



Meldrum School Newsletter

Winter Term 2019

Tel. 01651 267455
e-mail: meldrum.sch@aberdeenshire.gov.uk



The winter term continues to fly by as we build up to the very busy festive period. We look forward to welcoming you into school to share your child's learning in a variety of ways over the coming weeks.

New Telephone Number

As per Aberdeenshire Council Policy, the school has moved over to Skype Telephony and as such will only be contactable by a new telephone number. From now on, the new telephone number will be:

01651 267455

This will only be for telephone contact. Contact via e-mail will remain the same.

Mrs Lorna Thomson

As I mentioned in our last newsletter Mrs Thomson will be leaving us at the end of this term as she is moving abroad with her family.

We would therefore like to take this opportunity to say a huge thank you to Mrs Thomson for all her contributions to the school. Mrs Thomson will be missed but we are also delighted to hear she will keep in contact and visit us from time to time in the future.

Staffing

Until the Christmas holidays Mrs Nicola McKay will be working one day a week in P4T as her 'keeping in touch' days before she returns

from her maternity leave later in the session. This is to allow Mrs Thomson to complete some of her Principal Teacher duties.

Student Placement

This term, we welcomed Ian Scott, a MA3 teaching student who has been working with Miss Brady in P1B. He will be with us for two placements this session. He will return in February 2020 to work with one of our older classes.

Care Inspectorate Visit

A special congratulations goes to our Nursery Team led by Mrs Nicola Park. The Report from the Care Inspectorate has been published. The Care Inspectorate rated Meldrum School Nursery as "very good" for quality of care and support and quality of management and leadership during an inspection in September.

Well done to everybody and a huge thank you to parents and carers for their contributions in this process.

Church Visit - Thursday 19th December

One of the consequences of the increasing size of our school role is that the church is unable to hold all of our pupils. As this is an important seasonal event we felt we still wanted to continue, the Church service this year will be for our P2-7 pupils only. The P1 children will have their own shortened service with the minister who has kindly agreed to come into school especially to see them.



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MPiP Update

Our MPiP meeting took place recently and during this meeting we were able to share some of the work we are doing around pupil voice in school and also share our proposed way we will replace our Learning Journey Booklets with an online portfolio called Seesaw. This will allow the sharing of learning through an app available on your smartphone or tablet. Further details about Seesaw to follow soon.

School Improvement Update

We were kept very busy and productive over our two INSET Days which involved staff participating in training and learning events.

These included:

- Cluster primary school staff converged on Meldrum where we focussed on the assessment of writing
- Staff attended an Aberdeenshire Council Modern Languages (1+2) day at Meldrum Academy
- First Aid and Food Hygiene training took place
- School staff reviewed the kinds of feedback we use in classes to encourage good learning
- School staff were updating and reviewing resources and our documentation to support effective learning in our school

These themes will continue to be developed over the remainder of the session.

Bounce Back

Our next theme for Bounce Back this term will be Unit 3 'Looking on the Brightside'. Once again, a support leaflet will be issued with this newsletter.

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Diary Dates

Nursery Stay & Play

Tuesday 10th December 10-11.30am/ 2-3.30pm

Lots of Christmas activities for you to participate in with your child - come and decorate a cake, make some Christmas crafts, sing some Christmas songs.

Nursery Christmas Parties

Nursery Christmas Parties will be held on Friday 20th December for all children. If your child does not normally attend nursery on a Friday, you can choose whether you would prefer them to attend the morning or afternoon party - a sign up sheet will be available in nursery. There are limited places in both the morning and afternoon session so you can only add your child to the party where there is a space (maximum 56 at either party). The morning party will be from 9.30- 11.30, parents wishing to see their child receive their gift from Santa should arrive at 11.30am.



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The afternoon party will be from 1.30-3.30pm and parents should arrive at 3.30pm for Santa. Children who do not usually attend Nursery on a Friday are asked to leave after the party.

Children who attend a full day on a Friday (8-6pm session) will receive their gift at the afternoon party at 3.30pm. Children will take part in both parties for the games but leave before Santa comes in the morning as they only receive one gift. They will return to nursery before Santa arrives.

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Christmas Gifts for School and Nursery Staff

School and nursery staff would like to ask parents/carers that if they are considering the kind gesture of a gift to any member of staff this Christmas, that you consider a donation to Aberdeenshire North Foodbank instead. Donation boxes will be available in the nursery and School Office for your donations of non-perishable food items which we can donate to those in need at this time of year. We plan to arrange a pick up of your donations near the end of term so we would appreciate any donations being made by Tuesday 17th December.

Winter Vomiting Bug (Norovirus)

This is the time of the year when the potential for the winter vomiting bug (norovirus) can arise. The symptoms for this are

diarrhoea and/or vomiting. This is highly contagious as it can be spread by direct contact (touching someone), indirect contact (touching a contaminated object) or spreading in the air.

One of the most effective ways to stop the spread is good hand hygiene - washing hands regularly with soap and water, especially after using the toilet or before eating or preparing food.

Please remember, if your child displays any of the symptoms of Norovirus, it is important that your child does not return to school until 48 hours after the symptoms have gone. This is Aberdeenshire Council policy and follows advice from NHS Grampian.

Early Stages Playground

Just a reminder to P1-3 parents/carers, please refrain from standing in the lines with your child in the morning on the 9.15am bell. This will allow staff to see all the children, settle them more quickly and get them into school promptly. For security and safety reasons, parents/carers should not enter the school via the Early Stages door for any reason. Should you need to pass on a message, please do so via the school office.

P1-7 Christmas Parties



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The dates and times of the Christmas Parties are below. On party days, children should come to school in their school uniform and bring their party clothes to change in to later. Party food for all

children is kindly provided by MPiP. Any dietary requirements which we are aware of will be catered for.

Calendar

The school calendar is located on the school website [here](#). This includes all of the planned events to allow you the maximum of notice of the many things happening over the session.

Diary Dates

Tuesday 10 th December		School Christmas Lunch
Tuesday 10 th December		Nursery Stay and Play
Thursday 12 th December	2.30pm and 6.30pm	P3, P5 and P7 perform 'Lights, Camel, Action'
Friday 13 th December	2.30pm	P3, P5 and P7 perform 'Lights, Camel, Action'
Monday 16 th December	1.45pm	P1 Christmas Singalong
Monday 16 th December	2.30pm - 3.15pm	P2, P4 and P6 Christmas Craft Afternoon
Tuesday 17 th December	AM	P6 and P7 Christmas Party
	PM	P4 and P5 Christmas Party
Tuesday 17 th December	6.30pm	Nursery Induction Meeting for January starts
Wednesday 18 th December	AM	P2 and P3 Christmas Party
	PM	P1 Christmas Party
Thursday 19 th December	AM	Christmas Service
Friday 20 th December	AM and PM	Nursery Christmas Parties
Friday 20 th December	3.30pm	School closes for Christmas holidays
Monday 6 th January	9.15am	School reopens for Term 3

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.