MARCH EDITION

PARADYKES PRIMARY NEWSLETTER

Happy Holidays from all of the team!!

Bouncing back from adversity at Paradykes!!!

Spring is here and the chatter, resilience, excitement of the children returning to the school building is fantastic for all to hear!! We are all looking forward to the next term. We hope for a time of joy and a return to routines we are familiar with.

We have all been working together to give our children an education these past few months and we celebrate their achievements in class and at assemblies. We look forward to meeting you in May to identify the next steps for your child.

Notably our IT skills have really increased and there is great excitement that **Midlothian Council have committed to giving every child a device from P1-7.** The plan to roll out this new initiative will start in August 2021!!

School Improvement; How Good is our school/early years?

The school has been using a school improvement plan these past 2 years. It has been faced with obstacles but we would like to send you a questionnaire online to measure how good is our school. Here is the link below.

We would appreciate everyone to complete this questionnaire as it will be setting our vision for the school in the next year. Next term staff and pupils will also evaluate “how good is our school”.

We thank the parent council for arranging an Easter Egg Hunt for the children. We loved it!! Look out for family quiz time next term.

Our AGM for our Parent Council will be held on the 9th June. We are however looking for a new Chairperson as Louise Milligan will now not have any children in our school. We say a huge thank you to her for all her hard work over the years and we look to celebrate those years at our AGM. If you are interested in joining the parent council please come along that night. We need new members!!! More details to follow.

We wish to thank our wonderful Parent Council for all they have contributed to the school over the year, especially the money given to each class for playtime toys.

Bike ability for P7 Level 2 will be starting next term!! Look out for more information from Mrs Helen Reed and members of our parent council.

Health and Wellbeing Support

We value every child at Paradykes and we want to support our families as we exit another lockdown. The following information in this newsletter is to support you and your family. The children have been reflecting on their health at assembly and why sleep, routines, eating healthily and getting outdoors will help us bounce back from this adversity.

Fiona Brown, our school psychologist will be offering a live zoom session on mental health next term for parents to attend. Look out for that date!!In addition here is a website to support your child's mental health and wellbeing;

https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/

Play Therapy are back operating in our building. We have a waiting list but we are trying to be creative to meet the needs of our children and families.

The Midlothian Family Support service is an early intervention service, co-located and working in partnership with adult service providers within the Substance Misuse Service in Midlothian. They will support parents to recognise the impact of their substance use on their children and help them to ensure their children's needs are fully met. They will work with children and young people, individually and in small groups to increase their self-esteem, confidence and resilience.

Play Therapy - Contact Details

Phone Number :

0131 654 9540

Email :

midlothian@childrenlst.org.uk

Website :

https://www.childrenlst.org.uk/what-we-do/how-we-help/our-services/

Address :

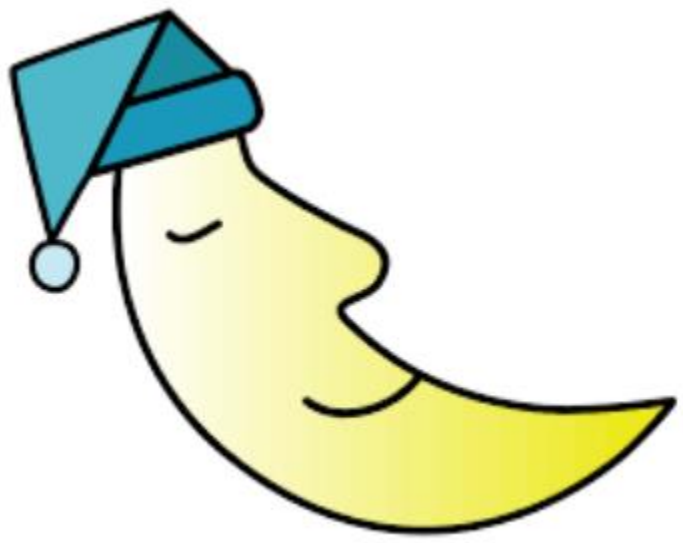
Units 9-10 40 Hardengreen Business Park Dalhousie Road Dalkeith EH22 3NU

COVID - 19

Thank you for adhering to the distancing guidelines when entering and leaving the school grounds. It is really important that we all keep up the social distancing and hygiene routines we have developed over the course of the year. A reminder that parents should not enter the boxed off area's at the school doors and to use the one way system in place. Thank you.

PARADYKES SCHOOL GARDEN

We are very pleased to announce that when we return to school following the Easter Holidays, work will begin on the development of the Paradykes School garden. Members of Midlothian Council's Land and Countryside department are visiting the school this week to clear an overgrown area at the back of the school grounds which will be the eventual site of the garden. The garden will provide wonderful outdoor learning opportunities for our students, which we view as a vital element of their education after enduring prolonged periods of lockdown and school closures in the past year.
We hope to get the whole school and local community involved in the development of our garden. We are seeking joiners, landscapers, and other craftspeople who may wish to volunteer their time to help us complete this project. We are also hoping to receive support from local businesses to complete the work by the end of the school year. If you feel you have relevant expertise or local business contacts, and would be willing to volunteer your time, please contact our Primary 2 teacher, Daragh Mangan, at d.mangan@mgfl.net.



