

St Mary's RC Primary

Newsletter 4

October 2017



HEALTH FORTNIGHT

Health Fortnight has been a huge success with the children exploring lots of new sports activities and learning more about the importance of breathing, exercise, relaxation, a balanced diet, good personal hygiene – a healthy mind and body. We owe a big thank you to our Community partners for supporting this event in school:

MIDLOTHIAN ACTIVE SCHOOLS
KIC DANCE CLUB
LASSWADE ATHLETIC CLUB
MEADOWBANK KARATE
SFA FOOTBALL COACHES
LASSWADE AMERICAN FOOTBALL CLUB
ESKVALE HOCKEY CLUB

In school our House Captains and Vice Captains have been giving out extra house points for having a healthy snack and we have been walking our Daily Kilometre in the playground aiming to help the children achieve their 60 minutes of exercise each day – what will you do during the holidays?? All classes have completed Mindfulness lessons, and today they all watched the film Inside Out which is a good resource to help them understand different emotions.

P7 have worked with **NHS Scotland** to create a Smoke Free Home leaflet – look out for this coming home after the October holiday. We have been encouraging good handwashing as we come into Norovirus season – if you hear your child singing Happy Birthday in the toilet ask them why!!!

We owe a huge thank you to Ms Todman and Mrs Atkinson for coordinating the two weeks and I would like to thank all the boys and girls and the staff for their willing participation.

Thank you too for having the children kitted out in sports gear with school jumpers. Tomorrow the children are invited to come to school dressed in bright rainbow colours to finish off Health Fortnight and our first term of 2017 -2018. Back to school uniform after the holidays please.

I hope you all enjoy a relaxing break next week.

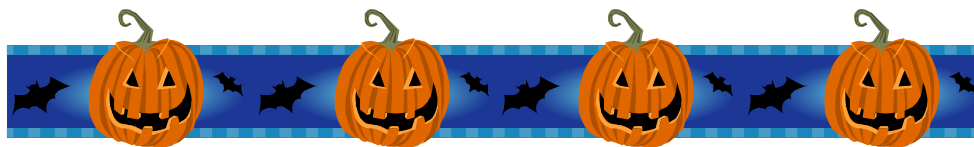
Liz Laird - Headteacher

NEW SCHOOL

This week I took a group of pupils to visit the new Paradykes and Roslin Primaries so that they could begin to visualise what our new school would look like. We were all very impressed with the potential. I have also had my first meeting with the architect and project manager to look at the first drawings and plans for the school – it's all very exciting and great to be included at this early planning stage. I will keep you updated as much as possible with progress.

Thank you for your terrific turnout for Parents' Evening this week – we had 95% turnout this week and a few families who had informed us that they could not attend. Thank you also for supporting the school Book Fair – it was a busy couple of nights!!

SCHOOL CLOSED TO ALL PUPILS MONDAY 16TH – FRIDAY 20TH OCTOBER
ALL RESUME MONDAY 23RD OCTOBER



**ST MARYS RC PRIMARY
PARENT COUNCIL**

HALLOWEEN PARTY

Nursery, P1 –P3

(ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT)

Teas and coffees available

Thursday 26th OCTOBER 2017

6.00pm - 7.00pm

in ST MARY'S RC PRIMARY SCHOOL

50p – pay at the door

PRIZES FOR BEST FANCY DRESS

HALLOWEEN DISCO

P4-P7

**(ALL CHILDREN MUST BE SIGNED IN AND COLLECTED BY AN
ADULT AT 8.30PM)**

Thursday 26th OCTOBER 2017

7.15pm - 8.30pm

50p pay at the door

PRIZES FOR BEST FANCY DRESS

**Let a member of the PC know if you can help out on the
night!**

