



# Canberra Primary and Nursery Class Newsletter no.4

November 2024

## Message from Mrs Heasman



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*Dear Parent/Carer*

*We are enjoying the calm before the Christmas storm and look forward to a busy November with three events for parents/carers!*

*Firstly our Parent/Carer Consultations are taking place on 6th November and we look forward to sharing your child's successes and next steps in learning with you. Please contact the school office if you have still to book a time slot to meet your child's teacher/key worker. An attainment report (P1-7) will also be sent out prior to the consultations to update you on your child's progress to date.*

*Secondly we are holding parent/carer learning workshops on 20th November and look forward to demonstrating some key aspects of the curriculum to help you understand what goes on in school and how you can use this to help your child's learning at home.*

*Finally our Christmas Coffee Morning is taking place on 29th November! The Christmas season is beginning a little earlier this year due to the way that Christmas falls in the*

*calendar. More information will be sent out next week with details of the event, which will take place between 9.15 and 11.45am.*

*We hope that you can join us at the events and look forward to sharing our busy November with you!*

Best wishes

Angela Heasman

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## Dates for your diary



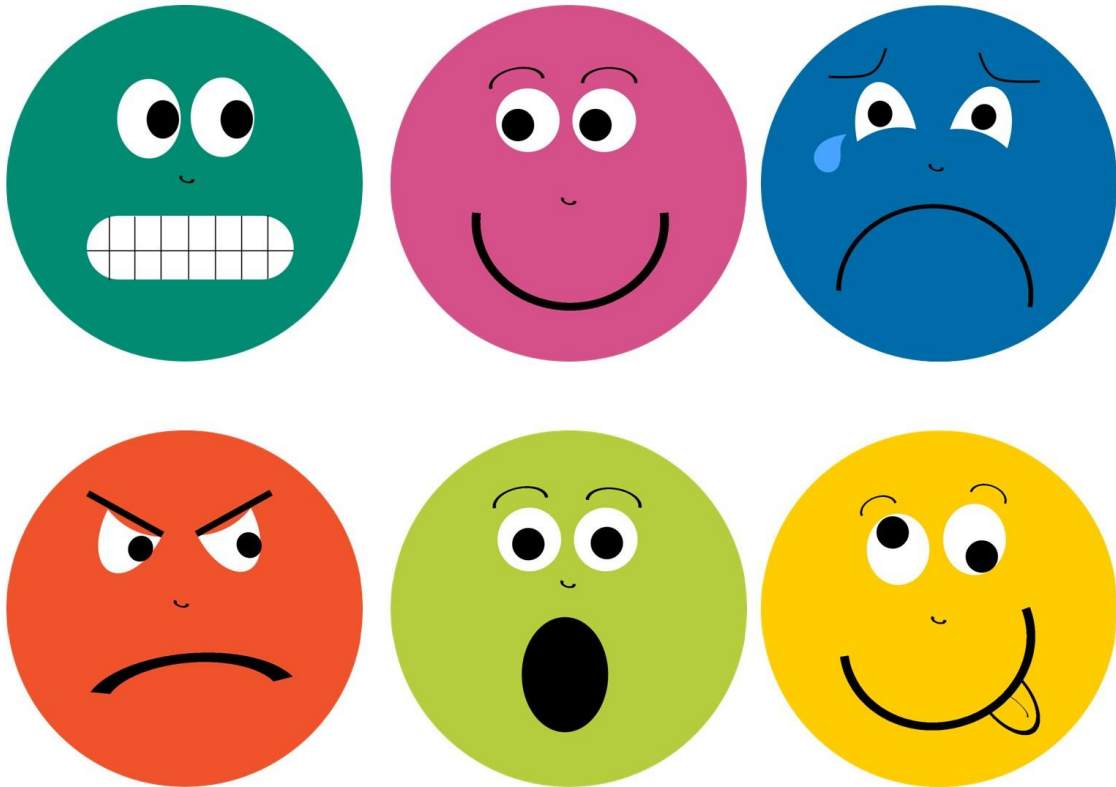
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- 4.11.24 *Parent Council meeting 6.30pm (all welcome)*
  - 5.11.24 *Poppies on sale until Friday*
  - 6.11.24 *Parent/Carer Consultations 3.15-8.30pm*
  - 8.11.24 *School Remembrance assembly*
  - 11.11.24 *Inservice Day - school closed to children*
  - 18.11.24 *Book Week Scotland*
  - 20.11.24 *Parent/Carer workshops 6.30-7.30pm*
  - 21.11.24 *Pyjama/Dress Down Day*
  - 29.11.24 *Christmas Coffee Morning*
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## Christmas dates



