



Thursday 24th August 2016



Dates for the Diary

Tuesday 30th August

Primary 5/6 swimming begins

Week beginning 5th September

Extra Curricular clubs will begin information will be sent out next week

Tuesday 6th September

Dalguise (P7 Parents)
information evening

Wednesday 7th September

Parents Information evening
followed by Parent Council
AGM

Monday 19th – Friday 23rd
September

Activities week for Primary 7

Wednesday 21st Friday 23rd
September

Primary 7 at Dalguise

Thursday 22nd September

Night at the Museum sleep
over for P4-6 more information
to follow

Friday 23rd September

Whole school trip to Stirling
Castle

Tuesday 27th September

Grow your own loaf workshops
for p1-4

October

Wednesday 5th October

Parent School Improvement
Focus group

Thursday 6th October

National Poetry Day
Harvest Service led by Primary

1 / 2

Welcome Back Everyone! - A special welcome to our new pupils and their families. It is super to see all pupils settling into school for the new term and looking smart in their uniform. I hope you all had an enjoyable summer. Thank you for all the lovely gifts handed in to school at the end of last term and the beginning of this one - it is very much appreciated.

Healthy Start, Mindfulness - This session our healthy start is again focusing on children having a Growth Mindset and a positive attitude towards their learning. We are supporting the children in trying to focus on themselves and how they are feeling and behaving in a range of situations. We are doing this through teaching the children some mindfulness techniques. It can be easy to rush through life without stopping to notice much. We are trying to encourage our children to pay more attention to the present moment - to their own thoughts and feelings, and to the world around them - it is hoped that this will also support the children's mental wellbeing. <http://www.mindbodygreen.com/0-18136/7-fun-ways-to-teach-your-kids-mindfulness.html>

New Support Staff Arrangements - We would like to welcome Heather Mackie to our St Mary's Staff team. Mrs Mackie started with us on Monday 22nd August and is quickly settling in. Due to contract changes Mrs Mackie's hours of work will be from 8.45am - 3pm on Mondays, 8.45am - 1pm on Tuesdays, Wednesdays, and Thursdays.

Mrs Mace will be in the school office from 9am - 10.30am on Fridays. Out with these hours there will be no one in the school office. As a result we are requesting that only essential calls or emergency calls be made to the school outwith these times as the phone will have to be answered by a member of staff who will be teaching at the time.

Absence - if your child is absent from school please contact us before 9.30am. Pupils who have had sickness or diarrhoea should not be at school until 48 hours after their symptoms have gone - your support in adhering to these NHS guidelines will help prevent the spread of illness in school.

PE - Pupils need to have PE kit in school every day. This includes t-shirt, shorts, gym shoes or trainers. The kit will be brought home on a Friday for washing, to come back to school on a Monday. The P.E specialist will visit us this session on a Wednesday afternoon. All jewellery /watches are to be removed - again it would be preferable if children don't wear any on PE days. Long hair should be tied back (please remember a bobble). This session we have revamped our Daily Mile to encourage our children to participate in 15 minutes of physical activity every day in school and to put in their maximum effort whilst doing so we hope that this will support our children in improving their fitness levels.

Annual Data Check & Consent Forms:- All pupils have been given an envelope to take home today. Your co-operation in **completing and returning the forms** enclosed in the envelope by next Friday (2nd September) is very much appreciated. This will ensure that our records are up to date with your child's current contact information and will save office time issuing reminders and duplicate forms. Pupils who do not return the Annual Consent Form will be unable to participate in activities such as fortnightly visits to the library.

Communication:- Email is our preferred method of communication for updating parents/carers with information. This includes newsletters, which will be issued on Thursdays, fortnightly. If you would like to add any additional email addresses to receive information please let us know.

The school website will also be updated with information, photos and copies of the newsletter during the school year. Texting will also be used, although texts can only be sent to one mobile number per pupil, this is the pupil's main contact's number (the person named first in the list on the Annual Data Check form sent home this week). Please let us know if you would like to change the main contact for your child.

There is a limit to the number of characters that can be sent in a text, so please expect abbreviations to be used!

