



HAZLEHEAD SCHOOL  
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HEAD TEACHER: MRS. JONES

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

**Friday 16<sup>th</sup> April 2021**

“Great things never came from comfort zones.”



## SCHOOL NEWSLETTER

Welcome back to all our staff and families. I hope everyone enjoyed a restful Easter break, despite the very changing weather we had! It is great to see all our pupils return for the final term of learning for this session. As always, it will be a very busy one and I look forward to seeing all the amazing learning that will happen. Finally, congratulations to Mrs. Fisher on the safe arrival of her son, James who was born during the holidays. Barbara Jones 😊

### SPRING TRAIL

A huge thank you to the parent council for organising the Spring Trail event during the Easter break. It was a great success and the weather couldn't have been more perfect! It was great to see so many of our families and staff participating. The event raised £659.68 with the money being used to support the development of our school grounds.

### SCHOOL LUNCHES

As part of promoting healthy eating and healthy lifestyles, the Scottish Government will be changing some of the regulations as of April 2021. These changes include:

- Biscuits and cheese will be provided daily with either oatcakes or crackers
- Only soft grain bread will be used for sandwiches with garlic bread being made on malted baguettes
- Yoghurts will no longer be served until a lowered sugar product is found
- Increased fruit selection for wider exposure to the range of fruit that is available
- Larger salad and vegetable selection so that there are multiple choices to select from each day
- Ham will no longer feature on the menu

### ELECTIONS

Please be reminded that the school will be used as a polling station on Thursday 6<sup>th</sup> May. There will be no access to the school car park on this day except for emergencies. Access to the school via designated gates will be shared nearer the time as we will have to make some adjustments to our usual routine to accommodate this process. I thank you for your continued support to ensure that the school stays open while polling takes place.

### CROSS-CURRICULAR

We are in the final stages of completing Our Scientific World contexts with the pupils being asked the overarching big question, “How can we look after our planet?” Following this, we will then turn our focus to Our Healthy World. Staff are currently working together to decide individual class contexts and an overarching big question. This will be shared with you in due course.

## HEALTH & WELLBEING: FAMILY FEATURE



Spring has Sprung!



Emma Powell  
Educational Psychologist  
Aberdeen City Council

Spring. It's finally here. We can see it in the flowers bursting forth. The glorious banks of daff's that still seem to burst up around Aberdeen. Even after the unexpected last bite of winter that coincided with the school holidays. We can feel it in the air, the sun is higher and closer to us so warms us more when it is out. We can hear it in the birds chattering around and busy building their nests. And we can see it –glorious bright evenings drawing out. It's 7.40 pm as I type this and still beautifully bright outside. I hope spring has brought with it a feeling of hope and joy for you and your family.

We have talked before about gratitude and the benefits of noticing and being thankful for the little things. And the important wellbeing lessons we pass on to our children by taking the time to include them in this process. Spring is one of the best times to do this. There is so much to look forward to. Spring this year has coincided, instead of with a lockdown as in 2020, with a loosening-up. Finally, we can travel beyond our own local authorities this weekend. We can see and explore spring, if we want to, further afield.

Spring is a very important season as part of a loss, change or bereavement programme called Seasons for Growth. Educational Psychology Service Hub -Seasons for Growth ([google.com](https://www.google.com))City schools, including Hazlehead, have staff trained in this small-group educational programme to help build children's understanding of change and loss. The imagery of the seasons in Seasons for Growth illustrates the ongoing and cyclical nature of grief; there is no end point and while some days will be summery and light, others will feel cold, dark and wintry. Spring is used as a metaphor for new beginnings. New growth, new shoots, new hope. That after the darkness and coldness that winter can bring –there always comes spring.

These analogies are so important for children. But they are just as important for us. What do you do in your home to think about spring and hope for the future? Some people love spring cleaning, some don't! (either are okay!) As a way of getting rid of old clutter and paving the way for a fresh approach. Others like to get outside more –now we can meet up in socially distanced groups of up to 6-this is most welcome.

There is evidence that suggests children who are connected to nature, make better relationships with peers and adults, and are more in tune with their emotions and what is happening around them. How you help develop this in your child is really simple. Talk to your child about the seasons, the weather, the changes you see in the natural world around you. When you are in a park or garden notice and talk about the seasonal flowers or foliage and animals. So for spring: The trees and bushes in green bud, the catkins appearing on branches. The spring bulbs. The ducks with their ducklings. The baby birds (fledglings) learning to fly. Ask your child what they see that lets them know it is spring now, not winter (or what's a surprise!). Have fun together as a family exploring Spring and safe, socially distanced socialising.