



HAZLEHEAD SCHOOL
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HEAD TEACHER: MRS. JONES

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



Friday 22nd January 2021

"Live for the moments you can't put into words."

SCHOOL NEWSLETTER

This week saw the First Minister announce that home learning would continue until mid February at the earliest. Whilst that was not the news we had hoped for, our continuing high levels of daily engagement from our pupils in their Google Classroom is helping to make sure that no pupil loses out on their learning. We are continuing to review the processes in place for both the pupils in the hub and those working from home, making any necessary adjustments required. Your feedback is always important to let us know what we are doing well and what would make the online even better. We were given some great feedback at this week's Parent Council meeting which helps us in our online journey. You can read the minutes by visiting the following link on our school website. - <https://www.hazlehead-ps.aberdeensch.uk/parent-council/> Barbara Jones 😊

BURNS CELEBRATION: A TOUCH OF TARTAN

One of our standing calendar events is A Touch of Tartan where we celebrate Burns Day. Although we are not together at the moment, that has not stopped us from planning something to allow us to still celebrate this annual tradition. A huge thank you to Mrs. McMurray, Mrs. Webster and Steph Campbell for organising this event. Details can be found on Monday in your child's Google Classroom.

RSPB

This year, the Big Garden Birdwatch takes place between Friday 29th – Sunday 31st January. As an Eco friendly school, we are encouraging as many children to participate in this annual event. Each class will have a post on their classroom with some ideas of how you can get involved. For further information as well as a range of activities, please see the RSPB website: <https://www.rspb.org.uk/get-involved/activities/birdwatch/>

EARLY LEARNING & CHILD CARE

Nursery applications will go live from Monday 25th January for 2 weeks. Please see the school website for more details. <https://www.hazlehead-ps.aberdeensch.uk/nursery/apply-for-nursery/>

ONLINE LEARNING

Now that the virtual classrooms are established once again and both staff and pupils are embracing new class routines, there are important points to raise regarding feedback. Staff will give timely feedback, in a variety of ways, as is appropriate to age and stage of pupils about the learning set. However, staff can only do this if pupils are submitting evidence of learning be it a photograph, video, slide or comment on how they got on. If a pupil only clicks 'hand in', it will just let the teacher know that child has completed the learning. Therefore, it is very difficult for a pupil's teacher to comment in the absence of any evidence. Staff are aware that some pupils have not always been able to complete all their learning daily, for a variety of reasons, submitting it the next day or at some point that week instead. Whilst it is completely understandable as we adjust once again to virtual learning, it may take longer for staff to return feedback for late submissions. It is still a learning curve for both staff and pupils so I would appreciate your patience and support with this aspect of virtual classroom life. A reminder of how to upload work can be found here. <https://youtu.be/JB1i71CqAIQ>

Please could our families routinely check their child's Gmail each morning to ensure that any communication from your child's teacher has not been missed. Please delete any emails that are no longer needed as I appreciate how full the inbox can get!

HEALTH & WELLBEING: FAMILY FEATURE



Gratitude



Emma Powell
Educational Psychologist
Aberdeen City Council

I hope you were all able to find some pleasure and happiness in your past week. A frosty crunchy walk, or a playful moment of pure childish joy silliness with your kids? But I know that's not always possible when we're feeling anxious and at our limits. The EPS digital Hub will have a new focused section on Anxiety, specifically aimed at parents live next week. I'll give you more detail next week.

This week I want to talk about Gratitude. There has been so much research into Positive Psychology and what leads us to happiness in our daily lives. Surprisingly, the pursuit of pleasure doesn't lead to happiness. Investing our time and energy in other people, in pets, in plants and gardens and other things we can tend to, and take care of is much more successful. And if you just want one thing to do, to increase your wellbeing and happiness? Practice Gratitude.

Gratitude does not come naturally in the modern world. We are shown images all the time of how we should be, how (and where) we should live, how we should dress, how we should parent, how we should eat/cook/exercise and on and on it goes. We are often made to feel like we are missing out. That we don't have enough. But changing the focus from what we want to what we have is a very powerful tool...

If all your children see is you as their family seeking more, and not sharing what you have to feel grateful for. They don't learn to practice it for themselves. Schools have activities to encourage and develop the skill of gratitude. Such as a classroom gratitude jar, or a little gratitude diary for their week, or around events – whether festivals, religious holidays or summer holidays. But the learning of habits children have at home with you, their families, is the most powerful of all.

Think about what you can show your children you have to be grateful about. Small and large. For me last week it was seeing my dog, Molly, frolic about on the frosty ground – she's always so happy when it's cold and crispy and the ground is hard. Talking on the phone to our 98 year old Grandmother after she got her first dose of the vaccine finally, and lighting a lovely scented candle!

Some good activities to do with children during lockdown are activities like creating a gratitude picture or letter - you can write one too (they really work, and who doesn't enjoy a bit of mindful colouring or glitter!) and sending it to a family member or friend you haven't been able to see. Creating a jam jar or vase of paper gratitude flowers over a week or fortnight. Each petal is something one of you is grateful for (alternatively, cut some twigs, or branches and put in a pot and create gratitude leaves for them). Or doing a gratitude photo challenge together, take pictures of things you're grateful for and make up a little photo diary, book or slideshow. It's good to see the things your children select versus your choices! Have fun with it. Little and often doses of gratitude are as effective as a big project.