

WHAT'S ON:

GOOD FRIDAY

(School Closed)

Friday 2nd April

EASTER SUNDAY

Sunday 4th April



Uryside School News

The life of the school

Friday, 26 March 2021

Healthy Eating in Schools Update National Regulations change on 8th April

The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020 are due to be implemented in schools on 8 April 2021.

The regulations apply to all food and drink served anywhere in the school across the school day including breakfast clubs, lunch service, tuckshops, social enterprise activities, classes where food is being used and vending machines. However, there are different criteria between primary and secondary settings. All school staff, caterers and anyone else involved in provision of food and drink in schools work closely together to ensure that schools continue to provide healthy and nutritious food and drink op-

tions. that meet the standards set in the new regulations.

The main changes are as follows:

- all bread products need to meet a minimum fibre content
- Fruit and vegetable provision will focus on full portions to encourage the children to eat more.
- There is a new maximum limit for the weekly provision of red and processed meat that aligns to dietary advice.

There have also been significant changes made to reduce the amount of sugar provided across the school day:

- Fruit juice and smoothies can no longer be provided.
- Sweetened baked goods and desserts etc. now have to meet a new criteria set.
- Lower fat items e.g. milk drinks, will no longer be allowed to contain added sugar.



Full details of the changes and guidelines can be viewed [here](#).

Details on the new school menus, how to pay for school lunches etc.. can be accessed on the [School meals pages](#) of the official Aberdeenshire Council web site.

School Transport Guidance

For the attention of parents of pupils who receive school transport. This includes transport to and from after school clubs. Please see updated guidance [here](#).

P7 Clue Hunt

P7 made an exciting discovery in the school garden this week as part of their Romeo and Juliet writing unit. They found clues relating to the main characters and used modal verbs to make predictions about what had happened.



Community Fare Share

Please see our video compiled by our nursery children regarding the Fare Share scheme:

<https://vimeo.com/528546819>

Password: Uryside

Free every day item essentials and surplus food supplies. Please help yourself and help save these items going to landfill.

Active Schools Inverurie Easter Programme



Activity Name	Year Group	Days / Dates	Time	Venue	Cost / Booking
Multisports and Skipping with Vanessa	P1–P3	Mondays –5th & 12th, Wednesdays– 7th & 14th and Fridays 9th & 16th April	10am– 10:30am	Kellands Primary School grounds	£2 per session– Active Schools Online Booking
Multisports and Skipping with Vanessa	P4–P7	Mondays –5th & 12th, Wednesdays– 7th & 14th and Fridays 9th & 16th April	10:40am– 11:10am	Kellands Primary School grounds	£2 per session - Active Schools Online Booking

How to Apply – Please sign up online at: <http://bit.ly/ASInverurie>

Payment (If applicable) – Please do not send any payment at this point. The payment process will be detailed in the confirmation email.

Additional Information – Please wear clothing and footwear suitable for outdoor physical activity and please bring a bottle of water/non-fizzy juice. **Please be aware that there will be no access to toilets.** You will receive further information on pick up and drop off arrangements at sign up.

Active Aberdeenshire – Active Schools activities are included in the Active Aberdeenshire membership scheme, please contact the organiser of these activities for more information

Covid Safe—All Active Schools activities are *covid safe* by following Scottish Government, sportscotland, National Governing Body and Aberdeenshire Council guidance.

Contact Details

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Active Schools Assistant / Lead Coordinator (Inverurie)

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ActiveSchoolsAberdeenshireCentral



@ASAberdeenshire

SHANARRI Work at Uryside

For the final part of our SHANARRI topic it was great to see all classes back in school to learn about INCLUDED.

Click on the link below to see some of the activities that have taken place..

<https://tinyurl.com/ea484mr2>

CAHMS Early Intervention Webinars

The NHS Grampian CAMHS Early Intervention team have developed a series of webinars to support parents to support themselves and their children during a time when we know anxiety is likely to be increased. We have included a link to access these webinars <https://www.youtube.com/channel/UCID3OzHwIngMuHVcoQXZvYQ> and would be grateful if you could distribute this to staff/other professionals/parents/carers within your school as appropriate.

Episode1: Welcome and meet the team

Episode2: Body toolsfor anxiety

Episode3: Thinking toolsfor anxiety

Episode4: Managing anxious behaviours

Episode5: Talking to your child about anxiety

Episode6: Understanding the adolescent brain and impact on teen mental health during the Covid-19 lockdown

Episode7: Looking after your mental health and well-being

Episode8: Resources you may find helpful

Episode9: Supporting your child on the return to school following lockdown

Self Isolating or Absent From School Resources

Any families absent for a period of time or requiring to self isolate can access a wealth of information and resources on our virtual classroom. Click the link below:

<https://tinyurl.com/Urysidevirtualclassroom>

CAMHS Grampian

We are CAMHS Grampian - a mental health service for under 18's based in Aberdeen and Moray. We use this channel to upload some of our training and resources. Website: www.CAMHSGrampian.org Podcast: www.CAMHSGrampian.org/podcast

www.youtube.com



Pupil Absences

Please could all parents call the school absence line or email the school when their child is not at school. When you do, please include the reason for absence. Under our duty of care, we are required to keep an absence record for every child. Each day, office staff spend a huge amount of time trying to contact parents for clarification on why their child is not at school. Thank you for your support in this matter.

School Menu

Please find the [school menus](#) for Spring & Summer 2021 attached for your information.

This menu cycle will commence the week starting April 19th.

These menus will also be accessible on the [School meals pages](#) of the official Aberdeenshire Council web site.

Please Note:

The menu on Thursday 1st April 2021 will be -

Cheese Panini

Baked Potato & Beans

Egg Mayo Sandwich

This is to use stock up for new menus coming back after Easter break.

Free Data Sim Cards

School has a number of these data SIMS to give away. Please contact the school if you are interested, more information on how they work is [here](#). Please note: when the SIM is inserted your phone/device will not be able to make calls.



Free Data SIMs
for Schools

schools.connected

Vodafone UK is partnering with the Mail Force Computers for Kids initiative to extend our schools.connected scheme. We're giving away an extra **150,000 free data SIMs** – with 30GB to use for 90 days – to students in schools and colleges across the UK. These will help them to **#KeepConnecting** on our award-winning network, despite ongoing COVID-19 restrictions.

What is Mail Force?

Mail Force is a charity that's stepped up to help hundreds of thousands of children who don't have laptops and the necessary data connectivity to follow online classes. So far, the Daily Mail has raised over £10m for Mail Force's Computers for Kids initiative, and has the backing of many celebrities and UK businesses.

Turn over to learn how to get started with your data SIM

Red Nose Day Totals

We received a total of £868.14 from the sale of the noses and other donations received. The cost of the noses still needs to be removed from this.

A huge thank you to everyone who contributed and to both P3 classes for organising the event.



Holiday Dates:

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

Other Holiday dates available to view [here](#).



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