

Term 1 Update

10 October 2024



Kindness Creativity Teamwork Respect Flourishing

Certificated Congratulations!

Aria	Teamwork	Excellent paired Project work
Ernest	Teamwork	Excellent paired Project work
Freya	Respect	Being a brilliant class tidier
Jacob	Teamwork	Excellent working with a partner during project work
Jack	Respect	Staying calm, protecting others feelings in a game
Jonah	Creativity	Making quick creative choices
Edith	Flourishing	Focus and enthusiasm
Rianne	Flourishing	Following lots of instructions to complete task
Thea	Flourishing	Increased confidence in writing and spelling
Mary-Ann	Teamwork	Excellent working with a partner during project work
Clara	Flourishing	Writing One Button Benny story completely independently
Sahana	Flourishing	Amazing Reading!
Wolfy	Teamwork	Coding teamwork
Helga	Flourishing	Brilliant mental Maths

And here we are once again at the end of Term One. I actually can't believe how fast the time has flown but when I reflect on the term we just had, it is safe to say it has been a good one!



Celebration Assembly

Today we held our first celebration assembly where we recognised the wider achievements of some of our pupils from Nursery-P7. Thank you to all parents who completed the MS Form and let us know of all the wonderful and fantastic things the children have been getting up to outside of school of which we had no idea!!

Orphir Community School Family Year Plan

We have updated the dates on the family year plan so please check carefully and change any dates you had previously noted.

Hi-Vis Waistcoats

It is that time of year again. Time to be seen! Waistcoats coming home today with everyone. Please ensure that they are worn to and from school regardless of mode of transport, walk, taxi, bus. The helps make sure the bairns are seen in our car park and beyond.

As in previous years we have plenty spare to put home on the back of each child if forgotten and should this happen to your child, please just pop back any spares that accumulate in the home.

Hi Vis Dangles - issued to P1-7 children

One went home to each child and this can be hung on coats or backpacks.

Nursery-P3 Toothpaste and Toothbrush

One each is going home to each of the bairns from Nursery to P3 for use at home courtesy of the Dental Team at NHS Orkney.

World Mental Health Day

Thank you to all those who came with a little yellow on! We took the chance to issue our hi-vi waistcoats and take a pic too!



October Holiday Programme

As we countdown to the October school break, here's a link for the October holiday programme activities available.

[October Holiday Programme 2024](#)

Football

Football starts back first Friday after the hols! 3.30-4.30pm as previous years!

And finally.....

Term 2 is always busy, and we have lots of things ahead of us so please take the next two weeks to relax, do fun things and charge up the batteries for my favourite term of the school year!

Kind regards as always

Grant Thomson

Grant Thomson
Head Teacher
Orphir and Stenness Community Schools



Attachments

- School Health Newsletter including Sleep Action, Let's Introduce Anxiety Management
- Fluoride Varnish Info - P1-7
- P1 School Health Envelope
- John Rae Event Information

Children need at school please:

Change of clothes with them in their PE bag

Welly boots

Waterproof coat (gloves/hat/scarf if they need that type of clothing)

Weekly Timetable

Tuesday	PE Free Fruit	Bring PE Kit and long hair to be tied back Free Fruit for all P1-2 at break time - no need for snack that day
Wednesday	Fiddle Music Free Fruit	Bring fiddles! Free Fruit for all P1-2 at break time - no need for snack that day
Thursday	Art Free Fruit	Art shirt if necessary Free Fruit for all P1-2 at break time - no need for snack that day

Education, Leisure and Housing

School term dates - 2024 / 2025 (all dates are inclusive)

Term 1 2024	Tuesday 20 August – Friday 11 October. (39 days)
October holidays	Monday 14 October – Tuesday 29 October.
Term 2	Wednesday 30 October – Friday 20 December. (38 days)
Christmas holidays	Monday 23 December – Friday 3 January.
Term 3 2025	Monday 6 January – Friday 4 April. (61 days)
Schools closed	Thursday 13 February – Tuesday 18 February.
Spring holidays	Monday 7 April – Monday 21 April (Easter Monday 21 April)
Term 4	Tuesday 22 April – Friday 4 July. (52 days)
Schools closed	Monday 5 May (May Day holiday).
Schools closed	Monday 2 June.
Staff Only, In-service days are:	<ul style="list-style-type: none">• Monday 19 August.• Monday 28 and Tuesday 29 October.• Tuesday 18 February.• Monday 2 June.



