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

Friday 7th May 2021



“Life is like maths – if it goes too easy something is wrong!”

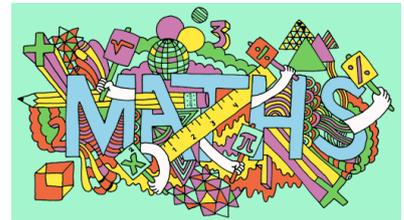
SCHOOL NEWSLETTER

MAGIC MATHS IN MAY

For the month of May Hazlehead Primary is going to celebrate the magic of maths in our daily lives and we want all families to take part with us.

Maths is EVERYWHERE!!!! We challenge your family to find all the ways you use maths in your daily life.

- Visit our school website every day for Maths fantastic family fun ideas!
- May 19th is National Numeracy Day. Check out this website for ways you can boost your own math skills and [Become a National Numeracy Day Champion](#).
- Why not challenge yourself and your family with “Real Life Maths in the Kitchen” and so much more?
- Family games night is a great way to have fun with maths.



Share your family’s Maths Magic stories with us and your family might get Incredible Work or a Shout Out in our weekly assembly. Have fun everybody and remember math IS magical!

ECO FLAG JOURNEY

We are in the process of collating all our eco evidence in preparation for applying for our 4th Green Flag as part of the Eco Schools Scotland programme. Our action plans for the past 2 years have focused on the topics of litter, school grounds and waste management. While the pandemic has significantly impacted on our progress, we have found ways for the Eco Working Group to still continue to operate but in a different way.

Currently we are growing lots of things in and around the school grounds including potatoes and sunflowers. We have done numerous litter picks around the outside of the school boundary fence and have found quite a lot of litter, namely food packaging, some of which has blown into our school grounds. Our Eco Code includes **Everyone is responsible for looking after our planet**. In order to keep our community looking beautiful, we are encouraging our staff and families to do small litter picks when you’re out and about. This reinforces the message to children the importance of good habits, being a responsible citizen and caring about where you live. If you do this, please tag us on twitter @hazleheadscool or @friendhazlehead Alternatively, email a picture to the school.

Many thanks again for your support yesterday in ensuring that the school remained open with the voting taking place in our gym hall. The pupils were fantastic entering and exiting the school swiftly and safely. Have a lovely weekend.

Barbara Jones 😊

HEALTH & WELLBEING: FAMILY FEATURE



How to get your children outside



Emma Powell
Educational Psychologist
Aberdeen City Council

We've spent the last few newsletters talking about the virtues of being outside, of the joy of getting muddy and watching the world grow. But how do you get all the associated benefits of all of these activities if your children won't remove themselves from behind a screen? Whether it be TV, Tablet, phone or games consoles, we all know ourselves the allure of the screen. So what can you do about it? Information, Advice and Support to Keep Children Safe Online (internetmatters.org) It is easier if you create good habits earlier on. That makes it slightly easier when they are teenagers...

You can have good clear rules and boundaries of times, places and situations when screens are and aren't allowed. And importantly it is about the culture you set in your family. That includes how you model your own screen time to your children. There is so much advice about how we as adults need a break from screen time. Lockdown and associated working from home has made that harder for us all, and means that so many of our own personal boundaries have been blurred. We use devices for news, current affairs, social media, whatsapp and other group chats. So how do we encourage these breaks of time away from screens, where we can enjoy other simple pleasures?

As I mention above it's about the culture you create around the non-screen time. Sometimes we get anxious as parents about letting our children be outside. We feel if they are indoors we can control what they are up to more, or we can make sure they are safe, or it is easier to get our own work and activities easier.... So here are some ideas for your own resistance and to make non-screen time more appealing for the whole family....

Limit the time you all spend commuting – this includes to school but also to clubs and activities too – if you can walk or cycle or scoot to these activities, the more the better. Build time outdoors into your daily routine.

Consider fresh air in some form as important as work, school and sleep. When you are outside, even if just the walk to school, be enthusiastic about nature. Talk about the beautiful colours of the sky – or the impressive clouds. Discuss the changes in nature you see around you. The new planters at school, or the rainbows left behind from the rain.

Create an outdoor 'happy place' for you and you children. It doesn't have to be fancy, even just a box of sand or dirt to dig and feel around in. Some kind of water feature or something you can swing on. If you don't have any outdoor space yourselves, find a favoured spot in the park. Encourage your child to collect sticks, leaves or rocks. Muck about and be silly there.

We talked a few weeks ago about all forms of gardening and all that gives us. If you can't, talk about where food comes from, look for opportunities to point out where and how your food grows and gets to our tables. But if you can grow, even on a windowsill, do.

Now we are allowed to spend outdoors in larger groups from more households, perhaps you can co-ordinate with some other families from school, friends or extended family members. A bit like car-pooling, share responsibilities and turns for outdoor time with the children.

Advocate for nature. If you can, become a paid member of an organisation like the woodland trust, RSPB and/or volunteer or join a group that helps the nature near you – like Friends of Hazlehead – Revitalising one of Aberdeen's best open spaces for example! Volunteer your time to help with litter picking, planting or raising awareness about conservation. Hazlehead School has a great connection to the park on its doorstep and have lovely grounds to the school too. Talk about these with your children and model helping out to them. You will also have fun, have improved fitness and wellbeing and feel good!

When it is rainy and mucky out, as we talked about before – have lots of fun, but you can also do some fun active learning. Let your child explore scientific properties like floating and sinking by experimenting with leaves, sticks, rocks, and other items they find. Why do ripples form when you drop a rock into a puddle? How big does a puddle need to be before you can make waves in it? How fast does the stream take your leaves/sticks away.

Explore your senses outside and talk about them with your kids. What noises does the weather make? Notice the whispering or howling or whining of the wind, the padded stillness of the NE sea mist (haar), the calm silence or crunchy noisiness of a snowy day, and the many different sounds that rain makes. What about what you can smell outdoors? Different places have their own scents. If you go in to the park in late spring/early summer the azaleas look but also smell gorgeous. What about the rose garden? Each day and each place smells differently. Each season's scents are surprisingly complex. Not always good, but always interesting.

You could take a neighbourhood nature walk. You might make a map together showing all the places where you found a rowan tree, or a rhododendron bush, or flowering weeds bursting through cracks in the pavement. Take photos, and create a photo book from it. Do leaf rubbings (remember them?!) or press flowers between books, or heavy weights of some sort.

Go outdoors as a family. Have a picnic, go to a playground, take a walk out in the gorgeous countryside if you can, play ball, go for a cycle, or kick-about a ball. Think about making it your routine to take an after-dinner walk. This is much more common on the continent than it is over here. Even if it's just a ten or fifteen-minute stroll around the block or down the road, this can help with your post dinner digestion, and also lead to a better sleep for everyone. It can also stop some of the little squabbles that can occur post dinner re who watches what.

Most importantly look for balance. Try for an average of an hour a day of outdoor time. BUT you are not superhuman! If you or your child isn't feeling well, or your family system is under stress, relax the plans and make up for it at a later date. Remember it is about you all enjoying yourselves. You creating good health and wellbeing habits for your children by showing them the pleasure of alternatives to being stuck indoors on a device. You don't need to be perfect. Just attempting one or two of the things above could have a massive impact on yours and your families wellbeing...