

## CANISBAY SCHOOL NEWSLETTER no. 7

11<sup>th</sup> May 2022

[www.canisbayprimary.wordpress.com](http://www.canisbayprimary.wordpress.com)

Adverse Weather Line - 0800 564 2272 (Pin 04 1620)

School office emails – [canisbay.primary@highland.gov.uk](mailto:canisbay.primary@highland.gov.uk)

[Lorraine.johns@highland.gov.uk](mailto:Lorraine.johns@highland.gov.uk)

We are a  
nut free  
school.

Dear Families,

### **Staffing**

Our new clerical is Mrs Johns and she has been in place since the Easter holidays. We are really pleased to welcome her to our wee school. I have included her email above but for absences and urgent messages it is best to phone or use the [Canisbay.primary](mailto:canisbay.primary@highland.gov.uk) email, as if Mrs Johns is absent I can pick up those emails.

### **End of Day Collection of Children**

It is really important that families keep the school informed about any changes to end of day arrangements for bus pupils. Best practice is to arrange this for the full week but we understand that sometimes there can a last-minute change. We do not know bookings for Highlife Highland activities as these are booked directly online.

### **Book Launch – Finn the Orca**

Canisbay pupils were involved in choosing a name for the Orca and also drawing pictures for the book. I have been asked to share the information about the book launch that you are welcome to attend on Saturday 5<sup>th</sup> June at 2:30pm, the Seaview Hotel, John O'Groats

### **Developing the Young Workforce (DYW)**

This year we would like our DYW week to focus on starting a business and to do this we would like to invite local business owners to come and deliver a talk and hold a Q&A with a group of children in school. With your help we hope to inspire the next generation of potential business owners.

If you would like to volunteer your time or know someone else who might be interested, please get in touch. I would be happy to talk through possibilities. It would be great to have a mix of business sizes and types.

**Parent Council** – The minutes of the last meeting were added to the website and shared via the Parent Council Facebook group. Please remember that if you follow the school website you will get a blog post when something new has been added. This includes newsletters, the school brochure, etc. If you would like to be added to the Facebook group please let me know.

### **Counselling Provider**

Place2Be, the children's mental health charity we partner with, is offering a new online course for our parents/carers for free.

The course provides parents and carers with children aged 4-11-years-old with extra tools to deal with everyday parenting challenges and help strengthen your relationship with your child. There is also the opportunity to join discussions with other parents from across the UK.

Designed to fit around busy family lives, the 7-week course can be broken down into short 15-minute sections and you can access it anytime from any device.

The content within the course is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation trust.

Learn more about the Parenting Smart – Online Course on the Place2Be website - [www.place2be.org.uk/family](http://www.place2be.org.uk/family)

**Parenting Smart Practical Advice** - Designed with busy parents in mind, the site has short videos and short articles on 43 topics including meltdowns, shyness, homework, importance of boundaries and consequences, peer pressure, praise and reward, secondary school transition, when someone dies, mealtime battlegrounds, toileting, bullying, sleeping difficulties, encouraging self-confidence, etc, etc. Please follow this link and see the attached flyers <https://parentingsmart.place2be.org.uk/>

**Counselling Service** - I have also previously shared information about the counselling available. If your child is age 10+ and could potentially benefit from counselling support, please get in touch to discuss this. It is a service we can arrange quite quickly if deemed appropriate for your child. If you are unsure if it is appropriate, I can put you in touch with the counsellor to discuss it.

### **Residential Trip to Fairburn**

Our P6 and P7 children from Castletown and Canisbay Primaries were given the opportunity to attend a residential trip to Fairburn Activity Centre, Muir of Ord. It was a very successful trip and I would like to thank the children for their excellent behaviour and taking part so brilliantly. The staff couldn't have been more complimentary about our children which was so lovely to hear. They really were genuinely, very impressed with them. It was great to see new friendships made, the children having so much fun and to witness the challenges and personal achievements. I would also like to say thank you to the staff who gave up their time to attend the trip, as without them such a trip cannot happen. A link to view the photos will be shared by email.

### **Dates for the Diary/Notification of Outings**

- **P7 Rural Transition Day to Wick High School** - Monday 23<sup>rd</sup> May 10-12:30 although the children will be out of school from 9:15-1:15 and will need a packed lunch on this day. A letter will be shared from High School but High School uniform is not needed for the visit days.
- **P6/7 Rural Schools Highland Games** – Wednesday 25<sup>th</sup> May 10-1:30 in Lybster Primary so they will be out of school from 9:15 – 2:30 and snack, drinks and a packed lunch will be needed on this day.
- **P7 Wick High School Transition Days** – 14<sup>th</sup> and 15<sup>th</sup> June. Full days in Wick High School. More information will be given closer to the time.
- **Sport's Day** - Sport's Day for school and ELC will be held on Tuesday 21<sup>st</sup> June or a week later if needed. This will be from 1pm and parents are welcome to come along. More information will be given closer to the time.
- **Rural Schools Sports** involving netball, football and hockey – Wednesday 22<sup>nd</sup> June – all day in Keiss Primary I will need to confirm the children involved but it will definitely include P6/7.

