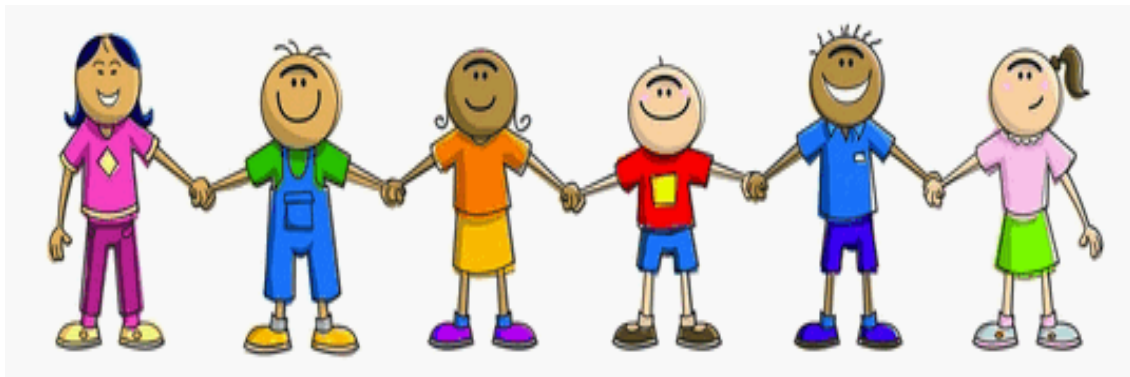


# Holm School Inverness



**Welcome to Primary One  
August 2018**

Dear Parent/Carer

This booklet has been made to help you prepare for your child coming to Primary One in August. I hope you find it both informative and useful.

Here at Holm School we believe that we will only be able to provide a good education for your child through a team approach to learning involving pupils, teachers and parents. To enhance this partnership we encourage parents to become involved in the school in many different ways. Perhaps the most important of these is supporting your child in his/her day-to-day schoolwork.

The meeting in May, this booklet and further meetings with the class teacher, after your child starts school, will show you how you can best help your child in the important P.1 year.

Holm School operates an 'open door' policy to parents. If something is worrying you, do not hesitate to contact us here at school. We may not always be able to see you straight away, but at a mutually convenient time, a meeting can be arranged and the matter can be sorted out. Normally, however, a quick word with the class teacher at the beginning or end of the day will be all that is required to put your mind at rest.

Welcome to Primary One.

Yours sincerely

Mrs Margaret Matheson  
Head Teacher

# Holm Primary School

## Welcome to Primary 1



The school handbook can be found on the Highland council website and the school website [www.holmprimary.co.uk](http://www.holmprimary.co.uk). The aim of this booklet is to give you more specific information about Primary 1 and how you can help your child at home.

*First some general information:*

### Class Organisation:

Next session we are likely to have 11 classes in school. We will have 12 teachers.

### School times:

Starting school means a whole range of new experiences and although many have attended nursery school is still quite tiring. During this settling in period you may find your child becomes tired in the late afternoon and early evening. Children will attend for the whole day from the start of the session. To ease them in gently into a full school day most of the afternoon will be spent on Active Play. On the first day only, there may slightly different starting times to help your child settle in.



The Primary 1 Day (from Tuesday 21<sup>st</sup> of August)

9am	Day begins
10.30-10.45am	Morning interval
12.15- 1.15pm	Lunch time
2.45pm	Day ends

During the first week, parents are welcome to help their child hang up their coat, change into indoor shoes and see them into class if necessary. After this, children should then be encouraged to line up on their own with the aim of gradually leaving children to make their own way in from the gate. On the very first day only the Primary 1's will have a staggered start. In your letter telling you who your child's class teacher is will be the start time for your child to begin on their first day.

Children are supervised in the playground at all break times. There are usually three or more adults in the playground to help the children. For the first three weeks or as long as necessary the P1 children will be supported by their buddies from P.7. During very wet weather children are supervised inside.



