

Orphir Community School Newsletter

Thursday 10 Mindful March 2022

CERTIFICATES

Confident Individual (CI), Effective Contributor (EC),
Responsible Citizen (RC) or Successful Learner (SL)

Jessica Finn	EC	Tremendous organisational skills and positive attitude
Sophie Shearer	SL	Fantastic effort and progress in Writing

Head Teacher's Headline

Isn't it lovely to see signs of Spring? Lighter mornings and evenings combined with the crisp fresh air certainly puts a spring in your step (excuse the pun!).

I want to thank you all again for your vigilance with COVID symptoms and testing. We have seen relatively low numbers of cases in school (at one time) throughout the duration of this and thankfully have been able to work without too many disruptions with regards to school logistics and staffing.

I am incredibly proud of the resilience shown by the entire school community and ability for everyone to come together and go that extra mile in times of need.

There are some photos throughout the newsletter to prove that we had the odd good weather day! Bruck Store items were out and fun was had!

Red Nose Day

To recognise Red Nose Day & raise money for Comic Relief on **Friday 18th March** we are inviting members of our school community to come to school with crazy hair or dress up in crazy clothes. Our definition of crazy is ***extremely enthusiastic, colourful, over the top and making no sense!***

Donations can be made using our just giving link below.

<https://www.justgiving.com/fundraising/orphir-community-school1>

Parent Appointments

We plan to hold our Term 3 parent appointments on the following dates:

- Wednesday 30th March
- Thursday 31st March

We are hopeful that we will be able to hold these in person this time - fingers crossed! Details will come out with the newsletter.



Snacks

Please remember to send your child to school with a small (and healthy) snack for playtime if you know they are going to be hungry before lunchtime.

It should be nothing that requires cutlery and be relatively easy for them to eat and handle as they run around and play.

We don't have spare snacks readily available to hand out to the children should their tummies start to rumble so please be mindful of this and send them with a light snack should this be something you know they will need.

Vision, Value & Aims

Please find attached to this newsletter a task that I would like as many of you to complete as possible (together as a family) in another attempt to refresh our school's vision, values & aims. Mindful March seems the ideal time to 'Connect' with this and to help our school evolve in line with what matters to us all now.

School Clothing Grant

With the ever-increasing rising cost of living, I would strongly encourage as many of you as possible that are eligible to apply for the school clothing grant. In a world where very little comes at a free cost I encourage the uptake of these schemes as every little does help.

I appreciate it is quite a way through the year but you can apply any time and have to apply each year to renew.

The uptake of the grant (if you are eligible) goes some way to help the level of funding we receive in school so not only will it help keep pennies in your purse, but it will have a positive impact on our funding here in school and will allow us to buy resources and subscriptions to further enhance teaching and learning.

<https://www.orkney.gov.uk/Service-Directory/S/School-Meals-and-Clothing-Allowances.htm>



Mindful March - School

The children have been introduced to the 5 ways to Wellbeing in assembly and we will constantly be promoting these and reinforcing the benefits this has on our own wellbeing during Mindful March. The staff have worked hard and have planned a range of activities that span across all 5 Ways to Wellbeing in a bid to raise an awareness of the importance of self-care and care for others.

Primary 1-3 will be introduced to some character strengths, take part in an inclusive sport called Boccia, take part in nature walks looking for signs of Spring and will look for opportunities to give compliments and do acts of kindness to others.

Primary 4-7 will create mindful hands, take part in active circuits and focus on character strengths and 1:1 connection during the daily mile.

Our Flotta class will engage with a breakfast blether club, focus on Growth Mindsets and take part in daily cognitive diffusion exercises.

Our whole school will engage with Comic Relief and connections will be made to how this is a perfect example of 'Give' in a real-life context. This gives you just a small snapshot of what will be happening and how the month will evolve.

Please look at the following links to learn more about the 5 ways to Wellbeing and Character Strengths which we have all been introduced to.

<https://www.youtube.com/watch?v=JLUOILRbaza> (Character Strengths explained)

https://www.youtube.com/watch?v=_gJ5V525SCK (5 Ways to Wellbeing explained)

<https://www.youtube.com/watch?v=yF7Ou43Vj6c> (5 Ways to Wellbeing explained)



Finally from me...

I hope you have enjoyed seeing the photos of the bairns having fun outside on the good day! Fingers crossed more to come.....

Kind regards,

Grant Thomson

Grant Thomson

Linked Head Teacher

Orphir, Flotta & Stenness Community Schools

Print me out and put me on the fridge!



Date	Event	Notes
Monday 14 th March	Drum Fun Workshop (Orphir)	For P1-3 & P4-7
Friday 18 th March	Red Nose Day	Info to follow
Wednesday 30 th March	Parental Appointments	Info to follow
Thursday 31 st March	Parental Appointments	Info to follow
Friday 1 st April	Last day of Term 3	

School Term Dates 2021-2022. All dates are inclusive.	
Term 3	Wednesday 05 January to Friday 01 April
Schools closed	Friday 11 February to Tuesday 15 February
Spring holidays	Monday 04 April to Monday 18 April (Easter Monday 18 April)
Term 4	Tuesday 19 April to Thursday 30 June
Schools closed	Monday 02 June & Friday 03 June
Schools closed	Monday 06 June

Term 3 Timetable My timetable for Term 3 will be as follows:

	AM	PM
Monday	Orphir	Stenness
Tuesday	Stenness	Orphir
Wednesday	Stenness	Stenness
Thursday	Stenness	Orphir
Friday	Orphir	Orphir

Mindful March - Home

Here are the 24 Character Strengths. Do they ring any bells with you or anyone that you know?



We would very much like to involve you as a family and here is what we would like you to do (no pressure of course). Take a photo or a selfie of anything you have done as a family that fits into any of the 5 Ways to Wellbeing categories below and send it to

admin.orphir@glow.orkneyschools.org.uk

Tell us what you have been doing, what category of wellbeing it fits into and if you enjoyed it. You might donate clothes to a charity shop (Give), learn to follow a recipe as a family (Keep Learning), pick up litter from the beach (Give), go a peaceful walk (Take Notice) or a cycle (Be Active).

Be creative and share with us what you have done as a family unit. I have been making a conscious effort to get out on my paddle board more to 'Be Active' and I most certainly feel the benefits - even though the water isn't the warmest! Give it a go and let us know how you get on.

