

## Ramsay Campus

### October 2020 Newsletter

As the weather begins to change please ensure your child comes to school with a coat and suitable shoes. We are sitting in one class all day and we are trying to get outside in the fresh air as much as possible!

I am sending you this as a campus newsletter as all the information is the same across campus. As things change and more arrangements are put in place for each school I will then send out separate newsletters.

#### COVID GUIDELINES

Please, please remember that only **1 adult per family** is allowed in the playground and all adults must follow **social distancing guidelines**. These rules are set by Midlothian council and we must try to follow them in order to keep our pupils and staff safe.

It is very strange I think we all initially felt that we would be on our way back to 'normal' by October - unfortunately it seems to be the opposite.

A parent group will be issuing some more guidance later this week. Please look out for this!

#### HOLIDAY

Please note that our final day before our October holiday week is Friday 16<sup>th</sup> October and we will finish at normal time (12.25pm). All pupils across campus should return on Tuesday 27<sup>th</sup> October.

#### AIR QUALITY

If you are parked and waiting in your car, please turn off the engine as this emits fumes at perfect child height! Turning your engine off will also save on fuel.

#### Zones of Regulation

This is a resource that looks at feelings and how we can change how we feel. It is used in nursery and we are now rolling this out across campus. There are 4 zones

BLUE ZONE - sad, sick, tired, bored

GREEN ZONE - happy, calm, feeling ok. Focused, ready to learn

YELLOW ZONE - frustrated, worried, excited, loss of some control

RED ZONE - mad, angry, terrified, elated, out of control

We would like to spend all our time in the green zone, but we are humans and this would not be normal! We will be teaching the children that it is ok (and completely normal) to be in any zone, but it is the choices you make that are important. We will also talk to the children about developing strategies that they can use to help them move zones. For example if I am in the blue zone and feeling sad then a quiet time might help me, or a run around the playground, or a hug from my family etc.

We felt that this may be something of interest to families as staff will also be modelling and discussing what strategies help us to cheer up, calm down etc.

### Safe Route

Please take care when using the safe route. This should be treated as a normal pavement so please keep to the left and we advise that face masks are worn due to the volume of people at peak times.

### Parent Council

The St Margaret's Parent Council AGM was held on Tuesday 8<sup>th</sup> September and minutes have been distributed to all St Margaret's parents.

Loanhead Parent Council AGM was held on Wednesday 16<sup>th</sup> September. Minutes are available on the parent council page of LPS website.

### **Dates for your diary**

Monday 19<sup>th</sup> October - Friday 23<sup>rd</sup> October - HOLIDAY

Monday 26<sup>th</sup> October - Inservice Day - staff only attend

Tuesday 22<sup>nd</sup> December - Term 1 ends 3.15pm

Wednesday 6<sup>th</sup> January - all return 8.50am

Monday 8<sup>th</sup> February - Friday 12<sup>th</sup> February - HOLIDAY

Monday 15<sup>th</sup> February- Inservice Day - staff only attend

Thursday 1<sup>st</sup> April - Term 2 ends 3.15pm

Tuesday 20<sup>th</sup> April - all return 8.50am

Monday 3<sup>rd</sup> May - HOLIDAY

Monday 24<sup>th</sup> May - Inservice Day - staff only attend

Friday 25<sup>th</sup> June - Term 3 ends 12.25pm