



HAZLEHEAD SCHOOL  
PROVOST GRAHAM AVENUE  
ABERDEEN  
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HEAD TEACHER: MRS. JONES

**“When you believe in yourself, anything is possible.”**



**Friday 19<sup>th</sup> February 2021**

“Sticks in a bundle are unbreakable.”

## SCHOOL NEWSLETTER

I hope all our families were able to rest and enjoy the long weekend. We are delighted to hear that we will be welcoming our youngest learners back to Hazlehead as of Monday 22<sup>nd</sup> February. All our nursery – Primary 3 parents will have received information about the return to school protocols. The First Minister also stated that it was unlikely that any other pupils would return to school before Monday 15<sup>th</sup> March so until then, our Primary 4 – Primary 7 pupils will continue to learn from home. I know the frustrations that this may bring to our older pupils, particularly if they have younger siblings who are returning. However, this is where we apply all the learning from Bounceback and Emotionworks – we need to dig deep and keep going as there are positive signs ahead. Please continue to check in on a daily basis by answering the question of the day in your classroom.

Take care, Barbara Jones 😊

### RETURN TO SCHOOL

All nursery – Primary 3 parents will have received a letter outlining the return to school procedures for Monday with an updated risk assessment also attached. In general, the procedures are similar to how the school has operated from August 2020 which I hope has given our families reassurance that there will not be too many big changes. Thank you to some of our early years staff for putting together a video for our young learners about returning to school. I hope that it has allayed any worries that your child may have and that they are looking forward to seeing their teacher and their friends again. The video can be seen here - <https://youtu.be/wij3GB16Llq> . Our key worker hubs for P4 – P7 pupils will still continue.

Please can I remind all families, the importance of adhering to all the protocols that are in place. We all have our part to play in limiting the spread of the coronavirus. If we work together to follow the rules, hopefully it will result in a swifter return of our older pupils so that we can be together again!

### COVID SYMPTOMS CHECKER

[Coronavirus in Scotland](#)

### CAR PARK

As some of our pupils will be returning, please be aware that as of Monday 22<sup>nd</sup> February the school car park is closed to all families.

### CHROME BOOKS: FOR P1 – P3

Now that our younger pupils are returning to school, can I ask that all P1 – P3 pupils who have borrowed a Chrome Book from school to return it. Parents will receive an email today with further details.

## INSERVICE DAYS

This week, staff have been involved in valuable school development work as part of our School Improvement Plan. This has included:

- Using thinglink (platform for creating images/videos)
- Attending a virtual webinar on autonomy
- Reviewing our approach to Interdisciplinary Learning
- School Improvement Groups

We also worked collaboratively to evaluate aspects of school life. This is an essential part of the school's journey to excellence – identifying how well we are doing and the evidence that we have that shows this. We will soon be seeking our pupils, parents and partners' views to help give us a balanced and full picture of we are doing.

## HEALTH & WELLBEING: FAMILY FEATURE



Kindness



Emma Powell  
Educational Psychologist  
Aberdeen City Council

Last time we looked at ways to get some balance in your life. This week I want to build upon the 'close and connected' element of your strive for balance. To do this, I want to draw upon a key character strength as identified by Martin Seligman, 'Kindness'.

Kindness, like Gratitude that we have discussed before, is a character strength that is closely aligned with a sense of happiness and fulfilment. <https://sites.google.com/ab-ed.org/educational-psychology-service/parentscarers/supporting-your-wellbeing#h.117sntm3fsgd>

Research into Positive Psychology has shown that there are many benefits of engaging in acts of kindness to others, including a reduction in stress and state-level social anxiety; psychological flourishing; increased resistance to diseases; increased self-regulation and less emotional reactivity. What is really interesting is that if we observe others being kind, or others (like our Children) observe us engaging in acts of kindness, then the observing brain responds as if they had carried out or received the kindness themselves. So just by showing kindness to those around us, and engaging in acts of kindness for others we can help our own mental health, wellbeing and health AND that of our children through them seeing us do so..... Quite a powerful thing for such a little act.

Have a think on what kindness means to you. Consider how much kindness you engage in and hand out to others. Think about your family, especially your children, how kind are they? Do you model kindness and compassion towards others in front of them? Think about what you could do to add more kindness into yours and your

family's life in your coming week. Next week I'll provide some simple activities for you and your family to engage in to boost your kindness!