



#TeamCarstairs

NEWSLETTER

SEPTEMBER 2024

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Our school year is moving at pace, with September being nothing short of an all action month!

Our September newsletter brings a recap of some of the highlights, along with some updates and diary entries for families to be mindful of.

In this monthly update:

- Staff Development Work Update
- Woods Visits
- KidzFit Workshops
- Parent Partnership Meeting
- Sho-Time Workshops
- Sponsored 5K
- House Competition
- Carstairs Connect
- Participatory Budget
- Dates for your Diary

STAFF DEVELOPMENT – CONTINUOUS SCHOOL IMPROVEMENT

*This year, to further support pupil attendance and wellbeing, we are working in partnership with **Barnardos Education** to take forward their **Invisible Backpack** training. This is an initiative that helps school staff to reflect on **'weight' that children may carry into their school day**, so that we can best support this. The **first training session** of three that are planned, has been well received and has allowed staff to consider the items listed to the right. We hope that our reflections through the **Invisible Backpack** work can help us to continue to help improve our children's overall attendance and wellbeing.*

Brain
Development

Attachment and
Relationships

Impact of
Stress and
Trauma on the
Brain

Adverse
Childhood
Experiences



PARENT PARTNERSHIP SEPTEMBER AGM

Thanks to the tremendous efforts of our Parent Partnership throughout session 2023-23 and to your generosity at various events, our Parent Partnership were able to donate a whopping £3000 to our school fund this year. This donation will go a long way in helping us to provide special treats and curricular enhancements for our children. For example, *we could not afford to buy in special workshops or visiting specialists, without such extra funding for our school.* **THANK YOU.**

*Our school budgets are tight and all fundraising efforts help us SO much to secure extras for our children. **Your generosity helps us help our children learn and grow.***





RIGHTS RESPECTING SCHOOL AWARD 2024/25

As part of our meeting, we looked at the review of last year's school improvement work, as well as the work planned for session 2024-25.

We welcomed Mrs Hodge to the meeting to talk about our school's current quest to gain another **Rights Respecting School Award** this year. Thank you for your time and input Mrs Hodge and for taking a lead on this initiative for us once more.

We are proud of the work we have done around this theme over the years and of our existing school ethos – this award helps to recognise much of the work we have done over a long period of time.

You can find out more about what it means to be a Rights Respecting School by clicking the link here – [UNICEF Rights Respecting School Award](#)

LIME WALK WOODS VISITS

We are delighted to have our children from P1 to P7 once again fully immersed in the outdoors, through their weekly visits to **Lime Walk Woods**. Children across the school are learning more about **nature**, while developing **transferable skills and qualities including compromise, resilience and problem solving**, while enhancing their overall wellbeing during these visits.

Feedback from children so far has continued to be **overwhelmingly positive**. Thank you to our families for ensuring that our children come to school well prepared for these sessions.





KIDZFIT WORKSHOPS WITH CARL

We were absolutely delighted to welcome Carl from KidzFit back into our school this month, after a while away.

Carl supported children from P1 right through to P7 to have LOTS of fun while increasing their heart rates and learning lots about how best to look after their bodies.

*The sessions were **high energy** and **very informative**, with **children's engagement levels through the roof!** A HUGE well done to all children and a HUGE thank you to Carl for his excellent input.*

SAMPLE OF KIDZFIT LEARNING

BODY SCIENCE **Kidz Fit**
Muscles & Bones

PRINT THIS POSTER ON WWW.KIDZFIT.CO.UK

MILK GIVES YOU CALCIUM WHICH IS GOOD FOR BONES AND PROTEIN WHICH IS GOOD FOR MUSCLES

MUSCLES

- MUSCLES ENABLE YOU TO MOVE
- THERE ARE APPROXIMATELY 650 MUSCLES IN YOUR BODY
- THE LARGEST MUSCLE IN YOUR BODY IS YOUR GLUTEUS MAXIMUS
- MUSCLES ARE ATTACHED TO BONES WITH TENDONS
- YOUR HEART IS A MUSCLE

BONES

- THERE ARE 206 BONES IN YOUR BODY
- THE LARGEST BONE IS THE FEMUR BONE THE SMALLEST BONE IS THE STAPES BONE
- BONES ARE 50% WATER
- BONES ARE 4 TIMES HARDER THAN CONCRETE
- THERE ARE 54 BONES IN YOUR HAND

Both muscles & bones become stronger with exercise!

