



HAZLEHEAD SCHOOL
PROVOST GRAHAM AVENUE
ABERDEEN
AB15 8HB

TELEPHONE: 01224 498120 eMail: hazleheadprimary@aberdeencity.gov.uk
SCHOOL WEBSITE: www.hazlehead-ps.aberdeen.sch.uk/
HEAD TEACHER: MRS. JONES

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

Friday 30th April 2021



"Sunflowers end up facing the sun but they have to go through a lot of dirt to find their way there."

SCHOOL NEWSLETTER

EXTRA CURRICULAR ACTIVITIES

We have had several enquiries regarding when extra curricular activities will resume. We are working with Active Schools and Aberdeen City Council to plan ahead the next steps. These activities can only resume when more restrictions are eased, particularly when pupils are allowed to mix with other classes. We will keep you updated as decisions are made.

PARENT INTERVIEWS

This year's parent interviews will take place on Tuesday 8th June and Wednesday 9th June. Due to the continuing restrictions, we will conduct these meetings via Google in 10 minute appointment intervals. This similar to the arrangements back in October. Further information will follow in due course.

ELECTION DAY

As you are aware, Thursday 6th May is an election day and the school building will be used for voting. As indicated previously, there will be some minor adjustments in how certain year groups enter and exit the school grounds on that day. P4 – P7 pupils can still enter and exit via Gate 4 but there will be some small adaptations made. This will be explained to pupils on Wednesday. Please can I ask all nursery parents to enter the school grounds from Gate 1 instead of walking past the entrance to the school. The car park will also be closed to staff and families.

As we head into the long weekend, I wish all our staff and families a very restful one. Please can I remind all parents that Monday 3rd is a holiday and Tuesday 4th May is an inservice so the school will be closed to all pupils. I look forward to seeing everyone again on Wednesday 5th May.

Barbara Jones 😊

HEALTH & WELLBEING: FAMILY FEATURE



Time to get your hands dirty! Part 2



Emma Powell
Educational Psychologist
Aberdeen City Council

I hope you all had a chance to try some gardening, or just playing in the mud and soil last week!

It's been a rainy, wet and grey week again. With more rain forecast this coming week.... We all have a better awareness for how the great outdoors, and being outdoors is good for our own and our families wellbeing and positive mental health. However we tend to think of this for sunny bright days, snowy play days or crisp crunchy autumn leaves days.... However! This is not true. There are lots of benefits to us all from playing in puddles!

Children's brain (neurological) systems are designed to try and naturally seek out the sensory experiences they need to develop into well rounded functioning individuals. Sometimes other factors interfere with this process. But our natural instincts to run through crunchy leaves, touch plants, bounce on beds and splash in puddles are designed to serve a purpose. To encourage our cognitive skill (natural brain and learning) development.

But adults also get benefits from being playful too. Here is a list of all the benefits experts talk about for us and our children from having walks outside and splashing in puddles:

- Increased happiness and optimism
- Lower stress levels
- Better coping skills
- Increased energy
- Better balance & coordination
- Stronger muscles and bones
- Improved health, enhanced immunity, reduced risk of disease
- Enhanced attention, focus, and academic achievement
- Developed critical thinking and problem-solving skills
- Improved social skills
- Reduced social, emotional, and learning problems
- Stronger resilience
- Increased creativity
- Improved self-esteem
- Greater attunement to nature and the environment
- More opportunities for exploration, discovery, and risk-taking
- Enhanced experiences of inspiration and wonder
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It all sounds like a wonder drug doesn't it? If we could bottle that as a supplement, we would all be taking it. But the bonus is that this is for free!

When we are little tots, we instinctively want to splash in puddles and don't mind a messy wet walk. As we get older we get more risk averse, and worry about getting muddy, dirtying our clothes and getting wet. If you have the luxury of knowing that you have clean clothes to change into, and a hot drink and towel waiting for you when you get back indoors. It really is worth taking a little time to enjoy the rain a little bit. We are so lucky to have the wonders of all the trails of Hazlehead Park on our doorstep. They all look and feel different in the rain. Talk to your children about the different smells that rain brings – often it releases scents of blossom and leaves (lovely fresh nature scents) as it falls. We can see birds behaving differently, drilling their beaks for worms and foraging in a different way. We see the dogs being walked behaving a bit different as they explore all the new scents. And we see so many wonderful colours of umbrellas, wellies, and raincoats (including on dogs). It's such a lovely experience just to notice it all. Even in the rain it lifts your spirits. Promise!

The bereavement charity to help children, Winston's Wish, celebrate welly wearing and puddle jumping. They believe it's a good metaphor to help children with feelings of loss and change. They have a charity welly day you can read more about it here <https://www.winstonswish.org/wear-wellies-day/> .