



# Bridgend News

October 2021

OCTOBER

Dear Parents/Carers

Things have been pretty busy in school and I can't believe we are at the mid-term break already!

We continue with the normal hygiene procedures and once again, a gentle reminder please, face masks must be worn when coming into the school building and grounds. Please also ensure social distancing, where possible. To support with this, Primary 1/2 parents can now come into the school playground at the end of the day to collect their child from the middle entrance. Please keep the main pathway clear as the upper school will be walking across this area to the front of the main building.

We have spent the end of August and the whole of September focusing on our school value 'RESPECT'. There have been lots of celebrations and certificates awarded to children who have demonstrated this in their daily actions and we will continue to celebrate this. October will focus on 'friendship'. This is something that again, you can reinforce with your child at home when they are out and about in the local community. It would be great if you could share some success stories with us too.

I hope you have a lovely mid-term break and we look forward to seeing everyone back on 19 October.

Kind regards

Jackie Aitken  
Head Teacher

## World Mental Health Day



10<sup>th</sup> October is World Mental Health Day.

There are lots of valuable activities that you can do to support positive wellbeing for yourself and the family. Ideas and resources can be found at <https://www.mentalhealth.org.uk/your-mental-health/looking-after-your-mental-health>.

## Annual Data Check

Please ensure that all details are kept up-to-date via [parentsportal.scot](https://parentsportal.scot).

## Dyslexia Awareness



This is Dyslexia Awareness Month and Dyslexia Awareness Week is from 5-11 October. Dyslexia is a very common difficulty that some people face when reading texts or words. Everyone with dyslexia is different – for some it may interrupt the flow of reading, or words and letters may appear blurred. It can also affect spelling, put letters in different ways and may impact on organisation skills. Further information can be found at: <https://www.twinkl.co.uk/event/dyslexia-awareness-week-2021> and <https://www.bdadyslexia.org.uk/support-us/awareness-events/dyslexia-awareness-week/dyslexia-week-2021>

## Bikes/scooters



P5/6/7 have now successfully completed

bikeability sessions and it is great to see many of the children wearing their helmets and putting their new skills into practice. Please encourage your child to park their scooter/bike safely, keeping access areas free.

## Challenge Poverty Week



Challenge Poverty Week highlights to everyone solutions to get behind solving poverty. It also reduces stigma to living on a low income. Further information can be found at:

<https://www.challengepoverty.net/>

## Financial Support



We received some information through the West Lothian Foodbank of a financial support service available to everyone. If you would like advice or support financially, it may be worth giving them a call – this is a completely confidential contact. The telephone number is 0800 328 0006. Further details can be found at [capuk.org](https://capuk.org).

West Lothian Council's Advice Shop are also there to help. Families can speak to an adviser who can check benefit entitlement, provide help with claims, assist with budgeting support, energy and debt advice. To speak to an adviser, call 01506 283000 or email

[advice.shop@westlothian.gov.uk](mailto:advice.shop@westlothian.gov.uk),  
[www.westlothian.gov.uk/advice-shop](https://www.westlothian.gov.uk/advice-shop)

## Nursery



Our Nursery are refreshing their vision, values and aims. In this regard please look out for a 'Form' survey which we would be grateful if you would take the time to complete and return in order that your viewpoint is heard.

Within the nursery environment, woodwork is becoming a popular activity with the children. The children are also enjoying exploring different concepts of numeracy.

'Play at Home' bags have also been prepared and are now up and running. We would love to see some photographs or feedback of you and your child using these, through the Learning Journals. If you require support with this, please speak to a member of the team.

Our Facebook page will continue to communicate additional information on general matters.

## The Squid Game



The children have started to engage in some games in the playground, based on a popular programme that is being aired on Netflix. This programme is rated '15' and the content is brutal, dark and violent. This is unsuitable for primary aged children and we urge you to be vigilant in monitoring your child's viewing.

## Bridgend Blether



Bridgend Blether information has been shared this week. Whilst it's not the same as being in the school, at least it provides you with an opportunity to be involved in your

child's learning, from the comfort of your own home.

## Wellbeing Indicators



You may remember that last month we highlighted the 8 wellbeing indicators, Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included and provided information on what it means to be 'safe'. This month's indicator that we would like to share information on is being 'Healthy.'

The aim is to ensure that every child has the highest attainable standards of physical and mental health, access to suitable healthcare and support in learning to make healthy, safe choices.

- Information on healthy eating
- Practising good dental hygiene
- Involved in a range of physical activities
- Ensuring good hygiene
- The benefits of being outdoors
- Knowing and understanding our body

We will continue to promote positive health and wellbeing and develop positive relationships. These are an integral part of our school values.

## Community News



LYPP: Here at LYPP we have relauunched a new and exciting programme for young people of all ages at Bridgend to take part in, both in the school and in the community. We have restarted our 1:1 mentoring and lunchtime games club for P6/7s. We have also started our Lego Club. Within the community, our Wednesday

evening football project (including crafts, games and baking) have also got off to a fantastic start with many young people showing their more caring, kind and respectful side. At LYPP, our aim is to bring 'hope to young people' and we hope to do this by building strong, fun relationships with those who want to get involved. If you want to find out more about us or our activities, then please get in touch, either via facebook 'LYPP Linlithgow' or by emailing [graeme@lypp.org.uk](mailto:graeme@lypp.org.uk).

## Foodbank



The West Lothian Foodbank continue to receive donations. This year, staff are making a donation, which will be collected after the October break.

## Breakfast Club

As the weather deteriorates, and your child is not attending breakfast club to eat breakfast, please ensure they do not come to school before 8:35 am, when supervision is in the playground.

## Car park

It is West Lothian Council's policy that no child should be picked up or set down in school car parks. If you are collecting your child, please ensure you park away from the school gates and bus turning circle as buses are finding it difficult to access the bus stop.

**DIARY DATES****October**

- 8 Mid-Term break
- 18 In-Service for staff
- 19 School pupils resume