BODY SCIENCE **Kidz Fit**
Food Pyramid

PRINT THIS POSTER ON WWW.KIDZFIT.CO.UK

THE KEY TO EATING HEALTHY IS TO HAVE A BALANCED DIET

60% OF YOUR BODY IS MADE OF WATER! YOU NEED TO DRINK AT LEAST 8 GLASSES OF WATER A DAY TO KEEP HYDRATED. NOT ENOUGH WATER WILL CAUSE YOU TO BE DEHYDRATED!

YOUR BODY NEEDS OVER 40 DIFFERENT KINDS OF VITAMINS AND MINERALS EVERY DAY FOR GOOD HEALTH, SO EATING LOTS OF DIFFERENT FOODS HELPS YOU GET THEM ALL! KEEP YOUR FOOD FUN AND ENJOY YOUR FOOD!

CHECK OUT YOUR LUNCH BOX OR DINNER PLATE AND SEE HOW MANY DIFFERENT FOODS YOU CAN SPOT?

SWEETS AND FATTY FOODS
LITTLE NOT GOOD FOR YOU!

PROTEIN
2-3 PORTIONS HELP BUILD MUSCLES

FRUIT AND VEGETABLES
5-8 PORTIONS LOTS OF VITAMINS

CARBOHYDRATES
4-6 PORTIONS ENERGY FOR YOUR BODY

REMEMBER TO EAT BREAKFAST
BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY. CHILDREN WHO EAT BREAKFAST HAVE MORE ENERGY, DO BETTER IN SCHOOL AND EAT HEALTHIER THROUGHOUT THE DAY. WITHOUT BREAKFAST, PEOPLE CAN GET RESTLESS AND TIRED.

BODY SCIENCE **Kidz Fit**
Heart & Lungs

PRINT THIS POSTER ON WWW.KIDZFIT.CO.UK

YOUR HEART, LUNGS, VEINS, ARTERIES AND BLOOD MAKE UP YOUR CARDIO VASCULAR SYSTEM

WHEN YOUR HEART PUMPS IT CARRIES OXYGENATED BLOOD AROUND YOUR BODY THROUGH ARTERIES. BLOOD RETURNS TO THE HEART THROUGH VEINS BUT WITH NO OXYGEN IN IT SO IS SAID TO BE DEOXYGENATED.

HEART

LUNGS

ARTERY

VEIN

HEART

- YOU HAVE 2 LUNGS, YOUR LEFT LUNG IS SMALLER THAN YOUR RIGHT TO MAKE WAY FOR YOUR HEART
- YOUR LUNGS GET BIGGER WHEN YOU BREATHE IN AND SMALLER WHEN YOU BREATHE OUT
- YOU BREATHE MUCH FASTER AFTER EXERCISE AND SPORT
- YOUR LUNGS BREATHE IN OXYGEN WHICH YOUR BODY NEEDS TO FUNCTION AND BREATHE OUT CARBON DIOXIDE WHICH YOUR BODY DOESN'T NEED
- YOUR HEART IS A MUSCLE THAT LIES BETWEEN YOUR LUNGS AND IS PROTECTED BY YOUR RIBS
- IT IS ABOUT THE SIZE OF YOUR FIST
- YOUR HEART PUMPS THE BLOOD WITH OXYGEN FROM THE LUNGS ALL AROUND THE BODY
- WHEN THE HEART PUMPS IT BEATS AS AN AVERAGE OF 70 TIMES A MINUTE AND 100,000 TIMES A DAY
- YOUR HEART BEATS FASTER WHEN YOU EXERCISE BECAUSE YOUR MUSCLES NEED MORE OF THE BLOOD WITH OXYGEN TO WORK HARDER

Both your heart & lungs become stronger with exercise!

BODY SCIENCE **Kidz Fit**
Human Senses

PRINT THIS POSTER ON WWW.KIDZFIT.CO.UK

THERE ARE FIVE HUMAN SENSES.

SIGHT
A HUMAN EYE CAN SEE A MILLION DIFFERENT COLOURS.

SMELL
THE NOSE ALLOWS YOU TO MAKE SENSES OF WHAT'S GOING ON IN THE WORLD AROUND YOU.

TOUCH
ALLOWS YOUR BODY TO FEEL HOT, COLD AND PAIN OR FEEL THINGS THAT ARE SOFT, STICKY, SHARP.

TASTE
TASTE BUDS ON YOUR TONGUE ALLOW YOU TO TASTE DIFFERENT FLAVOURS. IT IS ALSO THE STRONGEST MUSCLE IN YOUR BODY.

SOUND
SOUNDS ENTER YOUR EAR AND YOUR HEAR ALLOWS YOU TO MAKE OUT WHAT THEY ARE.

THE FITTER AND HEALTHIER YOU ARE, THE BETTER YOUR SENSES WORK.

