note or card, text, email or by ringing them).

Good memories

Help your child to make a photo album, slide show or little book of their favourite photos and to look at the photos to help them remember the good times when they need 'brightening up'.

Modelling

Let your child see and hear you using positive tracking, showing gratitude, saying 'things will get better soon' and expecting that good outcomes are possible.