### Absences:



Please do not send your child to school if they are ill. Often, when the school contacts parents informing them that their child is unwell, we are told that mum or dad noticed they were unwell but the child wanted to come to school. Our advice is that even if a child thinks they are well enough, you know your child best and being firm with your decision in the morning avoids the extra distress your child experiences when they are ill at school. This also helps avoid spreading any germs amongst the other children in the class. It is Highland Council policy that pupils remain at home for 48 hours following a bout of sickness or diarrhoea.

When your child is absent, it is important that you telephone the school in the morning before 9.30am to let us know why your child will not be in school. If you forget, the Mrs Thomson or Mrs Walsh our school secretaries will endeavour to contact the home. This procedure is to ensure the safety of all our children. Every absence must be covered by an adult's explanation.

Parents are requested to plan holidays within the allocated 12 weeks during the year. Under guidance from the Scottish Executive, most family holidays will be coded as unauthorised absence. I have enclosed the holiday dates to aid you in your planning.

Unless children are ill you must get permission to take them out of school in advance. Children cannot be taken out of school without permission. I am sure you will appreciate that these rules are designed to keep your child safe.

### Clothing:



All children wear school uniform which can be purchased at Highland Schoolwear Centre, Academy Street, Inverness. **PLEASE LABEL** all clothing, especially sweatshirts, jackets and gym shoes. This would be very much appreciated. All sweatshirts look the same! Coats are necessary for the children. We find many children come to school without coats forgetting that they will be outside at break times and lunchtimes. All children must also have indoor shoes for the classroom and we recommend trainers (**no laces please**). Children will also need shorts and T-shirt for gym. They should bring these in a small gym bag which can be hung on their peg on Monday and will take them home on Friday.

The children will also need a school bag which should also be named. Please check your child's school bag every night as there may be a letter in it from school. Newsletters are issued regularly. All newsletters are on the school website on [www.holmprimary.co.uk](http://www.holmprimary.co.uk)

### Food:



### Break:

We try to encourage children to bring a piece of fruit for their break as part of a healthy eating programme. During morning break the following snacks are available from the Health Bar in the canteen for 20p: slice of toast and spread / piece of fruit / glass of milk / glass of pure fruit juice / milk / hot chocolate and milkshakes 35p. On a Friday our cook provides baking which is also 20p.

### Lunch:

Lunch is eaten in the dining room and supervised by staff. Lunch is eaten in the dining room and supervised by staff. For P1-3 School lunches are free.

If your child brings a packed lunch then please make sure the contents are secure inside the box. It can be very upsetting to the child when they find their sandwiches covered in yoghurt! Please also label lunch boxes as pupils often have the same design of box.

### Health:



During your child's first year at school he/she may be seen by our school nurse or Doctor for a health review. You will be invited to attend. The school dentist also visits the school during the year for check-ups.

**Head Lice** - does happen and can spread quickly. Prevention is the best method for keeping it in check. The Health Board advice is to check hair thoroughly once a week and after shampooing, use conditioner on your child's hair and then comb through with a head lice comb. (Lice cannot hold onto the conditioned hair). Rinse and brush as normal. Please treat any instance of head lice immediately.

### Visitors:

Other regular visitors to the school include the visiting teachers of gym and music, the learning support teacher, countryside ranger, the speech therapist and the educational psychologist. The school minister Rev. Fiona Smith, from Ness Bank Church, visits regularly and the police help with our Health and Safety Programme.

Holm School is a very active and busy school and we have many opportunities throughout the year to extend and enhance the curriculum through inviting visitors into the school and arranging trips in the local community.

### Reports/Meetings:

Progression in the Curriculum for Excellence is indicated through curriculum levels:

Early Level - pre-school and P1



First Level - to the end of P4  
Second Level - to the end of P7

A written school report will come home in June. You will have the opportunity to speak to the class teacher privately about how your child is getting on at school during the year. In November and March there are formal parent's evenings. There will be a meet the teacher afternoon at the start of the year. Work is sent home regularly for you to discuss with your child.

**Parents:**

There may be the odd occasion when your child is upset by something at school or you are unsure of what is happening. Please feel that you are welcome to discuss any matters relating to your child with the class teacher or head teacher. The end of the day is usually the best time. Remember we cannot help with any worries, however big or small, unless you tell us. Above all we aim to make your child's time at school as happy and enjoyable as possible. The relaxed and happy child will always be more ready to learn. We hope that starting school will be an exciting time for both you and your child.

