



East Lothian Council

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HEAD TEACHER

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Parent/ Carer Update 26th August

Dear Parents/ Carers,

Building Resilience

In assembly this morning Miss Alongi did a refresh of our whole school Building Resilience programme. Through this we learn:

- *Everyone goes through ups and downs in their life
- *Resilient people cope better with difficulties
- *We can learn to be more resilient



Family Learning:

- *Talk about a challenge that you have overcome
- *Share a story about someone who inspires you

Parent Council Meeting

A reminder that there will be a Parent Council meeting held in the school gym hall at **6pm on Wednesday 31st August**. This is a great way to connect with other parents/ carers, to have your voice heard and to support the school community. All are very welcome to attend and we would encourage anyone who is able to come along.

Meet the Teacher

Meet the teacher will be held in school on **Thursday 8th September between 6-7pm**. Teachers will run two sessions starting at 6pm and 6:30pm to allow for visiting classes of siblings.

Christmas Family Support

I know it is only August and can't quite believe I am mentioning Christmas already. Whilst it can be a time of great joy for families we know it can also be a time of added pressures financially, particularly during the current cost of living crisis. If you could benefit from some support with food, winter clothes or gifts then please complete the short online form that follows: <https://forms.gle/HbhEAnQ4M9GrSL3T6> . We are expecting a higher volume of requests than normal and so would ask that this be completed by no later than Monday 26th September.

Wishing you all a safe and happy weekend ahead.

Mrs Davies and all at St Martin's Primary