Date	Event	Time
Friday 20 <sup>th</sup> November	Christmas Coffee Morning	9.15am-11.45am Performance times P2 & P5 9.30-10.00am P3 & P4 10.00-10.30am Nursery & P6 10.30-11am P1 & P7 11.00-11.30am
Friday 29 <sup>th</sup> November	Nursery Christmas picnic	11.30am-12.00pm
Friday 6 <sup>th</sup> December	House Mascot competition	am
Tuesday 10 <sup>th</sup> December	Nativity performance 1	1.15-2.45pm
Wednesday 11 <sup>th</sup> December	Nativity performance 2	9.30-11.00am
Thursday 12 <sup>th</sup> December	Nativity performance 3	1.15-2.45pm
Monday 16 <sup>th</sup> December	P6/7 party	1pm
Tuesday 17 <sup>th</sup> December	P4/5 party	1pm
Wednesday 18 <sup>th</sup> December	P2/3 party	10.45am
Wednesday 18 <sup>th</sup> December	Nursery/P1 party	1pm
Thursday 19 <sup>th</sup> December	Xmas Factor	9.30am
Friday 20 <sup>th</sup> December	Christmas Church Service Westwood Baptist Church	10am

## Emotion Coaching



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*Emotion Coaching is based on the idea that nurturing and emotionally supportive relationships provide the best environment for the promotion of positive children's outcomes and resilience. All staff at Canberra have been trained in Emotion Coaching by our Educational Psychologists and this is part of our Attachment Informed, trauma Sensitive Practice strategy.*

*Emotion Coached children -*

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- *achieve more academically*
  - *are more popular*
- *have fewer behavioural problems*
- *have fewer infectious diseases*

- *are more emotionally stable*
  - *are more resilient*
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*Emotion Coaching uses moments of heightened emotion and the behaviour that follows to guide and teach the child about more effective ways to respond. It recognises and acknowledges their feelings making them feel listened to and valued before supporting them by setting limits (if required) and problem solving next steps with them.*

*These four steps can be used in school or at home. Steps 1-3 should be used in the moment and once the child is calm and able to reflect step 4 takes place.*

*Step 1: Recognise and empathise with the child's feelings*

*Step 2: Label and validate the feelings*

*Step 3: Set limits (if needed)*

*Step 4: Problem solve with the child*

*Mrs Dickie will focus on Emotion Coaching during her workshop session on 20th November.*

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## Parent Council

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*The Parent Council supports the school by helping with decision making and raising funds. They meet regularly and are an important part of school life. All parents/carers from Nursery-P7 are eligible to join the Parent Council. If you would like to find out more about the Parent Council and the work that it does please come along to a meeting, in the school, on the first Monday of the month, attending won't commit you to joining, but will hopefully provide you with the information that you need to make a decision about whether participating is for you!*

*Remaining Parent Council meeting dates for 2024-25 are as follows:*

*4.11.24 Meeting 6.30-8.00pm*

*2.12.24 Meeting 6.30-8.00pm*

*13.1.25 Meeting 6.30-8.00pm*

*3.2.25 Meeting 6.30-8.00pm*

3.3.25 Meeting 6.30-8.00pm

6.5.25 Meeting 6.30-8.00pm

tbc Summer Fair

2.6.25 Meeting 6.30-8.00pm

### **Parent Council news update**

#### Hallowe'en

*The Parent Council held 2 highly successful Hallowe'en discos for our P1-7 children and provided Hallowe'en goodie bags for all of our children Nursery-P7. Lots of fun was had on the night and everyone had a spooktacular time!*

*Thank you to everyone for their donations which supported the purchase of the goodie bags and the cost of the DJ, Mike who made sure the children were bopping and enjoying their night.*

*Thank you also to everyone who was able to donate Hallowe'en costumes for the school recycling 'shop'.*

*Donations came to £225 and costs for the disco came to £255.*

#### School trips

*The Parent Council funded a school trip for every class Nursery-P7. The children all had a fantastic time and enjoyed going out of school with their friends to learn something new. The trips were as follows*

*Nursery: Calderglen Country Park*

*P1 & 2: Calderglen Country Park*

*P3 & 4: The Riverside Museum*

*P5 & 6: Kelvingrove Art Gallery*

*P7: Summerlee Museum of Scottish Industrial Life*

*The cost of the trips was £1114.*

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