Sleep Support Line

sleepsupport@sleepscotland.org

Parents and carers living in Scotland seeking support with their child's sleep problems can contact our sleep advisors via email and we will arrange a phone call
Monday to Thursday 10:00-16:00

Why do we sleep?

We still don't really know, but we do know that we need it. Sleep allows our bodies to carry out functions that are vital for our physical and mental wellbeing, leading to a whole range of benefits...

- **Cell growth and repair** - during sleep, new cells grow and existing cells are repaired, keeping us healthy, and our immune system strong
- **Memory** - while we sleep our brains move short-term memories into long-term storage, especially important for young minds learning about the world or studying
- **Relaxation** - sleep gives us respite from the information overload of the day
- **Healthy eating** - good sleep balances production of the hormones leptin and ghrelin, which help us to follow a healthy diet rather than craving more carbs
- **Concentration** - healthy sleep helps us to function better during the day, driving more safely, working and studying more effectively, getting more out of the activities we enjoy
- **Good mood** - after a good night's sleep we usually feel happier, and more able to deal with the issues life throws at us

- **Social interaction** – feeling rested helps us to keep an eye on our actions, taking fewer risks, reacting appropriately to other people, enjoying others' company
- **Energy** – a good sleep pattern means we have the energy to get the most out of the time when we're awake

For children and young people, this means:

- Healthy growth
- Positive mood and sociability
- Better mental health
- Doing better at school
- Enjoying life
- Improved immunity and better recovery from illness
- Healthy weight

For parents and carers, it's also important to be aware of how lack of sleep can affect your own mental and physical wellbeing. Look out for changes in mood and concentration, or for raised levels of anxiety or depression!

During lockdown there was a fantastic increase and interest in cooking and baking.

We know kids love sugary things!!!. But too much sugar can lead to serious diseases like tooth decay, type 2 diabetes (which people are getting younger than ever before), and heart disease.

We've got an easy way to cut back on sugar, with lower sugar swaps on the things we eat every day.

That means kids get less sugar, but are still happy!

Here is a website to help you look at packed lunches to support your child's bounceback from Covid 19;

https://www.nhs.uk/change4life/recipes/healthier-lunchboxes

or dinners; https://www.nhs.uk/change4life/recipes

We say a huge well done to our families with children who have ASD or ADHD and have supported their children's needs during this pandemic. A very tricky time when things have been so unpredictable!!. Here are some possible websites to support you and your families further;

https://www.scottishautism.org/

http://www.autismtoolbox.co.uk/nait-national-autism-implementation-tea

https://www.midlothian.gov.uk/downloads/download/447/autism_strategy

DATES FOR THE DIARY:

END OF TERM – THURSDAY 1ST APRIL AT CLOSE OF SCHOOL
PUPILS RESUME – TUESDAY 20TH APRIL

BIKEABILITY – TBC

MAY DAY HOLIDAY – MONDAY 3RD MAY
VICTORIA DAY HOLIDAY (IN SERVICE FOR STAFF) – MONDAY 24TH MAY

PARENT COUNCIL AGM – WEDNESDAY 9TH JUNE

END OF SCHOOL YEAR – FRIDAY 25TH JUNE AT CLOSE OF SCHOOL

BEGINNING OF NEXT TERM –
(IN SERVICE FOR STAFF) – MONDAY 16TH AUGUST
PUPILS RESUME – WEDNESDAY 18TH AUGUST

Parental Employability Support

CLL
Communities & Lifelong Learning

Are you a PARENT who is unemployed or experiencing in-work poverty?

Are you looking for support to address barriers to employment and/or upskill while in work?

Are you a:	We can work on a one to one basis or in small groups to help you:
○ Lone parent ○ Disabled parent/parent with disabled children ○ Parent with 3+ children ○ Parent from an ethnic minority ○ Parent with youngest child under 1 years old ○ Parent aged under 25 years old ○ Accessing funded Early Learning and Childcare place ○ Accessing A Good Time To Be 2 **You could be eligible for help and support.**	- Identify and work towards an employment goal - Learn new skills to enhance your employment prospects - Gain new qualifications or enter into training courses - Gain more confidence - Understand how to maximise your income and your benefits - With job applications, developing a CV and preparing for an interview - Increase your income from employment - Support to search for volunteering or work experience opportunities - Help to access funding available

FOR MORE INFORMATION,
EMAIL CLL@MIDLOTHIAN.GOV.UK
CALL 01968664106
COMMUNITIES AND LIFELONG LEARNING

Midlothian