



East Lothian Council

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Parent/ Carer Update 28th October 2022

Dear Parents/ Carers,

Building Resilience Assembly

This morning Miss Alongi led us in assembly launching our new Building Resilience unit 'Look on the Brightside'. In the unit we will learn:

- *The way you think can affect the way you feel.
- *There are different ways of looking at the same thing.
- *Focusing on what you are grateful for can help.

At home you can try this by creating a family memory jar. Add to it items that represent special memories for instance a shell from a beach, photos or simply write down acts of kindness within your family. Every so often as a family you can open your memory jar and reflect on all of the things you are grateful for.

Parent Council Halloween Parties

A huge thank you to all involved in the planning and delivery of the parties yesterday for the children. They were thoroughly enjoyed by all who attended and a great way to start the new term. Thank you also for all of the kind donations which in total raised a further £85.95 for Parent Council funds.

Children's Liturgy

Children's Liturgy will be starting again at 9:30am mass from this Sunday (30th October). A wonderful opportunity for children and families to learn together and all very welcome.

Zones of Regulation – Parent Workshop

There will be a parent workshop held in the gym hall at **11am on Friday 4th November** which all parents/ carers or other family members are welcome to attend. During this session the aim will be

to share information about the language and approaches we use in school to support emotional regulation and behaviour focusing on the following 4 themes:

- *Zones – what are they?
- *Expected and unexpected behaviours.
- *Size of the problem.
- *Having a restorative conversation.

There will be lots of opportunity to chat and also sharing resources that may be helpful both in school and at home.

Wishing you all a safe and happy weekend ahead,

Mrs Davies and all at St Martin's Primary

