

Orphir Community School

Thursday 24 April 2025

Certificated Congratulations!

| | |
|--------|--|
| Jacob | Helping others with writing in Plan, Do, Review and all round kindness |
| Freyja | Always willing to help, work and play with others, taking on board their views |
| Ernest | Inviting me (Claire) to join the P1-3 class on their Daily Mile. |

Do feel free to come and have a look at our different boards in the school with your children after school: Congratulations, Wider Achievements, Wellbeing Wall.

Intergenerational Event

Great feedback was received from our guests at intergenerational event! Suggested themes for next time include flower arranging, spring - watch this space for our next event.



Netball

Netball will restart this Thursday (24/04) for P6 & 7 only.

Next Thursday will be P4-7.

Swimming – P4-7

Swimming starts for P4-7 only for the following dates:



25 April

9 May

16 May

23 May

30 May

6 June

13 June

20 June

All pupils are expected to have swimming costume/trunks (well fitting - too big or peedie does not do in a swimming pool 😊) and goggles when going swimming which is part of the school curriculum.

Fluoride Varnish Application

Tuesday 29 April - this will be for Nursery to P7 children in the morning.

Library Van

Tuesday 29 April - this will be for Nursery to P7 children. Please put any books for returning in that morning.

Free Family Play Sessions and Parent Workshops for Nursery and P1 Parents at the School in the Hall (Information on the workshop below)

Invites are home with the nursery and P1 children today (Thursday) - please complete and return if you can.

Friday 2 May

All nursery children AND parents

10:00-11:00- Session 1 (Nursery)

All Primary 1 Children AND Parents

11:30-12:30- Session 2 (Primary 1)

P7 Hoy Residential Trip

6-9 May for P7 pupils only

Dates for this term:

Orphir Parent Forum

Wednesday 21 May, 6.00pm in the school

More details to follow.

Primary School Athletics

We look forward to sending off Jamie, Jack, Sophie, Helga, Fraser and Vaila to represent Orphir Community School at the Primary School Athletics. This will be on Thursday 29 May at the Pickaquoy Centre. Information will come out soon to our athletes once we get the travel finalised.

Sports Day

Tuesday 3 June, 1.00pm at the school
Outside hopefully!

Library Van

Tuesday 24 June - this will be for Nursery to P7 children. Please put any books for returning in that morning.

Leavers' Disco

Thursday 26 June, 6.00-7.30pm - this will be for Nursery to P7 children. Nursery parents need to stay with their children but P1-7 children can be dropped off. We are looking at a slightly different format for this so keep an eye for helpers requests please.

Leavers' Service

Wednesday 2 July, 2.00pm at the school. This is our last whole school community event booked in (so far!) for the school year. Even though the majority of our children are not leaving, it is a fully interactive service for the whole school and the children often look for a parent there. It would be great to have a family representative there, if you can, please.

School Holidays

The last day of term is Friday 4 July. Do remember to tell the school if your child isn't in school for days leading up to the school holidays or afterwards.

School term dates - 2024 / 2025 (all dates are inclusive)

| | |
|----------------|---|
| Term 4 | Tuesday 22 April – Friday 4 July. (52 days) |
| Schools closed | Monday 5 May (May Day holiday). |
| Schools closed | Monday 2 June. |

Education, Leisure and Housing

School term dates - 2025 / 2026 (all dates are inclusive)

| | |
|--------------------|---|
| Term 1 2025 | Tuesday 19 August – Friday 10 October. (39 days) |
| October holidays | Monday 13 October – Tuesday 28 October. |
| Term 2 | Wednesday 29 October – Friday 19 December. (38 days) |
| Christmas holidays | Monday 22 December – Friday 2 January. |
| Term 3 2026 | Monday 5 January – Friday 3 April. (61 days) |
| Schools closed | Thursday 12 February – Tuesday 17 February. |
| Spring holidays | Monday 6 April – Friday 17 April. (Easter Monday 6 April). |
| Term 4 | Monday 20 April – Thursday 2 July. (52 days) |
| Schools closed | Monday 4 May (May Day holiday). |
| Schools closed | Monday 1 June. |

Staff Only, In-service days are:

- Monday 18 August.
- Monday 27 – Tuesday 28 October.
- Tuesday 17 February.
- Monday 1 June.

External Information:

For Nursery Parents ONLY:

Parents' and carers' views and use of Early Learning and Childcare

Parents' and carers' are being invited to take part in an online survey about their views and use of early learning and childcare (ELC) in Scotland, such as nurseries, family centres and childminders. The survey is open to all parents and carers who have children aged 0-6 who have not yet started school.

The research is being carried out by ScotCen, on behalf of the Scottish Government.

The survey should take around 15-20 minutes to complete and is open till the end of May.

For more information about the study, please visit the study webpage:

www.natcen.ac.uk/ELCparents

If you would like to take part, please go to: <https://survey.natcen.ac.uk/ELCparents>

If you have any questions, you can contact the study team by email at ELCparents@scotcen.org.uk or by freephone on 0800 652 0201.