**Chromebooks** - Remember that children must take good care of Chromebooks if these are taken home. Charging must be done at home for P6 and 7 so that their Chromebooks are ready for use in school at any time. This unfortunately often not the case so please remind your children to do this each night.

### **Covid-19 update – key points from latest guidance to schools**

- Maintain good handwashing practice and cleanliness in classrooms
- Encourage respiratory and cough hygiene - covering mouth, washing hands, disposing of a tissue
- Maintain good ventilation and monitoring of CO2 levels and temperatures
- Face coverings not mandatory but still encouraged in communal areas in the workplace
- No requirements for testing
- No restrictions on any activities/visits/visitors
- Maintain readiness to move to digital learning where necessary
- No requirement for self-isolation
- Following the guidance on respiratory infections including COVID-19 for staff and pupils (see below)

### ***The Staying at Home Guidance states that:***

*If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, stay at home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell.*

*Children and young people aged 18 and under with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, do not need to stay at home and can continue to attend education settings.*

*Children and young people should only stay at home if they are unwell and have a high temperature. They can go back to school, college or childcare, and resume normal activities when they no longer have a fever and they feel well enough to attend.*

**Local clubs and events from Highlife Highland** – Please remember to check the link at the end of the newsletter for clubs and various sessions held by Highlife Highland. This is regularly updated.

**Comic Relief Fundraiser** - £212 was raised for Comic Relief so thank you for your support.

### **ASN information and support in Highland – Thriving Families**

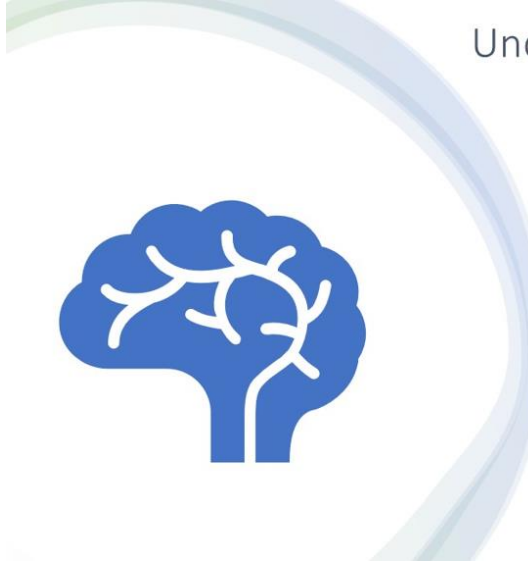
See the attached poster to see what Thriving Families can offer to families in Highland who have children with additional support needs.

### **Free School meals and Clothing Allowance**

P1-5 children all now receive free school meals however if you qualify and apply for this grant, you can receive £140 towards school uniform each year. Please click the following link for more information.

[https://www.highland.gov.uk/info/899/schools\\_-\\_grants\\_and\\_benefits/10/free\\_school\\_meals\\_and\\_assistance\\_with\\_clothing](https://www.highland.gov.uk/info/899/schools_-_grants_and_benefits/10/free_school_meals_and_assistance_with_clothing)

**Training available for families who have children in P7 this year** [meet.google.com/iep-ihxp-qkn](https://meet.google.com/iep-ihxp-qkn)



## Understanding the teenage brain

This awareness level online training course is available to parents & carers of young people due to transition to secondary school in Caithness.

This session is to raise awareness about teenage brain development and considering how best to support your teenager.

The Highland Council Psychological Service will delivery this training on:

**Tuesday 31<sup>st</sup> May 11am-1pm**

Link: [meet.google.com/iep-ihxp-qkn](https://meet.google.com/iep-ihxp-qkn)

Thank you  
R Moodie  
Headteacher  
Canisbay School

**Additional Contact Details** - Mrs Moodie, Headteacher, Castletown

01847 821256\_I can be contacted in either school at any time.

I plan to be Tuesday and Thursday in Canisbay, Monday and Wednesday in Castletown and Friday can vary.

### **Community Events**

#### **Active Schools Activities**

Always check these links for the latest activities

<https://booking.highlifehighland.com/>

<https://www.facebook.com/Thurso-Active-Schools-1427681677462939/photos/pcb.3205171439713945/3205168693047553/>

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