These boards were used to support discussion at different levels across the school.

For more KidzFit action shots and videos check out our Twitter (X) feed @CarstairsPS

SHO-TIME EXPRESSIVE ARTS WORKSHOPS

*What a joy it was to be able to welcome our long time supporter, Shona, back into our school on Friday 20 September. We first met Shona in 2015 when we first introduced French into our curriculum and she came to deliver French themed drama workshops. Last session, she delivered internet safety themed drama workshops and this month, she supported children from **P1 to P5** to get creative both with **drama and dance skills**, themed around the items listed to the right. The **children's focus, laughter** and **high levels of engagement** told a brilliant story about how well received Shona's input was. Thank you, Shona – we can't wait to have you back again soon!*



- **P1 and P2 – Space Adventure**
- **P3 – Lilo & Stitch**
- **P4 – Inside Out**
- **P5 – Jungle Adventure**

SHO-TIME ACTION SHOTS



See Twitter (X) @CarstairsPS for more action shots and video footage

SPONSORED 5K EVENT – FRIDAY 20 SEPTEMBER

WELL DONE

It is a significant understatement to say that we are proud of all children who participated and completed our first ever 5K sponsored run this month. **Every single one of them blew us away with their can do attitudes, positivity and determination to achieve success.**

The atmosphere throughout was just fantastic and ALL children were an absolute credit to our school. **Well-done does not go nearly far enough for the brilliance shown by all at this event!**

THANK YOU

Thank you VERY much indeed to our families for the exceptional support that this event has seen.

We could not possibly be more grateful to all who contributed to sponsorship of our children, or made donations, big or small, either via children's sponsor forms, or via the donations tub in our local Village Morrisons.

Thank you, thank you, thank you!

The support we have seen is simply outstanding.

TOTAL RAISED

We are **absolutely ASTOUNDED** to announce that the 5K has raised

£2439.20!





See Twitter (X) [@CarstairsPS](#) for more action shots from our big day

This news is so amazing, we are saying it twice! 😊

The 5K has raised the grand total of £2439.20! This means another £65 reduction in the Lockerbie price for P6 and P7 pupils.

*This means the current price stands at **£277** – and we keep aiming to reduce further.....amazing to think that this started at £442 per head! Go, Team Carstairs! 😊*

Please note - £164.20 of sponsorship will go to general school funds.

Next, we aim to reduce by another £85 each, with money from the Essentia Foundation through an October grant application.....keep fingers crossed!





COMMUNITY SUPPORT



We were very fortunate to receive strong support from the following local businesses to keep our P6 and P7 children well fuelled and hydrated for their 5K:

Carstairs Village Morrisons – Bottles of water

Tesco, Lanark – Bottles of water and fruit

Morrisons, Lanark – Fruit

Poundland, Lanark – Kinder chocolate

This saved us a small fortune and meant that all fundraising went directly to our cause! Thank you so much to all businesses for this brilliant support. It is so appreciated. Thanks also to all staff who collected this on our behalf.



HOUSE COMPETITION 1 OF 2024/25

Upon seeing the huge excitement and team spirit generated before the summer holidays during our annual house sports competitions, we decided a termly inter house competition was a must – eager to harness that energy year round! As a result, our inter house quiz was born – and went ahead for the first time ever on Thursday 26 September. Our whole school entered into the spirit of the event with gusto – and harness that energy and enthusiasm they did! **Well done to CASTLEDYKES who took the win with 1750 House Points this time around!** And well done to all for the great effort and team spirit shown throughout.

CARSTAIRS CONNECT – P1, P2 AND P3

THANK YOU TO ALL WHO CAME ALONG 😊



P1 SESSION

Our **P1 families** had the chance to work with their child guided by **Mrs Hardie** to support their learning about **phonics**. Give us feedback on the link below:

[P1 Carstairs Connect Feedback](#)

P2 SESSION

Our **P2 families** had the chance to work with their child, guided by **Mrs Whitehead** to support P2 to further improve their **simple sentence writing skills**.

[P2 Carstairs Connect Feedback](#)

P3 SESSION

Our **P3 families** had the chance to work with their child, guided by **Mrs Hodge** to support P3 to extend their writing skills through use of **more complex vocabulary (connectives and openers)**.

