



## Lochardil Primary School

Lochardil Road, Inverness, IV2 4LB

Tel. 01463 230250 (NOT IN USE DURING SCHOOL CLOSURE)

Mobile tel. 07788 387590

Email: lochardil.primary@highland.gov.uk

Head Teacher: Mrs Audrey Kellacher

emergency closure 0800 564 2272 school's pin number 04 2500



### Wellbeing Wednesdays

Date: 13.05.2020

Dear Parent/Carers

Thank you so much to everyone that contributed to our parent/carer questionnaire recently. We received a huge 211 responses and truly thank you all for taking the time to be honest, provide feedback on areas we wanted to evaluate and reflect on, be complimentary (hugely appreciated!!!), provide constructive ideas to help us stay fresh & move forwards, and allow us the opportunity to read, understand, reflect, take action, & hopefully make positive improvements as a result, while keeping going with what's working well!

It was very positive to hear a large number of people (about 70%) consider the learning being provided so far is 'Just right'. For those finding it 'Too much' (about 17%) hopefully we have now provided tailored support for you and your child, and for those 'Too little' (about 3%) there is an abundance of material available on the Highland Schools Digital Hub and other websites we have shared to provide depth and variety to the learning and experiences while at home. Please also remember the learning grids and materials shared within the 'Learning at Home' packs that can always be adapted to suit your own needs.

The 1st response in our 'You Said, We Did' is 'Wellbeing Wednesdays'. I'd like to say a huge thank you to those parents/carers whose ideas inspired us to make this conscious effort to focus on wellbeing and positive mental health. We know you don't need us to tell you what to do but sometimes it's nice to have freedom to do so. So because 'You matter! We matter!' Every Wednesday our workload of tasks, activities or experiences shared from our virtual school will be 'lighter' with the afternoons free to be creative with and give you as a family an opportunity to pause & reflect. As I always say, we trust you! We trust and respect you 100% to do what's right for you & your child(ren). Please use this time as you need so whether it's to revisit an aspect of learning, complete any tasks you still want to engage with, enjoy precious time with each other, exercise, bake, chat with friends, or anything else that this digital free time gives you the flexibility and freedom to enjoy. Do what you love, take care of yourself and remember what matters most #health #family #community #stayathome = #love #kindness #solidarity

Next week is Mental Health Awareness week and we will participate as always to highlight this vital priority on our school improvement plan and continue to do all we can to promote positive mental wellbeing and recognition of the value we place on ensuring we 'Maslow before we Bloom'. Now more than ever we appreciate that we are all more aware of our interdependence and need for human connection, albeit on a virtual platform currently, and the importance of kindness, starting with self and to others.

Self-care is vital. You are all doing an incredible job and we can see this from how happy all our children are when they are joining in their class experiences. Use this time to pause, a time for you and your child to 'Still & Chill'. Recognise and be grateful for everything we have no matter how big or small! As ever, we would love you to share any pics of what you get up to if you are happy to.

**Updates** - We follow both Highland Council and Scottish Government advice, guidance and policy. We aim to keep you as informed as possible on matters arising and please feel reassured we are working on a number of key issues such as –

- Register Daily - Priority job for all our pupils ELC- P7 to do daily (or on those days they attend if in ELC)!
- School closures and reopening of schools – Scot Gov. has not shared any dates for our pupils to return to school or what this might look like. Highland Council, and as a staff in our own school, are continuing to prepare for this and information will be shared when instructed to do so.
- Transitions – Highland Council are preparing a council wide plan and we await details of this. As a school we are beginning to plan our own measures ready to support our families as and when we are advised to do so. Please be reassured we will work together to make this work for us all and we will do everything we possibly can to support our young people, staff and parents/ carers during these times.

- Access to Free School Meal vouchers, Business Grants or other financial support-please see Highland Council website.
- Out of School Care bookings and ELC allocation of funded hours for session 2020-2021- we continue to await information from Highland Council as council wide decisions are being made to respond to this.
- Access to the school building - The school building is closed and no access is permitted at this time. Highland Council will update guidance as and when.
- Family Learning - We are organising a suitable platform to host our weekly drop in sessions for parents/carers 'You Matter, Let's Natter'. This will most likely be you registering your interest to join the meeting by emailing our Lochardil email each week to secure a place, then we will reply with the link for you to join. It is very important this link is not shared with anyone else and is only used by yourself or partner in order to ensure the platform is as safe as possible for our users.
- "Children's participation in decision making isn't a luxury, it's a protective measure." - Pupils will complete their own Google Form so we can continue to recognise Children's Rights, and encourage participation and voice.
- Survey results - I will share a summary in a separate letter.
- Trip refunds - As mentioned before Lion King will be fully refunded however with no facility to access cheques to refund this will be returned when school buildings re-opens for staff. Loch Insh - Highland Council are dealing with this matter as there are a number of Highland schools involved. Therefore, we do not have any further information regarding how much of the balance or when such funds will be returned. Apologies for this at this time and we will inform you as soon as we have any information on this.

### Check out-

- New Parent/Carer **newsletter from Education Scotland** to provide a variety of activities to support you with continuing learning at home. <http://ow.ly/sDkR50zD!QH> #ScotlandLearns
- Just Ask **enquiry line 07785477686** the support line in Highland available to parents/ carers and children, as well as those who work with them. A variety of professionals to support health and wellbeing and education are available. The phone line is open on Tuesdays and Thursday 1pm-4pm.
- Emotion Works – our whole school approach to support emotional health and wellbeing. The practical cog resources provide a supportive framework to have conversations with the children and help them to explore and make sense of how they are feeling during these unprecedented times. #CogTalk
- Scottish Government #ClearYourHead campaign
- Eyes peeled for our next fun 'Community Challenge'

Please continue to share with us any good news stories or photographs of anything you or your child is proud of. We are building up a collage of photos/ videos that represent our school values 'Love, Pride, Respect, Confidence and Responsibility' and our adventures during learning at home!

Please be reminded if you need to contact us during school closure the school contact details are –

**Email:** [lochardil.primary@highland.gov.uk](mailto:lochardil.primary@highland.gov.uk) or **Mobile tel. 07788 387590** Keep checking the school Blog and Twitter, and the Highland Council website for updates and information.

Stay well, stay safe, keep adhering to the Scottish Government guidance, and most importantly at a time when we are kept apart, let's always stay connected. Our Lochardil family is one we are proud of and continue to love more every day. Our 'Happiness' films (1<sup>st</sup> one available now on our YouTube channel [www.https://youtu.be/12biicaBeQg](https://www.youtube.com/watch?v=12biicaBeQg) 2<sup>nd</sup> one to follow) illustrates this beautifully and is a reminder of happiness and hope during such a challenging time like no other. Enjoy 😊



In the words of Maya Angelou ...

Thanks for everything every single one of you are doing! It's commendable! Thank you for keeping 'our little treasures' safe and happy, and continuing to 'spark a smile' in everything they do!

Mrs A Kellacher  
Head Teacher