Let's Introduce Anxiety Management LIAM



Information for Parents/Carers

Anxiety in children and young people

Experiencing anxiety and worry at times is a normal part of life.

When anxiety becomes a problem, and gets in the way of your child participating in activities and things they enjoy, it is helpful to learn more about anxiety and find ways to cope with these feelings.

Let's Introduce Anxiety Management

It helps children and young people learn more about anxiety; and how this impacts their thoughts, body and actions. LIAM also introduces 'anxiety tools' on how to cope with feelings.

Who might benefit from LIAM?

LIAM has been developed for children and young people who are experiencing mild-moderate levels of anxiety, which affects parts of their everyday life.

This could include:

- Feeling anxious and worrying about being away from their family members
- Phobias: specific things or situations
- Experiencing frequent and persistent worries generally, or specific event
- Social anxiety
- Panic attacks

Your child would also need to be 8 years or over.

Would you like to find out more?

Please contact the School Health Team by email:

ork.schoolnurses@nhs.scot

or, phone on: **01856 888262**

We would be happy to discuss any questions you may have, and send you our referral form to complete and return.

Please note: there is a waiting list for this service, but we aim to meet with the child or young person to complete an initial assessment before starting the piece of work with them as soon as we can.



Quick tips on sleep

◆◆ Make your bedroom a calm space:

Make sure the light, temperature and sound level suits you. Cool, dark and quiet usually works.

◆◆ Try to do some exercise:

This will improve your sleep, as long as it's not too late in the evening

◆◆ Relax:

Keep stress out of bedtime. Try relaxation techniques, e.g. breathing exercises.

◆◆ Notice what you eat and drink:

Caffeine and sugary foods can all disturb your sleep patterns.

◆◆ Turn off electrical screens:

TVs, computers and phones all stimulate your brain, making it hard to relax. We recommend that all electronics are turned off at least an hour before bedtime.

◆◆ Keep a sleep diary:

This may help you spot patterns in your sleeping habits and give you insight into what might be causing you problems.

Support:

If you would like to make a referral for Sleep Action support in Orkney:

For children from 18 months to Nursery age, please contact Early Years Team at lorna.barry@glow.orkneyschools.org.uk or nicola.moar@glow.orkneyschools.org.uk

For school aged children (P1 – S6) please contact the School Health Team at ork.schoolnurses@nhs.scot

Orkney School Health Team Newsletter



Meet your Orkney School Health Team:

Pictured left to right:

School Nurse, Thisbe, Trainee School Nurse, Hannah, and Healthcare Support Worker, Lorna.

Hello! We have been very busy over the summer making lots of exciting changes to our service.

One such change is to make sure we visit every school over the next school year - we will be in touch with dates as soon as we can.

If you haven't already, give our Facebook page a 'like' and share. You will find us by typing:

NHS Orkney School Health Team



Orkney Health and Care, The Balfour, Foreland Road, Kirkwall, KW15 1NZ
Tel: (01856) 888262

Email: ork.schoolnurses@nhs.scot



Orphir Community School Family Yearly Plan

Term 2

November

Library Van

Tuesday 29th October
9.30-11.00 am

Halloween Disco

Thursday 31st October, 6-
7:30pm

Youth Forum Event pm (OCA)

Thursday 7th November

Harvest Home pm (OCA)

Saturday 9th November

Children in Need

Friday 15th November

Reporting Progress Evenings

Wednesday 27th November
Thursday 28th November

December

Tree Lighting (OCA)

Sunday 1st December

Festive Fridays

6th, 13th and 20th December

Christmas Party

P1-7

Thursday 12th December,
2.00pm

Nursery (in Nursery)

