



East Lothian Council

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Parent/ Carer Update 25th February

Dear Parents/ Carers,

Head Teacher Award Winners

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

Primary 1 – Marlena for Belief

Primary 2 – Sonny for Pride

Primary 3/4 – Jude for Belief

Primary 4/5 – Layla for Pride

Primary 5 – Franky for Kindness

Primary 6 – Lily for Kindness

Primary 7 – Leah for Pride

Updated Guidance

With restrictions further easing as of 28th February I have been meeting with our House Captains and staff to discuss what this means for us in school. Pupils will be able to resume mixing both indoors and outdoors with larger gatherings such as assemblies being allowed to take place. Unfortunately we are still not able to welcome visitors into the school in the same way however we are hoping that as things continue to relax that it won't be long before we can open our doors and welcome you all in!

From meeting with House Captains the focus of our discussions has been School Uniform and Fruit Tuck. Please find updates on these below:

School Uniform

Currently our children are invited to wear PE kit to school on a Monday and Tuesday with then school uniform being worn Wednesday, Thursday and Friday. From **Monday 7th March** we will be asking children to wear school uniform all week and bring their PE kit to school with them to change into. The children discussed how uniform makes them feel a part of the school community, helps

everyone to feel the same and also for our younger learners that getting changed is an important life skill. The House Captains will be preparing to send out reminders next week about the options available for school uniform and also where you can get school uniform from.

Further information about school uniform can also be found on our school website in the 'Parent Zone': [School Uniform Brochure | St Martin's RC Primary School – Quae Sursum Quaerite \(edubuzz.org\)](#) .

Fruit Tuck Trolley

Recently we sent out a draft Healthy Snack Policy created through our pupil working group. Following the positive feedback on this and to support children in having access to healthy snack options on a daily basis we will be reinstating the Fruit Tuck Trolley from Monday 7th March. There will be a range of snack options available in line with our new policy for children to choose from with a maximum cost of 25p. Our Primary 7 children will be involved in the planning, budgeting and re-stocking of this throughout the term.

Should you have any queries, concerns or dietary requirements then please do not hesitate to get in touch with myself or your child's class teacher.

Mass Dates for Sacrament Classes

Please find an update of Mass dates and times for sacrament classes from Father Basil below:

- P7 Enrolment Mass - Sunday 6th March at 10am
- P4 Liturgical Rites Mass 3rd April and 1st May at 9.30am
- P7 Liturgical Rites Mass 10th April and 8th May at 9.30am.

World Book Day – Thursday 3rd March

Primary 7 have been busy planning activities to help us celebrate World Book Day in school next week. On this day children are invited to come to school in comfy clothes (there will be lots of cosy reading opportunities) or dressed up as their favourite character.

ELVIS Kids

Please see below an update we have been asked to share with you:

Recently, we published evidence that cells use the chloride from salt to fight viral infections. Also, nasal irrigation with salt water helped reduce the cold in adults. 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!



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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; Twitter: @elviskids; Facebook: Elvis Kids.



Wishing you all a safe and happy weekend ahead,

Mrs Davies and all at St Martin's Primary

