



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 21st May 2021**



"Nature is a tool to get children to experience not just the wider world, but themselves."

## SCHOOL NEWSLETTER

### OUTDOOR LEARNING DAY

Outdoor Classroom Day is a global movement to make time outdoors part of every child's day. On two days of action each year, teachers take children outdoors to play and learn. All year round, the Outdoor Classroom Day community campaigns for more time outdoors every day. We are very fortunate to have the most amazing school grounds for outdoor learning and we have seen increased use of the outdoors over the past year. We are very aware of the power of this setting for learning.

Here are some examples of outdoor learning that took place yesterday to celebrate Outdoor Learning Day. For more information, please visit the official website.

<https://outdoorclassroomday.org.uk/>



## SPORTS DAY: PART 2

We are in the final stages of preparations for next week's Sports Day. P1 – P3 sports events will take place on Monday 24<sup>th</sup> May and P4 – P7 sports events will take place on Tuesday 25<sup>th</sup> May.



All events are planned to take place on our astro turf. Classes will visit the astro on specific timetable slots with their teacher. We have additional staff to support the days so that there are plenty of hands! Once more, I am very sorry that our families are not able to join us but we have to adhere to health and safety guidance and this is the only way we can ensure that this annual event happens.

Please can you ensure that your child comes to school ready for Sports Day, wearing the appropriate clothing and footwear. Your child can wear a plain tshirt in their house colour if they so wish. Fingers cross for good weather. We will be busy on Twitter to share all the fun over the two days.

## PARENT REPORTS & INTERVIEWS

We plan to email your child's report for this session on Friday 28<sup>th</sup> May. Please be reminded that the report will allow you to see your child's progress with the national levels and comment regarding their key strength areas. Areas for development will be discussed at your parent interview.

Your parent interview will be organised virtually, taking place on either Tuesday 8<sup>th</sup> or Wednesday 9<sup>th</sup> June. An appointment booking system will be available for you to log on and select the time that is most suitable. This system becomes live on today, Friday 21<sup>st</sup> May, at 6.30pm. <https://www.parents-booking.co.uk/hazleheadprimary> Further details can be found on our website.

Barbara Jones 😊

## HEALTH & WELLBEING: FAMILY FEATURE



Are you keeping your own bucket filled?



Emma Powell  
Educational Psychologist  
Aberdeen City Council

It's quite common in schools now to talk about filling your bucket. Or asking if you are filling other peoples buckets. But do you know how to make sure your own bucket is filled? Like everything in life, if we aren't healthy mentally and bodily it's really hard to help others or keep everything going. So we are going to talk about what you need to do to keep your own bucket filled this week.

Bucket-filling is a term used in education to refer to positive attitudes and behaviour. It relies on the analogy that every person carries with them an invisible bucket. This bucket contains a person's feelings and emotions. When the bucket is full, this represents us feeling happy and contented. However, when it is empty, we feel low, upset and dissatisfied. Bucket-fillers are those who act in a way that fills another person's bucket and refers to those who practise

kindness and good behaviour. This video goes through the story the principles are based upon.



<https://www.youtube.com/watch?v=3EuemNAo6XE>

What you do to look after yourself, teaches your family how to help themselves. If they see you taking care of your own wellbeing, it's easier for them to learn how to look after themselves. Using the analogy of the bucket, if they see you emptying your own bucket to keep other buckets full and healthy, they'll learn to do the same. Whereas if you show them how to keep your own levels healthy AND still helping fill the buckets of others, they will learn that same important life lesson....

So what helps you fill or maintain your own bucket? Like most things related to your wellbeing, it's likely to be personalised or individualised for you. But noticing the kindness and positive actions of others is a sure-fire way to feel better and to see and feel your imaginary bucket filling up. The more good we try and see around us, the more we can spot, and the more we catch that we might have missed. Perhaps it is a drawing your child has done for you. Perhaps it is someone holding a door open for you in a shop. Someone making you a hot drink when they make one for themselves. Someone paying attention to you as you talk, not being distracted by other things. Having a good laugh. Buckets are filled with lots of tiny acts of positivity from others and self-care. Not one-off massive events. Remember we have pages on wellbeing over on our EPS digital hub: <https://sites.google.com/abed.org/educational-psychology-service/parents-carers/supporting-your-wellbeing> Lots of ideas to ways to keep your own bucket filled!

The term of 'using your lid' is said to protect the content of your bucket. Because your bucket represents your emotional and mental health, it is extremely important that you learn to protect the good thoughts and feelings you've collected. The "lid" represents a mental shield against anything that would deplete your bucket. When you consciously train yourself to stop and think through a situation as soon as you feel the hurt, pain, or anger from a painful, embarrassing, or otherwise unpleasant

situation you will be able to prevent your bucket from being emptied. If you take the time to 'reframe' (think about something in a different, more positive way) a negative situation, for example your friend didn't ignore you, they were running late or they didn't see you. Or by being kind to yourself. You didn't take too long to do that task, you took a needed break first, so your mind would be fresher and more efficient. As you practice using your lid, you can build the necessary resilience to work through life's challenges. Both children and adults can be taught to use their lids to protect their buckets. Protecting your bucket, alongside finding ways to fill it up will help you succeed more often than not.

So have a think about using the bucket analogy for your own and your families wellbeing, and see how it helps you this coming week.