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

Friday 26th March 2021

"Easter is a symbol of hope, renewal and new life."

SCHOOL NEWSLETTER

REFLECTING ON THE TERM

We have been delighted to spend the last two weeks together reflecting on our time apart and thinking about what really matters. Thank you to Mrs. Mathers who has created a fantastic video to reflect this moment. https://youtu.be/mIIUnzCmCkQ

As we finish for the Easter break after yet another extraordinary term at Hazlehead, I am glad that it ends with us altogether again in the school building. I hope that the Easter break is one of rest and rejuvenation for all our families as it is sorely needed. I look forward to seeing everyone back on Monday 12th April for the final term of the school year. It will certainly be a busy one!

Barbara Jones 😊

SPRINGTIME TRAIL

If you are looking for something to do in the holidays, why not join our Easter fun event organised by the Parent Council.

EASTER EGG COMPETITION

Primary 2 participated in an Easter Egg design competition organised by the Sunrise Partnership. We have worked closely with this charity as it supports children to manage change and loss. Congratulations to the winners!

Finally, please note that the school will be used as a polling station for national elections on Thursday 6th May. The school will operate as usual, but there will be a change to entrances on this day. I am sure you will be supportive in these minor changes to allow the school to remain open for pupils. Further details will follow.

HEALTH & WELLBEING: FAMILY FEATURE

What Matters?

Emma Powell
Educational Psychologist
Aberdeen City Council

Happy Easter to you all, if you celebrate it. Happy school holidays to those of you that don't. School holidays can mean a relaxing of sorts. And as lockdown relaxes slightly you might get to see very small groups of friends or family from another household in your garden to celebrate. But as we turn to celebrations and displays of springtime and holiday fun it's important to remember that these celebrations don't need to be extravagant or showy.

We've lived a year more online than any other in our existence. Everything from work and education to exercise and contact with loved ones has been online. And social media is awash with people desperate to show you their perfect lives. And we all feel pressure to match their standards of excess and gloss. But that is not real life. We've all seen stories of families getting into debt or piling excessive amounts of stress on themselves to try and live up to a manufactured ideal about what holiday celebrations should be.

If you are creating easter or spring festival displays these holidays. Don't be hard on yourself. Do what matters to you and your family. If your family enjoys a special Sunday roast or simnel cake, go ahead. But don't feel the need to do a weekend long feast… If you like bringing in blossom branches into the house and hanging with treasured decorations bought and made, go for it. But don't feel the need to make a Kardashian worthy installation to fill your social media display…

It's not just important for your own mental health and wellbeing to be kind to yourself and not put yourself under pressure. It's really important for what you are teaching your children. Having one or two fun activities together. Eating a home-made cake with some burnt corners cut off, getting the kids to create some spring displays and embracing how rustic they look… These are all much better for your kids to be part of.

Children learn their approach to work and success from their families as well as from learning in school. Families that focus only on the end result, or how successful

something is – rather than say the fun that went into it, the effort or time invested in an activity - encourage a fixed mindset in their children. A fixed mindset can lead children to give up when things aren't easy, or don't go the way they want to. Families that instead focus on time, energy and process are more likely to foster a growth mindset to life and learning. To keep trying, when something is hard or difficult to keep going and learn from your mistakes…. Read more about mindsets here on the EPS digital hub. https://sites.google.com/ab-ed.org/educational-psychology-service/school-staff/supporting-pupils-returning-to-school/inclusive-practice#h.7e16zpv0tyjw

Regardless of what your efforts teach your children, give yourself a break this holiday. Don't demand perfection from yourself. Don't live to present on social media, enjoy the moments in all of their imperfections. Have a lovely time and see you in a few weeks.