



# Uryside School News

*The life of the school*

**Week Ending: Friday 29<sup>th</sup> January 2020**

**Following Robert Burn's birthday this week, it was great to see so many pupils having a go at learning Scottish or Doric poems. Some of the words and phrases are tricky even for the adults (depending upon your local dialect!) Foos yer doos?**

### **Occasional day holidays confirmed**

Monday 15<sup>th</sup> February has been confirmed as a local holiday. There will be no in school provision for key worker or vulnerable families from Monday 15<sup>th</sup> – Wednesday 17<sup>th</sup> February.

### **Tech Free Thursdays**

From lunch time on Thursdays we will go Tech Free as a whole school. This will be for all pupils and staff – and we would love it if some parents were able to join in too! Please go outside, engage in a hobby, read a book, bake a cake, do some sport that you enjoy, play a board game, do some arts and crafts, build a den, put on a play.....the list is endless and we fully encourage you to use your imaginations to come up with lots of other ideas. We would love to see pictures of what you all do. The only rules are no devices and no screens!

### **The Grampian Psychological Resilience Hub**

The Grampian Psychological Resilience Hub was established in response to Covid-19 as a means of being able to offer psychological support and psychological first aid to children and young people across Grampian.

Referral information will be used to ensure you are offered psychological support at an appropriate level and you will be contacted as soon as possible with the aim of no later than a three-week period from referral. You and your child / young person can then have telephone contact or use "Near me" to have up to three contacts offering psychological support / psychological first aid with consideration of best way forward thereafter.

The service is available Monday to Saturday and evening contacts are possible. This is a time of challenge and heightened emotions and we wish to make you aware that the service is available and in a position to offer support.

You can also find more information here: <https://www.nhsgrampian.org/covid-19/covid-19-public-information/subpages/mental-health-support/what-is-the-grampian-psychological-resilience-hub/>

## **Children's Mental Health Week 1<sup>st</sup> – 5<sup>th</sup> February**

We wanted to share with you the newest set of resources that we have been working alongside our partners in SCARF to create.

Our new **Share Your Scarf** resources, safe for children to do at home – or at school – during **Children's Mental Health Week** are now online. These resources contain daily activities to promote children's health and wellbeing and additional **materials to support parents and carers**. The Share Your Scarf resources are part of **SCARF at Home**.



As part of the ALEC provision, all Aberdeenshire schools have immediate access to these. The special Share your Scarf set will be on our website for the whole of February. You'll find all these resources on the **SCARF at Home** tab of the **My SCARF** menu – or just click on the link.

We hope that these resources, alongside **Harold's Daily Diary**, are useful to you.

We've had to postpone our **Wear Your Scarf to School Day**, originally planned for February 5th, because of lockdown, but we'll let you know when it's back in the calendar!

### **Big Garden Bird Watch**

This weekend is the Big Garden Bird Watch. See how many different species of birds you can spot and let us know. You can even send us some photographs. For more information please visit:

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>

### **Dynamic Earth Online**

But never fear, [Dynamic Earth Online](#) is here!

We are continuing to update our new website with lots of STEM resources which you can use as inspiration for class topics, fun at-home science lessons, and to encourage your learners to find out more about issues like global warming and the climate crisis.

Coming up next week, we have:

**Monday** - we are celebrating #NationalStorytellingWeek with ideas for an outdoor 'on the go' story!

**Tuesday** - it is World Wetlands Day so we are exploring these important ecosystems with a fascinating fact sheet.

**Wednesday** - how to make your own set of 'story dice' - learners can use them to come up with a story all about our amazing planet and their vision of it's future.

**Thursday** - join Dynamic Earth for a storytelling session - sit back, relax and get cosy while we tell you a story all about bees!

**Friday** - to round off celebrating #NationalStorytellingWeek, we have a link to SoundCloud for your learners to listen to stories from around the world about different experiences of climate change.

## I Bike Online Resources

All the resources for remote learning are listed on our website - <https://ibike.sustrans.org.uk/remote-learning/> This is a full list of all the remote learning resources shared so far and will be updated regularly. These are categorised by curriculum area.

## Summary

For this week we have 2 choices–

- Air Quality Explorers (Outdoor Learning & STEM) – Meet our Air Quality Expert to learn about clean air & air pollution. Then find out if the air is clean where you live.
  - Air Quality Explorer – aimed at P2-4. This can also be completed by older pupils before completing activity 3.
  - Lichen Walk – aimed at P2-4.
  - Lichen Walk Challenge – aimed at P5-7
- My Streets –activity that will help pupils understand how other people played and used their street during their childhood. Then write or draw to show how someone might feel when they are playing or moving in your local streets. (P5-7). This involved interviewing family members – grandparents by zoom perhaps!

Read on if you would like to know more for each lesson including the correct links to share with Pupils.

## Air Quality Explorers

Website page with all resources: [Air Quality Explorers](#). Full instructions on this page.