[P3 Carstairs Connect Feedback](#)



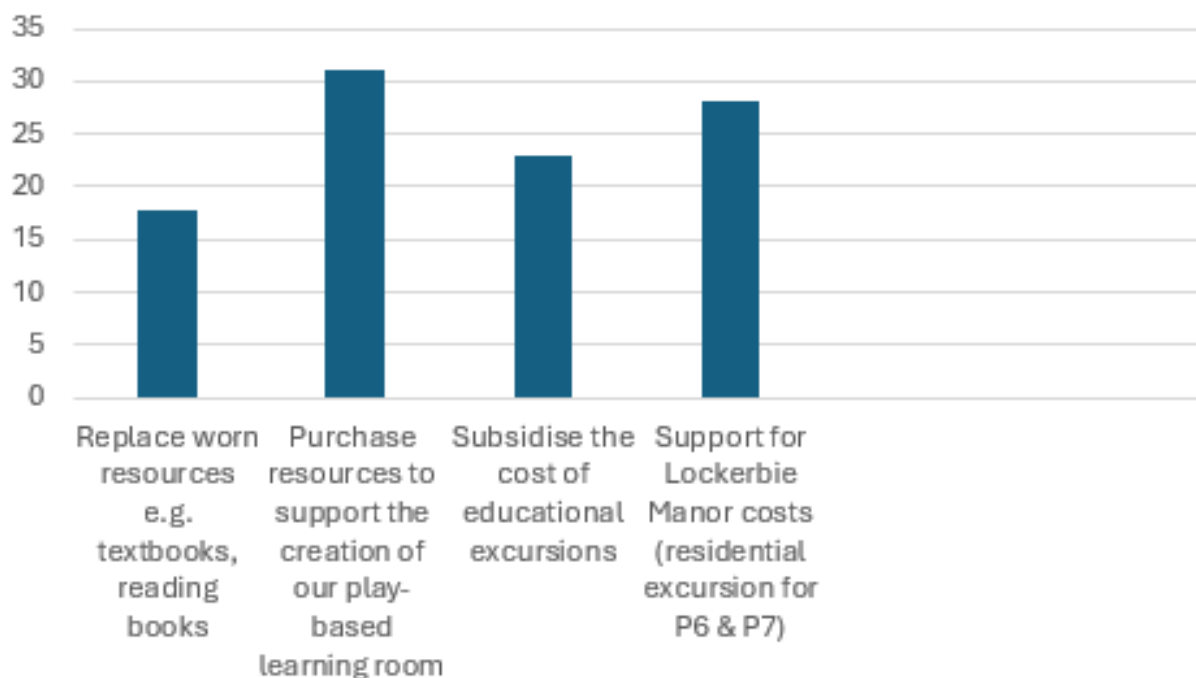
WE REALLY APPRECIATE FAMILY MEMBERS' SUPPORT AT OUR PARENTAL ENGAGEMENT SESSIONS BECAUSE WE BELIEVE WHOLEHEARTEDLY IN THE BENEFITS FOR OUR CHILDREN'S LEARNING THAT COME FROM OUR CLOSE PARTNERSHIPS WITH YOU. WE HAD A BRILLIANT TURN OUT FOR P1, P2 AND P3 - THANK YOU VERY MUCH TO ALL INVOLVED FOR YOUR TIME.

PARTICIPATORY BUDGETING 2024/25

In the month of September, we explained our financial position and asked for your votes, and for our children's votes, on how to spend 5% of our PUPIL EQUITY FUND Budget (a total of £1286.25). The results are shown overleaf.....



Carstairs Primary School
Participatory Budget 2024-25
% All Participants



This graph shows the results gleaned from all votes combined. As you can see, a closely run race! Thank you for your votes.

We will now move to spend this £1286.25 on new resources to support learning through play – and our own school PLAY STATION.

We will continue to seek grant funding to support school improvement – and ALL of the areas featured as options to vote for.

We will be sure to keep you updated.

DATES FOR YOUR DIARY (REMAINDER OF TERM 1)

Wednesday 02 October 3pm – Parents' Evening appointment booking goes live on Parents Portal – please book your slot

Friday 04 October – Interim Report Cards issued – please check bags (or keep eye on post, if no bag access)

Thursday 10 October – 3.30 – 7.30pm – Parents' Evening – 10 minute appointments in hall with class teacher/s and chance to see your child's work in class – be sure to book on Parents' Portal please

Friday 11 October – Non-Uniform Day – children may come to school dressed in own clothes (no football colours / paraphernalia permitted) – there is no charge for this

Friday 11 October – 3pm – school closes for October Break – we reopen

Monday 21 October



TEAM WORK MAKES THE DREAM WORK

An acknowledgement for our staff team before closing our September newsletter.....

All of our staff team – teaching staff, support staff and facilities staff - continue to work so hard to make sure that our children get the absolute most out of Term 1's learning potential – ensuring that our children can **BE SAFE, BE HAPPY and BE ALL THEY CAN BE.**

Thank you to one and all and keep up the great work in October – and well beyond! 😊