



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> March 2021**

“Work hard, be kind and amazing things will happen.”

## SCHOOL NEWSLETTER

How wonderful it was to see all our learners return to school this week. The happy, smiling faces told a thousand words! As we end the week, I am sure our oldest learners will look forward to a very restful weekend as they readdress their body clocks in line with a full day of learning!

Barbara Jones 😊

### TRAVELLING TO SCHOOL

Please can I remind all our families that Hazlehead Avenue operates on a one way system and should only be used to travel to the park or recycling centre. As a health promoting school we would encourage families to take school drop off and pick up as an opportunity for families to come together and use the environs of Hazlehead Park and its parking. There is a safe walking route to school from the top of Hazlehead Avenue down the running track. Information can be found on our website - [Where To Park](#) We also encourage families to walk, bike and scoot to school as well as Park and Stride – parking safely in the local area away from the school and walking to the school.

### ROAD SAFETY

Please can I ask all parents to talk to their children about the importance of road safety. It is crucial that all pupils understand how to cross roads safely, particularly as we are near to so many busy ones! This is particularly important for those who walk home on their own. We have spoken to the classes but they will also need a reminder, considering it has been some time for many of our pupils. Thank you.

### GATES

Since August a member of staff, usually senior leaders, are positioned at the gates to welcome and dismiss the pupils. We will continue to do this as it has proven to be a very effective mechanism for checking in and out with pupils.

Please can I also remind our families to keep left when entering the school playground and to leave swiftly when you have picked up your child.

### APPOINTMENTS

With services opening up again we appreciate that pupils will now be able to attend much needed medical and dental appointments. Where possible, these appointments should be made for holiday time or for after school unless it is an emergency. If children have to leave school for an appointment it is generally expected that they attend school before and after the appointment to minimise the time lost at school.

## **OUR SCIENCE LEARNING GOES GLOBAL!**

Yesterday saw 5 classes link with Kevin and Gideon from the Gathimba Edwards foundation in Kenya to learn about the issue with plastic that the country is experiencing and how they have created solutions to try and combat it. This was done via an international Google Meet!

It was incredibly fascinating and the pupils from P1, P1/2, P2, P6, P6/7 & P7 listened so well, asking brilliant questions to help deepen their understanding of the impact plastic waste can have on the environment in another country. A big thank you to our good friend, Myles Edward for helping to organise this informative event.



## HEALTH & WELLBEING: FAMILY FEATURE



What Now?



Emma Powell  
Educational Psychologist  
Aberdeen City Council

So your children are back in Nursery and Primaries 1-7 at Hazlehead School. You might be feeling a little bit lost. A little bit burned out. Or a little bit frenetic and fizzy. That's normal. As parents, workers and home educators in a pandemic and public health crisis you've been operating at well over a hundred. It's time to dial it back down to normal levels.

You know things are going back to normal, you've read the route map out of lockdown. You know people who have had the vaccine. Your children are back in school! But your body might still be operating as if you're at crisis. The adrenaline and hyper-vigilance might still be at full effect in your body, so you might feel a bit wired. Or a bit on edge. Or perhaps you have gone the other way and have completely hit the wall and experiencing mental fatigue. You might be feeling a bit guilty to have some time and space without your children around. You might be missing them, and feeling a bit anxious about how things are going for them back in school. THESE ARE ALL NATURAL REACTIONS. There is no one way you should be feeling right now.

Be kind to yourself. Now is the time to think about your own wellbeing a little bit. Take a mental health check of yourself. It's time to find your space and balance again. On our Educational Psychology Service Digital Hub, we've got a section on parental wellbeing. <https://sites.google.com/ab-ed.org/educational-psychology-service/parents/carers/supporting-your-wellbeing#h.si95m0bmscqr> This section here is encouraging you to address stress and mental fatigue. Go and take a look. The section on self-care is a good one for you all for this next week before the Easter Holidays. Just to help you top your levels back up before the holidays begin again. It suggests drawing on some of the other areas we have talked about in previous week – such as kindness and gratitude. But it also talks about taking some exercise. Being outside. Doing something just for you. Making sure you are having a good giggle or belly laugh each day. Watching a favourite comedy show (mine is Schitt's Creek, as per the gif above!), or listening to a funny podcast or film. Think of things that make you happy, that you treasure and make yourself smile when thinking about them. It instantly lifts your mood. Treat yourself! To a little bit of what you fancy. You deserve it. Just remember you matter, not just as a parent or an employee/worker, but as a person. And find some time for yourself this coming week. Even if it is just 10 minutes.