Message from NHS Orkney for all parents:

Job Opportunity

We have a post currently advertised for an 18.2hr admin assistant to join our team. The hours for this post could possibly suit a parent looking for school-based hours to coincide with childcare arrangements.

[NHS Scotland | Jobs | Search here for your perfect career - Job Information | Apply for Administration Assistant](#)

The closing date is Sunday 4th May.

Thank you.

Kind regards,
Karen

Karen Spence (she/her) | **Public Health Administration Manager**
Board Lead Officer for the Child Health System | NHSO Digital
Champion

Public Health

Branch Secretary | UNISON Orkney Health Branch

The Balfour | Foreland Road | Kirkwall | KW15 1NZ

Email: karen.spence2@nhs.scot

 01856 888034

Information from the Henry Team

Healthy Families: Growing Up



Join our
parent
group

Healthy, thriving children and families



HENRY's free **Healthy Families: Growing Up** programme is for parents and carers of primary-school age children – it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across **8 sessions** and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get
in touch
to sign up
now!

"This was the best thing I could possibly have done to help me be a better mum"



Programme details

Healthy Families: Growing Up 8-week Programme
When - Every Wed for 8 weeks starting Wed 30th April 2025, 7-9pm
Where - The Hub, SDS Building, Kirkwall

Contact Us

Email: ork.henry@nhs.scot

Tel: 01856 888084





Our local HENRY facilitators provide a wide range of support for families from pregnancy to age 12 including free workshops, programmes and resources. Below is what we have planned for April – June 2025. To book a place or find out more contact us on ork.henry@nhs.scot , call 888084 or scan the QR code below.



Healthy Families Growing Up – 8-week programme 5 -12 yrs

When: 30/04/25 - 18/06/25

Time: 19:00 – 21:00

Where: The Hub, SDS Building, Kirkwall



Starting Solids Workshop 4-8 months

When: 20/05/2025 in person,
21/05/2025 online

Time: 12:00 – 13:30 in person,
11:00 – 12:30 online

Where: Online or in-person



Understanding Children's Behaviour Workshop 0-12 yrs

When: 03/06/2025

Time: 10:00 – 11:30

Where: The Hub, SDS Building, Kirkwall



Let's Get Active Workshop 0-5yrs

When: 17/06/2025

Time: 10:00 – 11:30

Where: The Hub, SDS Building,
Kirkwall

SCAN QR CODE FOR MORE INFO





Healthy, thriving children and families

Everyone wants the best for their children, but it can be hard to know what to do as a parent as they grow up. That's where HENRY comes in.

The *Healthy Families: Growing Up* programme is free to join and helps your family develop a healthier lifestyle that works for you.



"This programme changed my life."

www.henry.org.uk

About the programme

The programme is for parents or carers who would like support and ideas to develop a healthier family lifestyle which parents and children can both enjoy. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent.



HENRY's *Healthy Families: Growing Up* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips HENRY programmes provide.

Research shows that the key ingredients for a healthy family lifestyle are:

- Parenting confidence
- Physical activity for the whole family
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes and provides everything you need to help your children thrive.

Sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

Session 1 - Exploring what changes you want to make. Thinking about a healthy family and what we can do as parents to help

Session 2 - How to juggle life with growing children so you all get what you need. Thinking about healthier meals and snacks

Session 3 - What we can do as parents to help children grow up feeling good about themselves. Looking at portions and portion sizes

Session 4 - Responding to children's needs without giving in to all their demands. Enjoying getting active as a family

Session 5 - Food groups, labels, portion sizes for the whole family, and healthy food swaps

Session 6 - Positive mealtime tips for a happy family and reducing mealtime stress for everyone

Session 7 - Negotiating agreements as a family, including around food, screen time and sleep

Session 8 - Supporting your children as they grow older. Exploring body image and peer pressure. Planning your family's future



"I highly recommend it. It was brilliant."

Is the HENRY programme for me?

The HENRY programme can help everyone with a primary-school aged child. Every parent who joins learns something new and useful.



If you have at least one child of primary school age and can answer yes to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like support and ideas for helping your family be healthier?
- Do you wish your child would eat a wider range of foods or more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like your children or family to be more active more often?
- Are you interested in some ideas to get children away from screens?

What do other parents say about it?

- 97% of parents would recommend it
- 89% feel more confident as a parent

"I'm so glad I did this programme. Do it!"

"This was the best thing I could possibly have done to help me be a better mum"



"This was so much more and so much better than I expected. I would encourage every parent to do it."

What is HENRY?

HENRY is a UK charity working to give children a healthy, happy childhood so they thrive now and in the future. There are loads of useful ideas and resources for parents on the HENRY website.

How can I join a programme?

HENRY programmes are running locally. Talk to your health practitioner or local Family Support Service to find out more, help you decide if you would enjoy it, and help book you a place.


HENRY is being delivered locally by NHS Orkney and Home Start. For more information please contact us at:-

ork.henry@nhs.scot

01856 888 084

For more information about HENRY go to:

 www.henry.org.uk

 @HENRYHealthy

 facebook.com/HENRY.HealthyFamilies



Charity number 1132581 | Company number 6952404