Parents come from 2.45-3.30pm

Christmas Crafternoon

Friday 13th December, 2:00 pm

Nursery-P7 Show

Wednesday 18th December,
pm & Evening

Thursday 19th December,
Evening

Christmas Service

Friday 20th December, 2:00pm

Term 3

January

February

Class Assemblies

Both classes will present on
Monday 24th February-2:30pm

Mindful March

World Book Day

Thursday 6th March

Reporting Progress Evenings

Tuesday 11th March
Wednesday 12th March

Comic Relief

Friday 21st March

Intergenerational Event

Friday 28th March - 2:00 pm

Term 4

April

May

Wellbeing Policy Celebration Event

Monday 12th May. Time TBC

Curriculum Showcase

Friday 23rd May. Time TBC

June

Sports Day

Tuesday 3rd June - 1:00 pm

Leavers Disco

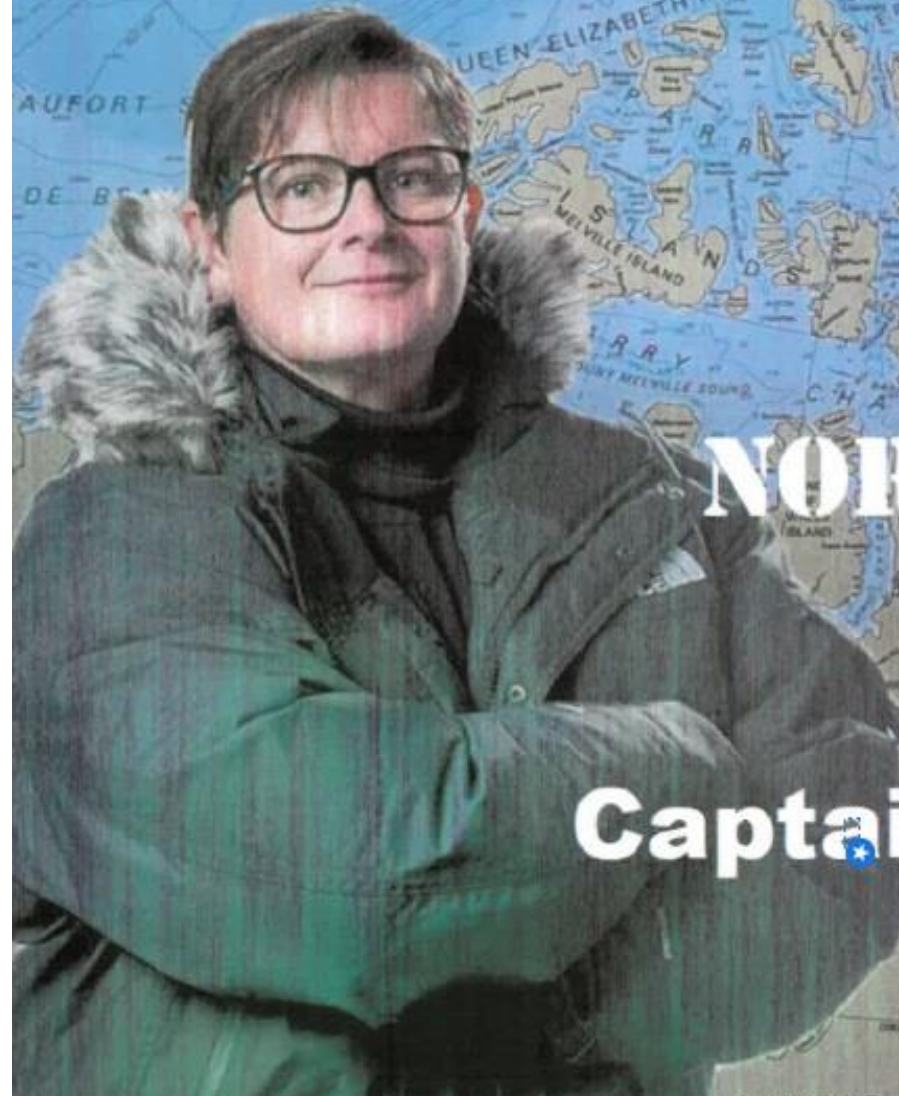
Thursday 26th June 6:00 to
7:30 pm

July

Leavers Assembly

Wednesday 2nd July - 2:30 pm

Fundraising for



A JOURNEY THROUGH THE NORTHWEST PASSAGE

An illustrated talk by
Captain Maiwenn Beadle

at Magnus Centre
Tuesday 15 October at 7.30pm
Tickets at the door £5