## My Streets

Website page with all resources for teachers: [My Streets](#)

Worksheet for pupils – includes You Tube link & a research task followed by a literacy task. <https://ibike.sustrans.org.uk/wip/wp-content/uploads/2021/01/My-Streets.pdf>

### **Stay Home, Stay Active with Active Schools Week 3**

We hope you have had a chance to take part in our new Stay Active at Home video series and been keeping yourself active.

Last week we launched a new series of Boxercise sessions and this week's new addition to the programme is series football skills sessions with our RGU placement student Andy.

We are releasing the first of these skills sessions for children at 2pm on Thursday on our social media pages.

**Football Skills with Andy - Session 1** – <https://youtu.be/rkqEz7MjhFM>

We are releasing the second Boxercise with Shona session on Tuesday at 2pm and the third Lets Dance with Fiona session at 2pm on Wednesday on our Facebook and Twitter pages. Mark it up in your calendar and get involved.

Both of these videos are now available on the Live Life Aberdeenshire YouTube channel if you want a sneak peak.

**Boxercise with Shona - Session 2** - <https://youtu.be/JP9raoryhdo>

**Lets Dance with Fiona – Video 3 - Move Your Body** - <https://youtu.be/6b97XgCMS08>

### **Run 4 Fun 2021**

On 1<sup>st</sup> February, we will launch a brand new Run 4 Fun series that will run until the end of May. Full details of what's involved and how to sign up will be provided next week but keep an eye on our social media for more information.

If boxercise and dance aren't quite your thing then check out these resources from our colleagues at Basketball Scotland.

**Junior NBA Resources** - [Jr. NBA at Home - NBA.com: Jr. NBA](http://Jr.NBA.at.Home-NBA.com:Jr.NBA)

Alternatively, Live Life Aberdeenshire are currently running a Winter Wellbeing theme on the Live Life at Home website with ideas on how to stay well with winter.

**Winter Wellbeing, Live Life at Home** - <https://www.livelifeaberdeenshire.org.uk/live-life-at-home/winter-wellbeing/>

## Aberdeen Football Club Community Trust's (AFCCT) weekly update

Aberdeen Football Club Community Trust's (AFCCT) weekly update to the fantastic resources- **DOOnline Learning**- that can be used at home or in school will be on their site shortly:

<https://www.afccommunitytrust.org/donline-learning-3/>



As you'll see once the resources are uploaded, AFCCT have linked their activities in to Childrens Mental Health Week, and they will also have various messages going out on social media through the week.

AFCCT also have a live competition called AFC Moments. It would be great to encourage our children and young people (and adults!) to get involved! <https://www.afccommunitytrust.org/donline-learning-3/afc-moments-challenge/>

AFCCT thank you for your support!

Holiday Dates:

|  |                                       |
|--|---------------------------------------|
| Monday 15 <sup>th</sup> February 2021    | Local holiday                         |
| TUESDAY 16 <sup>TH</sup> FEBRUARY 2021   | IN-SERVICE DAY                        |
| WEDNESDAY 17 <sup>TH</sup> FEBRUARY 2021 | IN-SERVICE DAY                        |
| THURSDAY 1 <sup>ST</sup> APRIL 2021      | SCHOOL CLOSSES FOR EASTER BREAK       |
| MONDAY 19 <sup>TH</sup> APRIL 2021       | SCHOOL RE-OPENS                       |
| MONDAY 3 <sup>RD</sup> MAY 2021          | MAY DAY HOLIDAY                       |
| Monday 7 <sup>th</sup> June 2021         | Local holiday                         |
| FRIDAY 25 <sup>TH</sup> JUNE 2021        | SCHOOL CLOSSES FOR SUMMER HOLIDAYS    |
| MONDAY 16 <sup>TH</sup> AUGUST 2021      | IN-SERVICE DAY                        |
| TUESDAY 17 <sup>TH</sup> AUGUST 2021     | SCHOOL RE-OPENS                       |
| FRIDAY 15 <sup>TH</sup> OCTOBER 2021     | SCHOOL CLOSSES FOR OCTOBER HOLIDAYS   |
| MONDAY 1 <sup>ST</sup> NOVEMBER 2021     | SCHOOL RE-OPENS                       |
| THURSDAY 18 <sup>TH</sup> NOVEMBER 2021  | IN-SERVICE DAY                        |
| FRIDAY 19 <sup>TH</sup> NOVEMBER 2021    | IN-SERVICE DAY                        |
| TUESDAY 21 <sup>ST</sup> DECEMBER 2021   | SCHOOL CLOSSES FOR CHRISTMAS HOLIDAYS |
| WEDNESDAY 5 <sup>TH</sup> JANUARY 2022   | SCHOOL RE-OPENS                       |

More holidays information can be found here:

[www.aberdeenshire.gov.uk/schools/parents-carers/school-term-dates-and-in-service-days/](http://www.aberdeenshire.gov.uk/schools/parents-carers/school-term-dates-and-in-service-days/)



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