

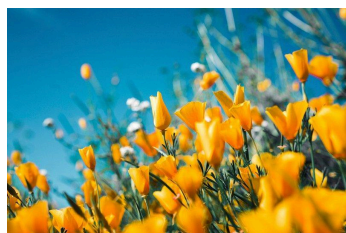
AVOCH PRIMARY NEWSLETTER



April 2024



School Website <https://sites.google.com/fortroseacademy.org.uk/avoch-primary-and-elc/home>



Thank you for taking the time to read the newsletter. The dates for your diary section is extremely busy so please take time to read this and note important dates that are relevant to you. Sorry this is a lengthy newsletter but lots of important information and celebrations to share.

PLEASE CONSIDER INFO BELOW

Free school meals and assistance with clothing

Since the Scottish Government have started providing free school meals for nursery-P5, many parents are not applying for the free school meals/clothing grant. Please ensure that you do this if you are entitled. (Follow [Free school meals and assistance with clothing | The Highland Council](#) for further information).

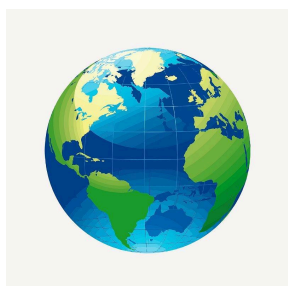
The cost of living has increased and if you are entitled to this support then it will help with the cost of school uniforms, school shoes, jackets, etc.

It is also important for the school that you apply if you are entitled, the % of children entitled to the clothing grant, plays an important factor in allocation of resources, such as number of hours of pupil support assistants we receive, our allocation of Pupil Equity Funding. If you are successful in receiving the grant, this is done in confidence and children are never identified in school.

We are excited to announce that our P4-P6 children will be taking you on an adventure around the world and will be putting on a show for parents/carers. There will be two performances on Wednesday 19th June, one in the afternoon and one in the evening. More information about tickets will follow.

Kind regards,

Mrs L Third
Head Teacher



Behaviour reflection sheet

Name: _____

Date: _____

What happened?

When I made this choice, I was not demonstrating:

- Respect
- Kindness
- Honesty
- Cooperation
- Compassion
- Responsibility
- Other

How did my behaviour impact others around me? (Think about the rights below)

How did it make others feel?

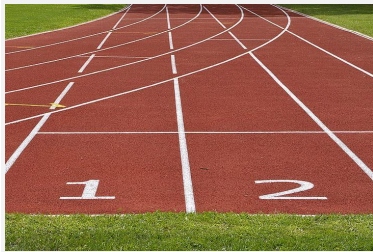


How I feel:

- Sad
- Angry
- Lonely
- Embarrassed
- Annoyed
- Enraged
- Frustrated
- Other

Golden Break

We have introduced a golden break on a Friday morning. In school and the playground we use a card system called STOP.THINK.CHANGE. When children are not making good choices about their behaviour, an adult will give them a verbal warning (sometimes 2 warnings) to encourage the child to change their behaviour. If they continue then the child will be given a small card. When a child is given a card, they will lose their 10 minutes golden break. During the golden break, some teachers will be outside with the children and other teachers will stay in with children to help them complete a reflective, restorative activity. This is to encourage children to think about their behaviour and to think about how they can change it in the future. After the 10 minutes golden break, all children will then go out for their normal playtime and spend this with their friends. All reflective exercises will come to my office and I will monitor these. If your child continues to receive these then the class teacher will be in touch to invite you in for a meeting to support around this.



County Sports - Wednesday 12th June

We have signed up to take part in the County Sports, this will involve children in P5, P6 and P7. Ms Webster will be working with teachers to select children to take part. Once we have selected the teams, permission slips will be issued. We may be looking for some parents to help train the children for the events.



Baillie Cup - Wednesday 5th June

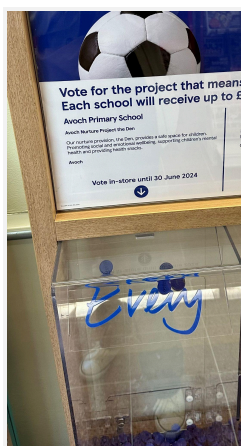
We have also signed up to the Baillie Cup again this year. This is for children in P1-P4. Mrs Ross will be working with teachers to select children to take part in the event. As above, once teams have been selected we will communicate with parents.



Cross Country event

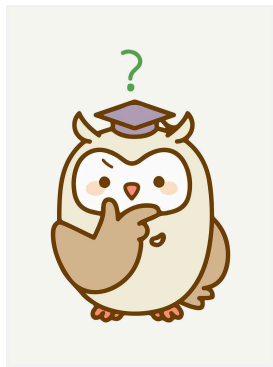
On Saturday 20th April Zara, Austin and Alex (and their parents), travelled down to Kirkcaldy to take part in a Cross Country event. The children did very well and enjoyed representing the school. Austin and Alex both placed in the top 10, in races that had around 80plus runners.

Our recent success in various Cross Country events highlights that we have some excellent runners in our school. It would be great if we could aim to have a Cross Country lunchtime or afterschool club in place early in the next school session. To do this we would need some parent volunteers to run this club and our new Active Schools Coordinator, Murdoch Jamieson, would be keen to help support getting the club established.



Tesco Tokens

Avoch's Nurture Project, the Den, is in all Inverness Tesco stores until the end of June. The project that receives the most blue tokens will get a grant of £1500. Please help us by popping your blue tokens into the Avoch box when you are next in Tesco's!



