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



Friday 5th February 2021

“Give yourself the same care and attention that you give to others and watch yourself bloom.”

SCHOOL NEWSLETTER

The First Minister announced on Tuesday that as of the week beginning 22nd February, our nursery and P1-3 pupils may be returning to the school building to continue their learning. This will be confirmed on 16th February. This is very encouraging, positive news that indeed gives us hope for the future. Whilst our P4-P7 pupils will continue home learning, the hub will still remain open for the pupils in these classes who qualify for key worker status. We are working closely with Aberdeen City Council to make the necessary preparations for our younger learners return to Hazlehead and we hope it isn't too long before our older pupils return so that we can all be together again. I will of course keep you updated with any information received about the return to school phase. [Letter From The Chief Education Officer](#)

Take care, Barbara Jones 😊

MENTAL HEALTH & WELLBEING WEEK

This week is Children's Mental Health week and we have been making sure that this is a focus in all classrooms, including our weekly assembly. [Children's Mental Health Week – Our Assembly – Express Yourself](#) This continues our work around Emotions Work to give pupils the opportunity to express how they are feeling and giving them the platform to do this. Never has the need been so great than over the last year. Further information can be found here <https://www.childrensmentalhealthweek.org.uk/>

FITNESS FRIDAY

The Health Improvement Group have launched Fitness Friday today in each of the classrooms. This will be a feature every week to promote active lifestyles. The activities are aimed at everyone from pupils to parents to staff. Please get involved if you can and if you want to share what you have done, feel free to upload any pictures to your classroom as we would love to see them.

FEEDBACK

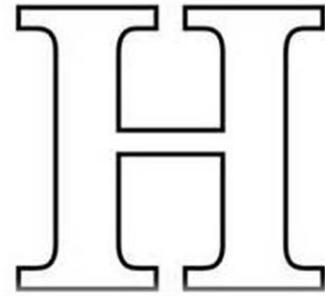
Thank you to all our parents who took the time to complete the survey sent out this week regarding aspects of online learning. The feedback was very encouraging and it was very helpful to see what you believe is working well at Hazlehead and where you feel improvements need to be made. Please complete the survey if you have not done so yet to give us a wider picture of our families' views and helps our practice to grow. We are in the process of examining all feedback processes and will share these next week so you can see the different ways that we do this.

RESOURCES

Can I remind all families that if they require any resources to complete home learning, please do not hesitate to contact us and we will make arrangements for this to be delivered to your home.

H IS FOR HERE TOGETHER

During this second lockdown phase, we are encouraging our pupils to create the letter H using any materials you wish to place in one of the windows in your home. This is a creative way to keep us together. When you are out for a walk in the community, look out for the letters which will remind you that we are all in this together and we can't wait until we are all back safely at Hazlehead. We miss you!



HEALTH & WELLBEING: FAMILY FEATURE



Finding and Creating Balance Even
in Uncertain Times



Emma Powell
Educational Psychologist
Aberdeen City Council

Building on from last week's consideration of worries and anxieties, which can be supported further on the EPS Digital Hub here: <https://sites.google.com/ab-ed.org/educational-psychology-service/parentscarers/anxiety>

This week I want you to think about how creating some balance in your life can help other worries feel smaller. We know that things being uncertain tips our scales so we don't feel as centred or focused as we might at other times. So how do we find a way to achieve more balance in our daily lives at the moment?

We've talked before about how some key routines might not be currently possible, but some routines are essential to stay in place, even if just for your children.

You will have been drawing up your new lockdown routines, and thinking forward to whether your children are going into a phased return to school at the end of this month or around Easter. In creating these routines consider getting a balance of the following. You need a balance of activities that:

Give you a sense of achievement - We feel good when we have achieved or accomplished something, so it's helpful to include activities each day that give you a sense of achievement. For example, doing some housework, decorating, gardening, a work task, cooking a new recipe, organising something, completing an exercise routine, or completing 'life admin' such as paying a bill.

Help you feel close and connected with others - We are social animals, so we need and naturally crave closeness and connection with other people. Currently many of us may be physically isolated or distant from others, so it's important that we consider creative ways to connect in order to not feel socially isolated and lonely. How can you continue to connect with family and friends and have social time in a virtual way? Perhaps using social media, phone and video calls you could join or set-up shared online activities e.g. a virtual book or film club. You could also explore local online neighbourhood groups, and see if there are ways to be involved in helping your local community. Various religions/church groups and charities have befriending programmes where you can help others as well as feeling connected yourself.

You can do just for pleasure - When we are struggling with anxiety and worry, we can lose touch with things that used to give us pleasure. Plan to do some activities each day that are pleasurable and make you feel joyful. For example, read (some of)a good book, watch a film or documentary series, listen to a podcast. Whatever your interest - humour, true crime etc., Dance or sing to your favourite songs, take a relaxing bath, or eat your favourite food. Let yourself have (some) time for you!

If our pleasure, achievements and closeness are imbalanced our mood can be affected. For example if you spend most of your time working with no time for pleasure or socialising, then you may start to feel low and isolated. Conversely, if you spend most of your time relaxing for pleasure and not doing other things that are important to you then this can also impact your mood. If you can, at the end of each day check-in with yourself and reflect on did I get a good balance, or what can I do differently tomorrow? If you can't do this everyday, make time to reflect on the week past, and figure out ways to get more balance on the coming week. Think about the balance of your child's week. Can you add more balance to their week too?