

End of Week Update Email 02 Feb 2024

Dear Team Carstairs Families
Please see below for this week's updates.

Health and Wellbeing Curriculum Update


The survey that we issued provided the following as the top three priorities for children in our local area:

- **Develop my self awareness, self worth and respect for others (65.5% of responses)**
- **Assess and manage risk and understand the impact of risk-taking behaviour (this could be linked for example to drugs / smoking / vaping / alcohol / peer pressure etc) (55.2% of responses)**
- **Experience personal achievement and build my resilience and confidence (44.8% of responses)**

The selections, along with the written comments about what is most pertinent in our area, help us see that the core themes to prioritise for refreshing plans around are:

- **RISK - Legal drugs** - smoking, vaping, alcohol (and peer pressure)
- **RISK - Illegal drugs** - all (and peer pressure)
- **RISK - Places of Risk** - Road Safety / Water Safety / Railway Safety
- **RISK - Lifestyle Choices** - Diet and Exercise (and access to plentiful active opportunities within and beyond the school day)

All areas that were listed for selection, will, of course, still be given due care and attention! So, please don't worry if your choices don't show here. Thank you to all that took the time to get involved (*we received 29 responses in total*).

Workshops for our learners around road and railway safety, in partnership with Police Scotland and the British Transport Police are already in the pipeline - please watch this space! 

Internet Safety - Parental Workshops

Conscious that children spend a great deal of their time outwith school in the digital and online world, we need to prioritise keeping them safe and happy in these spaces. All classes will participate in interactive workshops on Monday, and all are giving consideration to this, appropriate to age and stage, in class. If you haven't already watched this **video for parents**, please do - please note that this video link is for **ADULTS ONLY**, lasts 20 minutes and should not be watched with children in earshot:

<https://oneday.uno/player/?token=HrntJ3z2BIMawbyqJcf8&video=JGWJtSKBnOZhJOEDWayy>

This video link will be available for you until next Friday. We will share another video, intended for parental use, together with their children, after Monday's pupil workshops

in school. Please watch out for this, too.

We would love as many of our family members as possible to come along to the **Internet Safety session for adults we have planned to take place in school, led by Community Police from 6.00 - 7.30pm on Monday 26 February**. Please sign up here:

<https://forms.gle/N6t4nszHfCjnDLDF6>

*This is a highly pertinent theme for **all** learners.*

Tesco Tokens - WE NEED YOUR HELP

Thanks to our Parent Partnership, we are in the running at Tesco, Lanark to **receive a grant of £1500** - we just need to win the highest amount of blue tokens! **PLEASE add as many tokens as you can and PLEASE strongly encourage your friends and family members to do the same**. Budgets are tight and every penny we can earn from things like this really helps us to help enhance our learners experiences, while minimising costs to families. ❤️

Dates for Next Week

- **Monday 05 Feb** - all pupils involved in internet safety workshops with visiting specialist
- **Monday 05 Feb** - 3.00 - 3.50pm - P5 Netball
- **Tuesday 06 Feb** - 6.30pm - Parent Partnership Meeting, all welcome
- **Wednesday 07 Feb** - 3.00 - 3.50pm - P4 & P5 Basketball
- **Wednesday 07 Feb** - 3.30 - 4.00 - P1 Book & Biccie Session (and Google Classroom guidance while here! 😊) - ***We hope to have a good attendance rate. If you have said you can come and change plans, please do let us know in advance***
- **Thursday 08 Feb** - 3.00 - 3.50pm - P2 & P3 Multi Sports

Have a lovely weekend when it comes.

Best wishes

Miss Sneddon, HT

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