



HAZLEHEAD SCHOOL
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"When you believe in yourself, anything is possible."

Friday 4th December 2020

*"Tis the season to be aware,
of the tiny magic everywhere."*



SCHOOL NEWSLETTER

BIG CHANGE STARTS SMALL

We were delighted to be asked to contribute some video footage for The Royal Foundation's Big Change Starts Small, Early Years campaign that was launched on Friday last week:
<https://royalfoundation.com/early-years/>

You'll find a snippet of footage from Hazlehead School, and a thank you at the end, in the video here: <https://www.youtube.com/watch?v=s78bZbfy8rI> Blink and you might miss it, however this is a campaign that reflects our school ETHOS at Hazlehead.

PARENT COUNCIL CHRISTMAS RAFFLE

As you are probably aware, the Parent Council will be launching their first online Christmas Hamper Raffle with the draw taking place on Monday 14th December.

Please feel free to share the link with family and friends. [Hazlehead Primary Christmas Hampers 2020](#)

All proceeds will be used by the Parent Council to enhance the children's experiences at school. Most recently, we have been able to fund a laptop charging and storage trolley, a Christmas tree, Christmas lights for the playground, books for the nursery Christmas presents, a new trolley for the nursery to use outdoors and essential story books for P4-P7. This is only possible with your continued support.

This year the hampers will be done in the following colour themes:

Nursery: Yellow
P1: Blue
P1/2 & P2: Red
P3: Orange
P4: Purple
P5: Rainbow
P6: Black & White
P7: Green

Please send any donations in your child's class colour to school by Friday 11th December.

KEEP LEFT

Please can I remind all nursery and P1 parents accessing the school grounds from the front of the school entrance to adhere to the green cone signage and keep left.
Many thanks



HEALTH & WELLBEING: NEW FAMILY FEATURE

We are delighted to include a new feature into our weekly newsletter from Emma Powell. Emma is one of Aberdeen City Council's Educational Psychologists. She works in the West Locality Group and with most of the schools in the Hazlehead ASG.



In the different and at times stressful world that 2020 has become it's easy to forget to look after our own wellbeing and health. But if we don't look after ourselves, we cannot look after anyone else.



(Hopefully the image above is of a humorous gif from a TV Show that illustrates the point that we are told we can't help anyone else unless we ourselves can breathe!)

But the great addition to this is that if we can demonstrate good mental wellbeing and health to our children, we are helping them learn how to look after their own! This does NOT mean we are expected to all have perfect lives and perfect reactions to difficult situations. Instead it is about HOW we chose to cope with adverse circumstances. And when we do mistakes (we are all human!) that we learn from them and change our behaviour accordingly....

We will get into some specifics over the future newsletters. But for today. Think about how you cope when challenges or difficulties come your way? What healthy and effective strategies do you use to manage these? Talking to others, fresh air, exercise doing a favoured hobby, writing it down in notebooks etc. Which of these healthy strategies do you share with your children, so they know healthy ways to help themselves? If you have some unhealthier strategies you rely on from time-to-time then make sure these aren't shared with your children. Keep their focus on the good ones.

Aberdeen City Educational Psychology Service have created a digital hub with many pages for parents. In future newsletters we will be highlighting some key areas. Go have a look at <https://sites.google.com/ab-ed.org/educational-psychology-service> today for different ideas on wellbeing. Including some great information on mindfulness including breathing as a strategy to use to feel calmer and more in control, <https://sites.google.com/ab-ed.org/educational-psychology-service/wellbeing/mindfulness> . There is even an activity on how to eat a piece of chocolate or a raisin in a mindful way!

CHRISTMAS FESTIVITIES

Finally, although Christmas celebrations will be very different in schools this year, it has not stopped us adding some decorations around the school to make everyone smile. Further information about class events will follow soon.



Barbara Jones ☺