

Meldrum School Newsletter

5th May 2021



Staffing

We are pleased to welcome two new members of staff to Meldrum School. Gillian Bain has joined our nursery team as our new Early Years Lead Practitioner and Lauren Cunningham has taken up post as our new Principal Teacher. Miss Cunningham will teach P3C from Monday – Thursday and will be out of class each Friday to fulfil her school and cluster leadership responsibilities. Ailsa Mann will teach P3C on Fridays this term.

Next Session

We are at that time of year where we begin to look ahead to next session. Part of this process is to look at our projected school roll, staffing and class structure. Our classes next session will be a combination of straight classes and composite classes across P1 - P7. You will understand configuring classes is a complex process, taking into account national class size guidance, pupil social groupings and class groupings. It is important to note that we are not able to meet parent requests around class organisation. Should you require further information about composite classes, please see [Aberdeenshire Council Composite Class Parent Factsheet](#).

MPiP Family Wellness Weekend

A big thank you to MPiP for putting together a great selection of events for their Family Wellness Weekend. Please join in if you can.

MPIP & MELDRUM SCHOOL

FAMILY WELLNESS WEEKEND

8TH & 9TH MAY 2021

Join us for a weekend of online classes & workshops promoting mental and physical wellbeing for the whole family.

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Yoga ~ Tai Chi ~ Qigong ~ Pilates ~ Mindfulness

Family Fitness ~ Injury Prevention ~ Managing Stress

Flower arranging ~ Make Up Demo ~ Decluttering

◆

Story Telling ~ How to Build Resilience

◆

£5 per household for access to the whole weekend (Profits to Meldrum School)

Tickets available via [Eventbrite](#)
or email mpipparentcouncil@gmail.com

The poster is a vertical rectangular graphic with a teal border and floral decorations in the corners. It contains text about a family wellness weekend event, including dates, activities, and contact information.

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Nut Allergies

As we have children in school with nut allergies, we would like to request that children do not bring nuts or nut based snacks to school.

Sports Day

This year, we are planning alternative arrangements for 'Sports Day'. Activities will take place over week beginning Monday 31st May. Due to current restrictions, we will not be able to invite parents/carers to watch as normal but will share photos via Google Classroom and Twitter.

Aberdeenshire Library Service

A message Aberdeenshire Libraries and Live Life Aberdeenshire.

*As part of our Wellbeing Festival Events, in partnership with Aberdeenshire Health and Social Care Partnership, we are delighted to host an evening with Susan Cohen, author of *Bea and Brodie's Mindful Journey*. Susan will be talking about how educators and parents/carers can use her beautifully illustrated book to support children cope with challenging situations by learning mindfulness strategies and techniques they can utilise during any stressful or challenging situation.*

This event is on Wednesday 12th May 7 - 8 pm. Booking is essential for this virtual event. To book go to <https://tinyurl.com/dj36exne>

School Catering

A message from Aberdeenshire Council School Catering Team.

We are now into the third week of our Spring & Summer 2021 menu cycle and further changes that enhance our menus are forthcoming.

The new primary menus commenced when pupils returned on the 19th of April and comply to the new Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020 introduced by the Scottish Government starting in April 2021.

The new regulations have increased access to fruit and vegetables, ensuring that our children and young people can access more fruit and vegetables and reduce the amount of sugar that can be accessed in schools.

The changes to the regulations are based on the most scientific evidence on diet and health and are designed to support the health of children and young people in the school setting. The food and drink that is provided across the school day is designed to support

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progress towards the Scottish Dietary goals. This will help to ensure that children and young people have access to nutritionally balanced school lunches.

To comply with the guidance, we have made significant changes to reduce the sugar content in the menu and increase access to fruit. There have been a number of puddings removed due to their higher sugar content and resulting from strict guidelines which we now adhere to. At this time, it does include the removal of Custard and Ice Cream however, the new menu does consist of some sweet treats such as muffins, gingerbread, brownies and cookies with fruit options.

We would hope to continue to work with recipes and our suppliers to expand on the alternatives that could be offered in the future.

We have had some very positive feedback from parents on the new menu, and we will continue to engage with pupils for feedback on the menu over the first few months of implementation.

A new online resource has been launched which will help with making healthy meal choices displaying allergen and nutritional content of primary school meals.

The portal is linked to a nutritional analysis programme which ensures meals meet statutory nutritional standards, meaning they are nutritious as well as delicious. It is particularly helpful for pupils with special dietary needs including allergies and Type-1 Diabetes.

To use the portal please visit <https://ourshiremenus.mysaffronportal.com/>

Calendar

Saturday 8 th May Sunday 9 th May	MPiP Wellness Weekend
Tuesday 25 th May Thursday 27 th May Tuesday 1 st June Thursday 3 rd June	Online Parent Consultations (further information regarding booking appointments to follow)
Week beginning Monday 31st May	Sports Day Activities
Monday 7 th June	Occasional Day holiday

Yours sincerely

A handwritten signature in cursive script that reads 'Carol Harper'.

Carol Harper

Head Teacher