



Dear School Community,

I hope you all had a wonderful break and are feeling refreshed and ready for the new term. As we step into term two, I would like to extend a warm welcome back to everyone. We are excited to continue our journey of learning and growth and supporting our young learners to reach their full potential.

As we begin this new term, let us all come together as a community to create a positive and enriching environment for our young people. This will be a busy and exciting period, with many enriching and engaging opportunities, and we look forward to working closely with you.

Thank you for your continued support and dedication to our school. Here's to an exciting term ahead!

Best regards,

Conor Meehan

CFINE

Tuesday 7th November at 11am and every other week thereafter.

Place2Be & Parent Smart

Top 3 recommended videos (by the AHT). Just click on the one you're interested in:

1. De-escalation techniques with children
2. My child keeps getting angry and lashing out
3. My child is anxious

For more, scan the QR code for more videos and articles.



Dates for your Diary

1. Halloween Disco – 2nd November – See poster in Reception and Groupcall for timings and other information
2. Aberdeen Science Centre Workshop (1) - 7th November 3:15-4:30 – See poster in Reception or Aline 07890 963049
3. Children in Need – 16th November
4. In-service Day – 17th November
5. Aberdeen Science Centre Workshop (2) - 5th December 3:15-4:30 – See poster in Reception or Aline 07890 963049
6. Christmas Fair – 7th December
7. Flu Vaccinations – 7th December
8. P1-3 Christmas Show – 14th December – Timings tbc
9. P4-7 Christmas Show – 15th December – Timings tbc

School Arrangements

As part of our school's efforts to support our young learners in developing their emotional intelligence and self-regulation, we have introduced a tool called Reset and Restore. This tool provides a safe space for children to discuss conflicts, disagreements, or any challenges they may face during the school day and helps them create positive solutions and resolutions with the help of an adult. The Reset and Restore tool is available at any time during the school day, but we have also set aside specific times during break periods for its use. For more information and ways to get involved, please see the following links:

<https://parentingsmart.place2be.org.uk/article/raising-a-resilient-child>

<https://parentingsmart.place2be.org.uk/article/de-escalation-techniques-with-children>

<https://parentingsmart.place2be.org.uk/article/problem-solving-with-children>

Family Learning Development Worker

Parent Drop-in sessions – 9am – 12pm Every Tuesday starting on the 26th September. This resource is solely for supporting parents.

We strongly advise you to make use of this very valuable resource. Please come along if you require support with any of the following:

- 1-to-1 support for parents
- Tailored to each individual family and adult needs
- Financial advice
- Parenting
- Cost-of-living crisis advice
- Guidance around Health & Wellbeing (Examples - sleep issues, understanding emotions, ASN)
- Outdoor learning
- Any other advice you might need.

Wellness Tuesday

Join Family Learning at Cummings Park Community Centre fortnightly for a Cuppa and a Chat with a focus on Wellness and Mental Health

Cummings Park Community Centre

31st Oct - 9:30am to 11:30am

14th & 28th Nov - 9:30am to 11:30am

12th Dec - 9:30am to 11:30am

For more information, please contact Aline:07890 963049

Thank you and kind regards

Conor Meehan
Acting Head Teacher

Place2Be's Parenting Smart is a new site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.

