

Meadowburn Primary School

Bun Sgoil Innis an Uill



A motivating, challenging, inclusive and nurturing community where we learn, achieve and grow.

October 2021

It has been another busy term so far with lots of fantastic learning experiences and skills being developed across the school including regular sessions with our wonderful new Loose Parts Play Hub and the start of outdoor sessions for every class with the Mugdock Ranger.

Pupils have also been busy learning and developing their skills through their 'Creative World' topics such as Mary Poppins, Harry Potter, The Lion King, Dotman and many more (Primary/Clas 1-5) and by taking part in the EDC Climate Change Challenge (Primary/Clas 6-7) and look forward to sharing more of this fantastic learning in our next newsletter and on Twitter and Seesaw.

Please remember that you can follow the School Twitter account by requesting to follow the private school account @Meadowburnprim and then emailing your Twitter details to office@meadowburn.e-dunbarton.sch.uk (marked F.A.O Miss Campbell re Twitter) so that your request can be approved.



WELLBEING APPROACHES

At Meadowburn we offer a range of interventions to support pupil wellbeing. These include the PATHS programme (more information overleaf) and teaching Growth Mindset Techniques to children at all stages throughout the school. We also are lucky enough to have a counsellor from The SPARKS, working with individuals from P5-P7 this session. The counsellor supports young people with their mental health, discussing and chatting about feelings and emotions including those of stress, anxiety and sadness.

Mrs Doherty also offers individual/paired Let's Introduce Anxiety Management (LIAM) sessions for P5-P7 children across the session. LIAM explores children's reactions to anxiety and works through ways to cope and manage anxiety more effectively. We also deliver Seasons for Growth sessions for P1-P4 and P5-P7 children, more information will be emailed to parents about the programme in the New Year. Please contact Mrs Doherty through the school office if you would like to find out more about any of these approaches or if you have any concerns about your child's wellbeing.

PATHS

At Meadowburn all our children take part in PATHS lessons, as part of their Health and Wellbeing curriculum. PATHS stands for Promoting Alternative Thinking Strategies and is a structured curriculum designed to facilitate the development of emotional literacy/awareness, self-control, and interpersonal problem solving skills. Children seem to thoroughly enjoy weekly PATHS lessons as they experience a variety of different formats to help learn and consolidate key teaching points e.g. Story Telling, Circle Time, Role-Playing/Drama and use of Puppets.

Please see the attached PATHS Parent Leaflet to find out more about this valuable resource and some suggestions on how you can supplement the learning at home. We are currently planning a Parent Workshop focusing on PATHS and other strategies for supporting Emotional Literacy and Resilience and will be sending out further information in the next few weeks.



NURTURE UPDATE

In our school we place nurture and wellbeing at the heart of everything we do. Our new Nurture provision at Meadowburn Primary provides an additional layer of support for learners who require some extra help to reach their fullest potential; emotionally, socially and academically.

To promote ownership and develop understanding of the new Nurture Room amongst our children, all classes in the school were asked for their suggestions to name the room. We are delighted to inform you that we have chosen 'The Calm Cove' as this lovely suggestion was the most popular choice amongst our children. We have been busy transforming 'The Calm Cove' over the past few months, as it was previously our school library, and I'm sure you will agree that it is looking very 'Calm' and welcoming.



Being a nurturing school, we understand this enhanced support will benefit children across the school in different ways to ensure we are getting it right for every child. However, we also completely appreciate that Nurture does not only happen within 'The Calm Cove'. As a whole school, this year we are further developing our robust knowledge of the Nurture Principles and ensuring nurturing approaches are embedded into the life and soul of life here at Meadowburn Primary.

One last thing...If you drop off or pick up your child(ren) in the morning/afternoon, please take a minute to stop, relax and read our positive quotes/affirmations displayed beautifully by one of our Support Staff, Mrs MacDonald, on the windows of 'The Calm Cove'. This is a work in progress, but I'm sure you will agree that children and adults alike can both benefit from some positivity in current times.



DATES FOR DIARIES:



Here are some dates for your diary this term:

- Monday 1st November 2021 PTA Pumpkin Competition - £2 entry
- Wednesday 3rd November 2021 Tempest Individual/Family Photos
- Tuesday 30th November 2021 Flu Immunisations
- Monday 6th December 2021 Learning Snapshot Jotters sent home to share progress update with Parents/Carers
- Tuesday 21st December 2021 School closes at 2.30pm for the holidays
- Wednesday 5th January 2022 Pupils return to school

Christmas Dates and activities will be sent out in a separate newsletter in November

To all parents/carers, I would like to say that if there are any aspects of school life that cause concern or that you would like to discuss, please do not hesitate to get in touch right away, phone or email the school office (details below) and we will do our best to help.

Miss J. Campbell

Head Teacher

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