Rotary Quiz

On Saturday 20th April, we were delighted that Alfie, Noah, Jess, Angus and Seamus went on to compete in the next round of the Rotary School Quiz. Once again, they managed to beat off the competition. They have now made it through to the next round, which will be held in Aberdeen Ballroom. We wish them the best of luck and look forward to hearing how they get on.



'If you were an engineer' competition

Every year all of our P1-P7 children take part in 'if you were an engineer' competition. The children have to design a useful invention. In the past we have done very well in this, and this year is no different.

Two of our children were selected as winners for their age category, Anna (P1) and Oliver (P3)

Also two of our children's designs were highly commended, Nathaniel (P3) and Mollie (P7).

The children and their families have been invited to an award ceremony at Robert Gordon University on 21st May 2024. Well done to all of them.



New lunch menu

We will have a new school menu starting on the 7th May. Please go through the menu with your child carefully to ensure that they know the options that they like. We have a lot of children saying they do not like the choices, the dinner ladies cannot offer them an alternative meal, they have to follow the menu set by the Highland Council.

Highland Council School menus can be found here [School menus](https://www.highland.gov.uk/schools-and-nursery/school-menu) | (highland.gov.uk)



Science Day

The whole school had a science day last week. The children went round all the classes and had great fun doing lots of different activities and experiments. The day was linked to the Global Goal of Water. They learnt about dissolving, floating and sinking, water transport, density and the Water cycle and much more and had a chance to develop their science skills of measuring, predicting, carrying out experiments and analysing data.



Achievements

Please remember to use the link to share achievements that take place out of school. We will then share these at assembly with the rest of the school.

Thank you

<https://forms.gle/VC2vSLsm1dHWRywr8>

If the link does not work for you then please email avoch.primary@highland.gov.uk and use Achievements as the subject.



Just Ask Helpline

The Just Ask helpline is run by The Pines. If you have a question about the development or wellbeing of a child or young person you can phone the helpline, there will be a health or education professional ready to help you.

The helpline is open Tuesdays and Thursdays, 1-4pm.
0300 303 1365

For more information please visit [THE PINES](http://thepineshighland.com)
(thepineshighland.com)



Getting Dressed for School - From Avoch Primary Parent Council

The Avoch Primary school uniform colours are navy and red, there is no requirement to wear embroidered schoolwear.

Should you wish to wear clothing with the school crest, the Parent Council offers two ways to make this more affordable.

Iron-on Badges - NEW TO AVOCH! Embroidered badges with the school crest are now for sale. These badges can be added to jumpers, cardigans, t-shirts etc to maintain school spirit without the expense.

Badges cost £2 each, or 3 for £5.

Email: avochprimarypc@gmail.com with BADGE in the subject line to order. Anyone in receipt of a school clothing grant can receive three badges per child free of charge, this can be done confidentiality through Mrs Third. (See info above for applying for the clothing grant).

Unicycle - The uniform recycling scheme is completely free. It is great for reducing costs and our carbon footprint. Donate what your children have grown out of, and take any items you like. There are currently plenty of plain items ready for iron-on badges! There are also jackets, boots etc. as well as embroidered uniforms. Contact Avoch Primary Uniform Recycling on Facebook.

The Parent Council are looking for a new lead for Unicycle. Please email the parent council if you are keen to support this initiative, without volunteers this service may not be able to run. .



Bikeability

Thank you to Fiona Whyte and the other bikeability volunteers that have helped deliver the bikeability sessions this year to our P6 children. The skills that the children develop through these sessions are excellent life skills.

Fiona has coordinated the sessions for many years and she is now stepping down as the lead for this. The parent council are looking for a volunteer to take the lead on delivering this initiative. Without parents running this session then we will not be able to run Bikeability in the future. Fiona will be leaving all the paperwork for whoever takes this on.

Please contact avochprimarypc@gmail.com if you are interested in finding out more.



I am sure there are more dates to be added.

May

Thursday 2nd May - school closed to pupils (Inservice day)

Monday 6th May - school closed to staff and pupils (May day holiday)

Thursday 9th May - 2.15pm - P5/6 Sharing Assembly

Thursday 9th May - 10am - 2pm - Football Tournament at Alness Academy - teams have been selected.

Tuesday 14th May - 2.00pm-2.45pm - P1-P7 Open Afternoon

Thursday 16th May - 10am - 2pm - Girls Football Tournament at Alness Academy - teams have been selected.

Friday 17th May - P7s @Fortrose Academy - Mini Highland Games (more info will be sent about this)

Friday 17th May - 2.15pm - P6 Sharing Assembly **PLEASE NOTE CHANGE OF DATE**

Monday 20th and Tuesday 21st May - Shoot Bamboo photographers to take class photos and nursery graduation photos.

Wednesday 22nd May - Sports Day 1 (29th May - Sports Day option 2)

9.30 - 10.30/10.45 - Nursery, P1-P3

11.00 - 12.15/12.30 - P4-P7

June

Monday 3rd June - 2.15pm - P2/3 Sharing Assembly

Tuesday 4th June - P1-P4 Baillie Cup - teams will be selected and

parents/carers will be informed.

Wednesday 12th June - P5-P7 County Sports - teams will be selected and parents/carers will be informed.

Wednesday 12th June - Report cards will be issued to parents/carers.

Thursday 13th June - Olympic potted sports and school summer picnic (for children only)

Monday 17th June - Thursday 20th June - P7s at Fortrose Academy Transition days.

Monday 17th June - P1-P6 whole school trip to Kincaig Wildlife Park

Wednesday 19th June - P4-P6 - show for parents/carers - more info to follow on this.

Wednesday 26th June - 1.45pm - P7 Leavers Assembly

Thursday 27th June - 12pm - School closes for summer

August

Tuesday 20th August - School opens for pupils