



## Weekly update (published Friday 15th October)

Dear families,

This week, my messages are for everyone so I haven't split the email into classes. The only other 'time sensitive' communications that have gone out to families have been:

- P1A - change to Mr Forde's days for the week beginning 26th October
- P2 – slight change to Ms Portillo's days for the week beginning 26th October

Please note that the Access Parkour open day is tomorrow (16th October). Apologies for the short notice but the information only landed in my inbox this morning. It looks like it could be great fun!

### Holiday reminder

We break up for the October week today. Nursery and school resumes at the usual time on Tuesday 26th October. Enjoy the break whether you're at home or away!

### Covid Vaccination Bus

The bus will be at Tesco Extra in Corstorphine from 10am – 6pm all next week (Monday 18th – Sunday 24th October) and is open to anyone who would like to be vaccinated.

### Healthy snacks

Please try to provide your child with as healthy a snack as possible at breaktime. Large chocolate bars and sweets, such as Haribo, shouldn't be sent as they are of little or no nutritional value and can still leave kids feeling hungry, not to mention with a sugar crash later on! Fresh fruit is available daily at morning break so after the holidays we will be encouraging children sent with chocolate and sweets to save them for later and choose fruit instead. This will also help with the amount of litter that seems to be building up in the playground – despite squads of junior litter-pickers and the bins being emptied daily.

### PE

Now that the weather is turning colder, PE will be indoors on some days. Please try to send trainers/PE shoes with non-black soles as these can mark the gym hall floor. We have a small selection of gym plimsolls in a variety of sizes for anyone who isn't able to get a spare pair or forgets theirs. We continue to support you to make the choice that works for your child and family in terms of whether they change for PE in school or come to school in their PE kit.

### Place 2Be

You may have heard of the Place2Be, which is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. Place2Be has launched a new website resource for parents and carers of 4-11 year olds. Place2Be developed Parenting Smart to help parents and carers support their children's mental health and manage their behaviour. It's completely free to use and access. Developed by Place2Be's parenting experts,

the site is full of tips and advice on a range of topics including transitions to secondary school, meltdowns and sleep difficulties.

#### Access Parkour @ Room to Move

Access Parkour are delighted to invite you to join them at Room to Move to celebrate five years of parkour in the community on 16th October. Room to Move is a parkour and circus gym located just off Ferry Road (on West Bowling Green Street, EH6 5NX). They've been delivering parkour classes at their purpose built play facility for 5 years and they want to invite the community to come down and celebrate with them and raise money for a good cause! Throughout the open day, they will be raising money to run parkour classes for the most disadvantaged children in the local community in association with Active Schools. Go to the Room to Move website or call 0131 212 5151 to find out more.

#### Halloween

We will have a Halloween themed Daily Mile on Friday 29<sup>th</sup> October so your child is welcome to come to school in a costume if they wish to. Classes will be making Halloween costume items when we return so if everyone will have something to wear.

#### Annual data check

Miss Wynn has asked that any families who have not returned annual data forms do so by Friday 29<sup>th</sup> October. If you need a new form, please get in touch with Miss Wynn via [admin@abbeyhill.edin.sch.uk](mailto:admin@abbeyhill.edin.sch.uk) and she will respond as soon as possible after the holidays.

#### Lunches

Please remember that lunches need to be ordered as usual next week despite the fact school is on holiday. Please order lunches for Tuesday 26<sup>th</sup> October onwards on Parent Pay by Wednesday 20<sup>th</sup> October.