



# Bridgend News

February 2022



Dear Parents/Carers

Finally, things feel like we are beginning to resume some of our normal routines and core business. We can start to have small groups of parents/carers into school and we were able to do this recently to discuss our small group setting. We are working closely with Inclusion and Support Services to review and adapt our learning environment to meet individual needs. This is a valuable opportunity for staff to have additional training and support from a knowledgeable team who work across all West Lothian schools. Our previous small group setting was to support pupils with a calm learning environment, however, we are now looking to support pupils with self-regulation and how to access identified strategies, when feeling distressed or anxious.

With regard to restrictions, please continue to support us by ensuring that national guidelines are still followed. Entry to the school building should be by appointment only, adults need to adhere to the 2m social distancing and wear a mandatory face covering in and around the school grounds.

We have had Gemma Black, our Family Support Worker start with us this week and you may see her around the local community. She is getting to know our children and I'm sure they will be telling you all about her. We hope to have an organised meeting/consultation very soon where parents/carers can meet Gemma and discuss

what support families would like from her.

I would also like to take this opportunity to advise that we now have new tracksuits for all pupils (although we are still waiting on a small supply of trousers). We have been assured that these will be with us in the next few days, and are hopeful that the tracksuits will be given out next week.

Kind regards

Jackie Aitken  
Head Teacher

## Free Bus Travel/Meals



As mentioned in our January newsletter, all children and young people aged between 5-21 years are entitled to free bus travel across Scotland. The quickest way to apply for children from 5-10 years is through the Parent Portal. Cards can also be applied for at: <https://getyournec.scot/nec/> You can also contact the school to organise an application form. Given the location of Bridgend, I would strongly urge parents to actively take up this opportunity to allow free public transport for your child/ren.

## Financial Support



A reminder of how to seek additional support or advice confidentially by telephoning 0800 328 0006. Further details can be found at [capuk.org](http://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](http://www.westlothian.gov.uk/advice-shop)

## Safer Internet Day



This year's Safer Internet Day takes place on 8 February.

We continue to promote safe use of social media and accessing resources online with all our pupils. Many of our pupils bring in issues that have occurred when they are home accessing online resources. Please ensure you continue to monitor what your child/ren are watching and have the appropriate parental controls in place. Pupils are talking about things they have watched that are not age or stage appropriate. I cannot reinforce the importance of screening what your child accesses. Further information can be found at:

<https://www.parentclub.scot/topics/online-safety>

<https://staysafeonline.org/stay-safe-online/securing-key-accounts-devices/parental-controls/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

## Wellbeing Indicators



We continue to raise awareness of the 8 wellbeing indicators, Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included. We have provided information on Safe, Healthy and Active. This month's indicator that we would like to share information on is 'Nurtured'.

This ensures children have a nurturing and stimulating environment to live and grow. Children need to understand and know what it feels to be nurtured, where they are safe, cared for and given opportunities to learn, develop and grow. They need to have a sense of belonging and are part of a caring network of family, friends and places.

We promote our school community, with a sense of belonging and to support with this, we encourage wearing our school uniform. All our children are unique, with a wide range of needs and we actively strive to meet these by constantly reviewing and refreshing our curriculum and strategies to support individuals.

## Health/Medical



Please continue to adhere to national guidelines of self-isolating and monitoring your child's health. Symptoms include new continuous cough, high temperature or a loss of, change in normal sense of taste or smell.

Please also remember to check your child's head for head lice on a regular basis.

Another signpost to Scottish Government's digital resource which support families with a wide range of tips and advice, including staying calm and dealing with

challenging/difficult behaviour.: [www.parentclub.scot/topics/corona-virus/coping-with-parenting](http://www.parentclub.scot/topics/corona-virus/coping-with-parenting)

## Understanding Autism



We continue to raise awareness and aim to develop an understanding of Autism. We intend to use support from Inclusion and Support Services to work with parents/carers further on this. They have already been working with some parents on recognizing sensory needs.

## Early Years



We have recently refreshed our vision, values and aims for our early years setting. Thank you for your contribution to this. Further information will be shared shortly.

Please also ensure your child has a regular change of clothing with them when they come to nursery. These items should also be clearly labelled with their name.

## Learning Overview



January saw learning about 'Scotland' and the celebration of Robert Burns Day. During assemblies, many of our children learned some Scottish poems and Primary 3/4/5 learned a Scottish song that they performed. There was even an opportunity to taste our national fayre of haggis, neeps and tatties and of course irn bru and shortbread.

We are proud to share two of our P7 pieces of poetry with you and they are attached to this newsletter.

## Coding



We are extremely proud and delighted to share that one of our P4 pupils won a National competition for her coding skills. She won a device that helps her to draw ... Thank you to Mrs Lauder for developing skills in this area through her after school club.

## Community News



"LYPP is now back up and running fully with our Wednesday evening events in the community centre and new Youthspace proving as popular as ever. It's great to see so many younger ones attending for the first time and we would encourage those in the later years of Primary School to be responsible and set good examples for the little ones to make the space welcoming and calm. In the coming weeks, we are able to restart our after school Lego Club where every young person will get the chance to have fun building Lego kits before taking their masterpieces home. Our Adventure Club is also about to restart, giving the young people a chance to build forts, explore castles and woods, have Nerf wars and enjoy marshmallows on a campfire. If you are interested in either of these clubs, please speak to the school so that you can be added to the list. Graeme."

## DIARY DATES



### February

- 14 & 15 February Mid-Term Break
- 16 All resume
- 21 Fairtrade Fortnight

### March

- 10 Parent Consultations

14 British Science Week

21 Careers Week

### April

1 End of term

19 All resume

22 School photographer in  
school

