



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

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



Friday 12th March 2021

“Together is a wonderful place to be.”

SCHOOL NEWSLETTER

STAFF NEWS

Many congratulations to Mr. & Mrs. Crowther for the safe arrival of their baby daughter, Indie. We also say goodbye for now to Mrs. Fisher who commences her maternity leave.

P4 – P7 RETURN

By now, you will have received a return to school letter via email. We are very much looking forward to seeing our Primary 4 – Primary 7 pupils return to the school building on Monday. It has been a very long period of home learning for our oldest pupils and it is not lost on me how challenging it has been for many of our families to keep motivated and engaged during this difficult time. I have great admiration for the resilience and perseverance I have seen over the past few months which shows great courage and determination. A huge well done to you all.

NURSERY NEW STARTS

A big warm welcome to all our new nursery starts. We are delighted to welcome you and hope you've enjoyed the last few weeks at Hazlehead Nursery.

PARENT COUNCIL

We have a very active Parent Council at Hazlehead who support the school in many ways. We are always looking for parents to join as it is important to have a wide range of representation across the school. As we now meet virtually, it makes it easier to get involved. If you are interested in joining or learning more about it, please do not hesitate in contacting the school for more details. [PC Meeting Minutes](#)

UNIFORM

In anticipation of the Return To School it may be that your family needs to purchase uniform. Our online shop is [Hazlehead Primary School Parent Council - Uniforms](#) - .Age 7-8 hoodies are not currently in stock but are expected soon. With regard to our Eco Schools charter, please also consider passing on uniform amongst friends and classmates - normally we have those facilities in school however we are unable to operate our "take as you need" scheme at the moment. If you have any questions regarding the buying of new uniform, our Uniform Co-ordinator is available at uniformpchazleheadprimary@aberdeen.npfs.org.uk

INDOOR SHOES/OUTDOOR SHOES

Please can I remind all parents to ensure that their child has an indoor pair of shoes to wear. As all pupils will be outside numerous times during the week to learn, including the messy garden, it's important that they have dry, clean footwear to change into on their return to the classroom.

SLEEP

As we move into the return to school phase for our oldest pupils, we know that families will be working hard to re-establish normal routines for their children. As a Health & Wellbeing promoting school, we know that sleep is an essential part of everyone's routine and an indispensable part of a healthy lifestyle. Studies have shown that children who regularly get an adequate amount of sleep have improved attention, behaviour, learning, memory and overall mental and physical health.



FITNESS FRIDAY

This week will see our last Fitness Friday designed by Mrs. Webster. Many thanks to all our families who have taken part. It has been great to see everyone being so active in a creative way! Please help us make our last slideshow the best yet - please email your family fitness pictures to us at hazleheadprimary@aberdeencity.gov.uk

FITNESS FRIDAY

ALPHABET HUNT

WALK - CYCLE - RUN

WHAT TO DO:

- Write the Alphabet on a piece of paper (see example).
- With your family, enjoy the outdoors in your local area and go for a Walk, Cycle or Run.
- Take the alphabet sheet with you and try and find things for every letter.

POST YOUR ANSWERS ON TWITTER OR UPLOAD IN CLASSROOMS



A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

GENTLE REMINDER

Can I remind parents that if your child is bringing grapes into school, either as a snack or part of their packed lunch, please ensure that they are cut. We are also a nut free school.



To celebrate our impending whole school return, please see the following link which was created by the very talented Miss. Davidson. <https://youtu.be/oQjUfSH0FY8> It is a symbol of how much our learners mean to us and how much we have missed everyone being together at Hazlehead.

I look forward to seeing **all** our pupils on Monday morning, ready for learning in the Hazlehead School building!

Barbara Jones 😊

HEALTH & WELLBEING: FAMILY FEATURE



CELEBRATIONS & LOSSES



Emma Powell
Educational Psychologist
Aberdeen City Council

So from Monday all the children will be back in the Hazlehead School building. So this is a great weekend to spend some time with your children (apart from the hurly burly of school uniforms, shoes, bags, packed lunches etc) talking together about what returning to school means to you all. We've talked often about the power you modelling to your children your feelings has. How talking about your feelings in a healthy and appropriate way really helps your child's emotional learning or literacy.

We've also discussed the power of expressing gratitude and how giving voice to fears and worries can make those worries feel smaller for children and help them dissipate. So this weekend, and into next week combine all these different aspects into some simple but lovely conversations with your child about what lockdown has meant for you as a family. Share with your child at least one good thing you've enjoyed with them during lockdown. Whether it has been seeing them more, feeling more included in their life, being able to get outdoors to play in the snow together, or be cozy with a book when the weather has been shocking, you all will have at least one thing you can share. Ask your child to tell you

something too. If words are hard for them you can give them some words or phrases to choose from. Or they can draw you a picture and then tell you about it.

Talk about one thing you will miss now they are going back to school. Maybe it's about having a lazy breakfast time, or their help preparing lunch. Watching a favourite show together. Whatever it was tell them why that experience you had together will be missed. It's healthy for children to learn that things change, even things you enjoyed. And it's good for us as adults to reflect on our own feelings around this and talk about it in a positive way. This is a time of great change and upheaval in our lives. Don't be ashamed about having feelings around it. And now is the important bit. Talk about what you are hopeful about. What you are looking forward to doing as a family. Visiting with relatives in their garden, hopefully, in the coming weeks? Having a postponed Christmas, Easter or Eid celebration with family? Being able to drive and see different areas of Scotland again? Going out into the Scottish Highlands or Deeside for a forest walk again? Revisiting your favourite coffee shop for a post school sit-down and ice cream? Whatever it is. Share it, including why and encourage your child to do the same. Having hope for the future is an important and powerful thing for our wellbeing. For our children's wellbeing. Get your child to draw/colour a picture about what hope looks or feels like to them, if they can't tell you something they are particularly looking forward to. It can be a activity that's a good few months away, but do include something little that's going to happen sooner too.

Celebrate what you've had together, discuss what you will miss and then look to the future and the summer and happiness ahead for us all.

(Remember, if you or your child has specific worries about returning to school, and bubbles and COVID-19 safety there are a range of resources available on our EPS hub that can help, <https://sites.google.com/ab-ed.org/educational-psychology-service/parents/carers/supporting-transitions#h.dhpqImkw9csi> or our general wellbeing and anxiety pages.)