



## CANISBAY SCHOOL NEWSLETTER no. 1

7<sup>th</sup> September 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

We are a  
nut free  
school.

Dear Families,

### **School Photos**

School photos will take place on the afternoon of Friday 16<sup>th</sup> September. In the email, I have put a google form link so you can let me know if you would like individual and/or school and ELC sibling group photos.

**Reminder for the 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. Please do not miss out on this money if you are entitled to it.

<https://www.highland.gov.uk/info/899/schools-grants-and-benefits/10/free-school-meals-and-assistance-with-clothing>

**Term Dates** - For this year's term dates please see

<https://www.highland.gov.uk/downloads/file/23017/highland-school-calendar-2022-to-2023>

### **Inservice Days Reminder – 12<sup>th</sup> and 13<sup>th</sup> September**

The school is not open to pupils on Monday and Tuesday next week

**Staffing** - Mr Alistair Clarke is our new ASN teacher for the school and he came for his first visit this week. We have access to his support for one day per month and work with children will be prioritised by need.

### **Parent Council**

The next meeting is to be arranged but it will be an EGM as at the AGM, the office bearer posts could not be filled. Without the Parent Council in place one of the things, that we will be unable to do is to apply for funding for school trips or developments. The ELC are planning a major overhaul of the ELC garden which will involve trying to apply for a lot of funding. At the moment, they will be unable to do this, as the school or ELC itself is not allowed to apply. Please consider coming along when a meeting is arranged.

We do have very committed Parent Council members however our numbers had been dwindling and it has been the same people expected to take on the office bearer roles so it would be great if we could have some new faces to come along. It is open to ELC and school families.

If you would like more information please let me know or you can look at the guidance from Education Scotland

<https://education.gov.scot/parentzone/getting-involved/parent-councils/about-parent-councils>

### **The Pines Sessions**

The next Virtual Pines Session with Carrie Watts from Thriving Families and Alison Footitt from the National Autistic Society. The session is open to parent/carers and professionals in the Highland area.

The session will run on Microsoft Teams, is easy to join from a computer or mobile device and you don't need to speak or have your camera on. Parents & Carers to book [Click Here](#) Professionals [Click Here](#) to book or alternatively email [the.pines@highland.gov.uk](mailto:the.pines@highland.gov.uk) if you are unable to use the links <https://www.thepineshighland.com/>

Thursday 15 <sup>th</sup> September 2022 <b>VIRTUAL PINES SESSION</b>  10.30am- 12 noon	<b>The Decider</b>  This intriguing title is for a presentation a little different to our usual Pines online sessions. The Decider is a widely used programme that will give you (as a parent, carer or professional) some tools to cope better in situations where you feel overwhelmed, unsure or confused – common feelings for us all. You will learn some simple skills to help you manage your emotions and mental health, which will have a positive impact on the relationships with the children and young people in your life. Come along to our session and learn six of the best Decider Skills – skills that utilise a Cognitive Behaviour Therapy approach to teach simple ideas that can be put into practice straight away. The session will be led by Nicki Walsh from the Thriving Families team; Nicki is a qualified Decider Skills trainer and has first-hand experience of the practical and emotional challenges facing families of children with additional support needs.
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### **KLICS – Caithness group to support Young Carers**

Please get in touch if you feel your child is a young carer and could benefit from a referral to KLICS. I have attached a Powerpoint explaining the group and this is their website. You will find a description of a young carer as it is not always obvious. <http://www.spanglefish.com/caithnessklics/> Facebook

<https://www.facebook.com/caithness.klics.7>

**Counselling** - reminder of the **Place2Be** counselling service available to our age 10+ pupils

Below are links to some bitesize video presentations about the service that one of the counsellors created for anyone who may want to find out more. <https://youtube.com/playlist?list=PLxoaoiSEjRfqQsZKb5uPCaEw8CXfwBOsW>

#### Letter from Place2Be

*Dear Parents and Carers,*

*Place2Be is a UK children's mental health charity. We provide in-school support and expert training to improve the emotional wellbeing of pupils, families, teachers, and staff. Place2Be's mental health practitioners currently work directly within over 90 school communities.*

***Tina Bearman** is our Place2Be Mental Health Practitioner and offers online counselling for children aged 10+ for our schools. Parents and carers can refer their children for an initial counselling assessment. If you think your child might benefit from further emotional support, or you would like to learn more about counselling for your child, feel free to get in touch or I can put you in touch with the counsellor directly.*

#### **Further information & Resources:**

*Parents and carers of children in Place2Be schools can access free advice, resources, and services as part of our mental health support for the whole school. Find out more at [www.place2be.org.uk/family](http://www.place2be.org.uk/family)*

*More information about the work of Place2Be can be found on their website: <https://www.place2be.org.uk>*

#### **Questionnaire Results – Learning and Positive Relationships**

Attached to the email, I have also included an overview of our questionnaire results from June 22.

We ensure that follow up is conducted for individuals and more generally for any issues needing addressed.

Thank you,

R Moodie, Headteacher, Canisbay School

#### **Community Events**

**Active Schools Activities** - <https://booking.highlifehighland.com/>

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

<https://www.facebook.com/Thurso-Active-Schools-1427681677462939/photos/pcb.3205171439713945/3205168819714207/>



The poster features a background image of young boys in green rugby kits. In the top left corner, there is a small illustration of a Viking-style longship with a green and yellow striped sail. The text is overlaid on the image in various colors and fonts.

# Caithness Rugby Football Club Kids Rugby

COMMENCES SUNDAY 28TH AUGUST

<b>Micro's P1-3</b> <b>Mini's P4-7</b>	<b>Micro's P1-3</b> <b>Mini's P4-7</b>
SUNDAY 11am - 12pm Bignold Park, Wick	SUNDAY 11am - 12pm Caithness Rugby Clubhouse, Millbank, Thurso

**NOW WELCOMING NEW KIDS P1 AND ABOVE**

 Caithness Rugby Football Club