



East Lothian Council

Lauren Davies
HEAD TEACHER

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Parent/ Carer Update 27th January 2023

Dear Parents/ Carers,

Head Teacher Award Winners

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

- Nursery – Chris for Kindness
- Primary 1 – Louis for Pride
- Primary 2 – Adriana for Pride
- Primary 3 – Matei for Belief
- Primary 4 – Lucie for Kindness
- Primary 5 – Finlay for Pride
- Primary 6 – Isla for Kindness
- Primary 7 – Nadia for Pride

Assembly – Active

Today in assembly we learned about the wellbeing indicator active and why it is so important in helping us grow and develop. Children discussed their favourite ways to stay active and also how being active can impact other areas of our wellbeing. Not only does being active help us stay fit and healthy it also release endorphins that help us feel happy and in the green zone. When we're in the green zone we are more ready to learn! As we work our way through learning about all of the wellbeing indicators we are starting to see how they link together and help one another. Today we spoke about how active can help with the indicators healthy and achieving.

World Thinking Day

Rainbows and Brownies will be celebrating World Thinking Day on 22nd February this year. In support of this children are welcome to attend school in their club uniforms on this day.

Upcoming Dates

Please see below upcoming dates for the diary:

Primary 7 Confirmation Information Meeting – Thursday 2nd February 7pm in St Martin’s Church

Primary 3 Rites Mass – Sunday 5th February 9:30am

Primary 4 Assembly - Friday 10th February 9:30am

Primary 4 Rites Mass – Sunday 19th February 9:30am

Wishing you all a safe and happy weekend ahead,

Mrs Davies and all at St Martin’s Primary