Don't forget to update us with any changes to contact numbers/email address throughout the year.

Message from Parent Council

There will be a Parent Council meeting on Wednesday 7th September at 7pm following on from our Parents Information evening. All parents/carers are invited to come to our meetings and we very much look forward to seeing some new faces (along with the more familiar ones!).

Flu Immunisation

Your child will have a pack in their bag informing you about Flu immunisation. If you wish your child to receive this you must return the enclosed documentation to the school and we will forward this onto NHS Forth Valley. The children will be receiving workshops and information from NHS staff about the Flu immunisation so that they are aware of why this is an important immunization for them to have.

Impromptu Picnic

Louis and Lola Freeman who are pupils that used to be a St Mary's have returned to Scotland for a holiday. Very kindly a group of parents have organized an impromptu picnic for them, in our school playground on Friday 26th August at 3.15pm and everyone is invited. If it is raining then the picnic will take place in the church hall. We are so looking forward to seeing them.

Contact Information

Email:

stmaryeps@stirling.gov.uk

Phone

01786 822740

Website:

stmarysepsdunblane.org.uk



Follow us on twitter

St Mary's EPS@stmaryseps

Weekly Events Reminder

Monday

- Violin tutor in school
- Reading café at lunchtime P1 -7

Tuesday

- Primary 5/6 swimming

Wednesday

- All classes:- Music with Karen Moore music specialist (fortnightly)
- All classes:- P1/2, P3/4 and P7 P.E with Mrs McLachlan

Thursday

- 2.30pm Assembly with Reverend Nick Green
- Bikeability for Primary 5 children

Friday

- All classes:- Responsibility Time
- Primary 6 / 7 cricket club at lunchtime

P.E Kit:- Please ensure your child has P.E Kit in school with them every day



Stirling Netball Festival



To Parents & Guardians...

Your child is invited to come along and join us at the **Stirling Netball Festival!** The festival will offer a wonderful opportunity to try out netball for the first time, with free coaching & netball activities to try out. The festival has been organised by Stirling Netball Club, in partnership with Active Stirling.

The coaching & activities will be led by adult members from Stirling Netball Club, but will also have a special guest appearance from **International Scottish Netball Player, Lauren Tait.**



Stirling Netball Festival will be delivered by Stirling Netball Club, in partnership with Active Stirling. The details for the Festival are:

- Activity: Netball Coaching & Activity Stations
- Date: Saturday 17th September 2016
- Venue: The Peak
- Age: P5 – P7
- Time: Session 1: 1pm – 2pm
Session 2: 2pm – 3pm
- Cost: Voluntary donation – funding towards Breast Cancer Care



If you would like to book in for this, please phone up Active Stirling's booking team on 01786 448308. Spaces are limited in each session so please phone up ASAP to book your space and avoid disappointment on the day.

The club have a thriving U13s section which will be promoted at the festival. This will give your child a great chance to keep playing netball afterwards!

JUNIOR SQUASH & TABLE TENNIS TASTER

Dunblane Sports Club

Wednesday 7th September – Wednesday 28th September

P4 – P7: 15:30-16:30



For more information and to book places contact
Maureen Carroll, Squash Coach:

moscarroll@yahoo.co.uk

THE BIG HIT



DUNBLANE CENTRE

18TH SEPTEMBER 2016

ALL AGES WELCOME

£2 PER CHILD

TO BOOK CALL 01786 824224

SHUTTLE
TIME SCOTLAND

ActiveStirling



Dunblane
Centre



WORLD
CHAMPIONSHIPS

- Aiming for 270 children in total. Three sessions on that day with a maximum of 90 children in each session.
- 9:30am-11am (age 4-7). 11:30am-1pm age (8-12), 2pm to 3:30pm (age 13+)
- Booking fee £2 per child, which includes; 90 minutes badminton activities, bottle of water and snack. Register at Dunblane Centre.
- CPD sessions (free) for volunteer coaches, parents, badminton club members and University of Stirling students. These sessions will run at the same time schedule as the three children's sessions