



HAZLEHEAD SCHOOL  
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HEAD TEACHER: MRS. JONES

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

**Friday 14<sup>th</sup> May 2021**



**“Let your smile change the world but don't let the world change your smile.”**

## SCHOOL NEWSLETTER

### SPORTS DAY

This year, Sports Day will take place over 2 days on Monday 24<sup>th</sup> and Tuesday 25<sup>th</sup> May. The format will be different this year due to health and safety guidance. Unfortunately, there will be no spectators allowed which I know will come as a disappointment to many of our families but this is the only way we can operate this year. Thank you for your understanding on this matter.



Mrs. Webster, our PE specialist, will be co-ordinating the two days with support from some of our PSAs. Pupils will participate in a variety of events in timetabled slots for their classes to ensure that they stay within their bubble. For each event, points will be allocated as usual so that the winning house will receive the Sports House Trophy. Further information will follow.

### TRANSITIONS

We are in the process of organising key transition milestones for our nursery pupils moving onto P1 as well as our P7 pupils moving onto S1. We are currently working on developing programme which will be shared with you in due course. While we have to work within specific perimeters due to COVID-19, we will ensure that the experience your child has will be an enjoyable and positive one.

### ICT INTERNET SAFETY

We encourage all our families to talk with their child about keeping safe online. Please see the following site for information on how to discuss related issues with children. Please also be aware of the sites your child is accessing and mindful of their age appropriateness.  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

### HEADLICE

Please ensure you routinely check your child's hair as we are now back together. For further information, please see the following site. <https://www.nhs.uk/conditions/head-lice-and-nits/>

### LOST PROPERTY

Due to COVID-19, we can only retain items for a short amount of time. After which they will be donated to charity. Please ensure all school items are clearly named and that your child takes responsibility for their belongings.

Barbara Jones 😊

## HEALTH & WELLBEING: FAMILY FEATURE



Mental Health Awareness Week 2021



Emma Powell  
Educational Psychologist  
Aberdeen City Council

It's Mental Health Awareness Week. [Mental Health Awareness Week 2021 - Mental Health UK \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org) It's an important week, it normalises that all of us have periods where we feel like we're not coping or can't cope. Or feel overwhelmed and aren't sure how to keep going sometimes. What we know is that sometimes it is accumulative, lots of little things that add up into something big, sometimes it is something big and catastrophic feeling, and sometimes you cannot put your finger on what has led you to feel unable to cope.

If you are someone who currently feels okay, or who feels good. Well done you. But you have a role in supporting your friends and family. Check-in with people you know to be vulnerable. Reach out to those you've not heard from in a while, or who have changed their behaviours or routines. Normalise talking about your feelings. Ask people if they are okay. Remember it's okay for you OR them to not be okay. Don't be afraid about speaking about it. Asking that question could be all the difference someone needs. You can lift someone else's day. And turn things around for them. Be the friend that you wish someone had been to you.... Start good habits around mental health to your family. Talk about your feelings. Normalise talking about your feelings, good and bad. Show them it's okay to open up, and talk about the healthy ways you help your mental health. [Parents and Carers - Children's Mental Health Week 2021](#)

If things feel too much, it's okay to admit it. We would always advise you speaking to your doctor when things reach that point, also consult websites such as the Samaritans [Samaritans | Every life lost to suicide is a tragedy | Here to listen](#) or MIND [Home | Mind, the mental health charity - help for mental health problems](#) and use their associated helplines. But sometimes there are signs before you reach that point. The best way to pick up on those signs is to listen to your body. We have been encouraged as a society to push past the signs for 'burn out'. But if you are feeling tired, even though you are sleeping. If you are unable to sleep. If your appetite has changed significantly one way or the other. If your relationship with alcohol, food, gambling or medication has changed. If you are struggling with basic self-care. Or you are avoiding contact with friends and family (including digitally!). These are all signs you might need to get some help or take some actions to help yourself in the short term, whilst also getting some help.

Some of our previous newsletters have spoken about anxiety, about social media use, about the benefits of gratitude and kindness, or the benefits to being outside and connecting with nature in a variety of ways. Please do look back over these for some hints and tips to help yourself. Please do also look at the EPS digital hub on our wellbeing pages.

When you are feeling like things are difficult. Some basic things can help. Getting outdoors and fresh air is one. Gentle but brisk exercise is another. Drinking more water. Getting sleep (if you can!). Have a daily shower, bath or shower. Making sure you are eating often (when we feel overwhelmed, we sometimes struggle to eat or can only eat unhealthy options), if you can even open a tin of veggie soup to heat and cook some toast your body will thank you. Vegetables and fruit help our mind and systems, so try to consume them if you can. Little and often is best if in doubt. And what is so important, is talking to someone.

If you can, reach out to someone and tell them how you feel – even if you are not sure, and are worried about making a fuss, causing a drama, or making more of it than you think it warrants. You might not be able to believe it. But you are worth it.