

## **Parent/ Carer Update 29<sup>th</sup> April**

Dear Parents/ Carers,

### Head Teacher Award Winners

Congratulations to all of our Head Teacher award winners this week:

Primary 1 – Esme for Kindness

Primary 2 – Beth for Pride

Primary 3/4 – Jamie for Pride

Primary 4/5 – Nyla for Kindness

Primary 5 – Cali for Pride

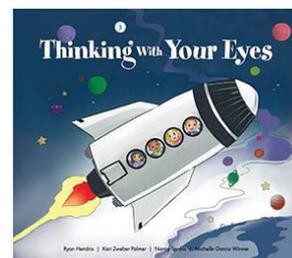
Primary 6 – Ben K for Pride

Primary 7 – Annie for Belief

### Thinking with Your Eyes

Today in assembly we talked about **thinking with your eyes**. Expressively we use our eyes to show others what we are thinking about. We look at people to let them know we are thinking about them, listening to them, talking to them and/ or sharing an experience with them. We can also use our eyes to gather information about what other people are thinking about, how they are feeling that helps us decide how to respond.

At home you could try asking for something around the room by 'thinking with your eyes'. "Can you guess what I'm looking at and thinking about?"

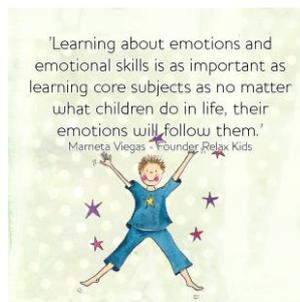


Relax Kids

The children have been working with Emma from Relax Kids this session to learn a range of tools and techniques to help calm their body and mind and build confidence and self-esteem.

We would love for parents to be a part of the learning and would like to invite you to join in with the children for their session on Monday 16<sup>th</sup> May. Due to current restrictions the sessions will be held outside on our 2G pitches and so we will be keeping our fingers crossed for sunshine that day! Parents should wait outside the main entrance where they will meet their child as they exit. You can find out more information on their website [Home - Relax Kids - Official Website](#) and in the attached handout. Sessions will run as follows:

9:00-9:45	9:45-10:30	10:45-11:15	11:15-12:00	12:45-1:15	1:15-2:00	2:00-2:45
Primary 5	Primary 3/4	Primary 2	Primary 7	Primary 1	Primary 6	Primary 4/5



ELVIS kids

*Recently, we published evidence that nasal irrigation with salt water helped reduce the cold in adults. We have also shown the mechanism for how salt water helps with the common cold when applied on the nasal epithelium.*

*Our research showed that cells use the chloride from the salt water to fight viral infections. Hence, we are now testing if salt water nose drops helps children fight the cold.*

*If you have a child under 7 years of age, you may be able to join the fight.*

*The Children's Hospital in Edinburgh are doing a study of salt water nose drops to see if it helps get rid of the cold faster.*

*Your child does not need to have a cold right now to take part!*

You can join right now by calling/texting 07973657457 for an appointment to sign up and to be taught what to do the next time your child has a cold.

Your child does not need to attend.

Families completing the study will receive travel expenses and a £30 voucher to compensate for any inconvenience.

Further information is in the attached flyer or at [www.elviskids.co.uk](http://www.elviskids.co.uk) ; Twitter: @elviskids; Facebook: Elvis Kids.

Dr. Sandeep Ramalingam  
Consultant Virologist  
Royal Infirmary of Edinburgh



Honorary Clinical Senior Lecturer  
The University of Edinburgh

### Parent Council Meeting

There will be a Parent Council meeting at 7pm in the church hall on Wednesday 4<sup>th</sup> May with all welcome to attend. Our Parent Council play a vital role in supporting our school and young people and is a great opportunity to meet other families whilst making a positive difference. If you haven't been before then why not come along and learn a little more about how you can get involved.

### Holiday Reminder

School will be closed on Monday 2<sup>nd</sup> May and we look forward to welcoming all the children back on Tuesday.

Wishing you all a safe and happy weekend ahead.

Mrs Davies and all at St Martin's Primary