**Class Blog**

Every class has their own blog on our school website. Teachers update these with photos, information and comments from children on a regular basis. They can be found at [www.holmprimary.co.uk](http://www.holmprimary.co.uk)

**Transition:**

**Making a Smooth Transition from Nursery to Primary 1**

Nursery pupils have come from a setting in which they are encouraged to be independent and take responsibility. Throughout the year Primary 1 pupils and staff have supported Nursery children and worked with them on a variety of activities to extend their experiences. These have taken place in the Nursery and Primary One settings. This helps to ease the transition into Primary 1. New pupils will be supported by the Primary 7 Buddies. The buddies had a chance to meet the new children in Nursery. The buddies have been trained to look out for the new children and assist in the playground and lunch hall and classroom.

When the children first come into Primary 1 in the morning they will be encouraged to self-register for lunch and then select from a variety of activities. These activities, which are changed or added to in response to the needs and interests of pupils, may include role play, games, computer, sand pit, outdoor play, library, modelling, jigsaws, et

**Curriculum for Excellence**

Curriculum for Excellence represents Scotland's vision for the education of all children. It aims to raise standards, improve knowledge and develop skills.

Core to everything will be:

- Literacy

- Numeracy
- Health and Wellbeing

Other curriculum areas include:

- Expressive Arts (Art and Design, Dance, Drama, Music)
- Religious and Moral Education
- Science
- Social Studies
- Technologies



**Purposeful Play and Active Learning**

A play-based curriculum is now widely considered to be the most appropriate approach for the development of young children's learning. Young children learn and develop friendships very naturally through play.

Active learning in Primary 1 involves children using their thinking, language, creative, practical and co-ordination skills in meaningful experiences and activities to enhance their learning, Motivated children who are actively engaged with tasks are supported to become:

- Successful Learners
- Confident Individuals
- Responsible Citizens
- Effective Contributors

These are four capacities embedded within the Curriculum for Excellence.

For further information parents can find out more at:



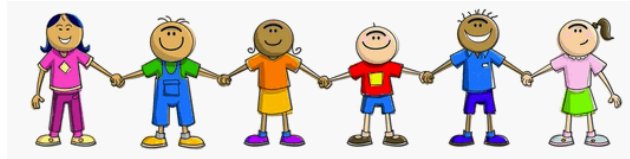
[www.parentzonescotland.gov.uk](http://www.parentzonescotland.gov.uk)

[www.curriculumforexcellencescotland.gov.uk](http://www.curriculumforexcellencescotland.gov.uk)

[www.LTScotland.org.uk](http://www.LTScotland.org.uk)

Young children learn a great deal from parents about reading, writing and number, before they start school. They learn to talk and listen to what you say. They learn about looking at books, asking questions about stories and starting to write. When children start school we hope to work in partnership with you. It is important to us that you know what is going on in school and feel welcome and involved. After the first few weeks, therefore, you will be invited up to the school to look at the books and activities which your child will be using in school and bringing home. Each term, a termly plan will be sent home so you are aware of the work being covered in school.

## Literacy:



### Talking and Listening

In Primary 1 children are encouraged to further develop their talking and listening skills. Many tasks are undertaken with a talking and thinking partner. They will have the same partner for a number of weeks which allows them to build up trust with one person. They will be supported to complete tasks in a co-operative way.

There are plenty of opportunities in class for pupils to share their ideas and feelings. During class discussions children will be encouraged to wait for their turn to speak and perhaps put up their hand first.

Later in the year pupils will be asked to complete an individual class talk. This will be a short presentation linked to a specific topic and develops pupils' confidence at orally presenting information in an organised manner.



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### Phonics

The Jolly Phonics scheme is used to support pupils in recognising and reading sounds and words. When they start it is fast paced with 2/3 new sounds being taught each week which allows pupils to quickly read words. Each new sound is accompanied by a story, action and song. The new sounds will be sent home in your child's sound book. Please do daily reinforcement of all sounds to help your child. Don't worry if your child does not pick it up immediately the pace is very fast and there is constant revision in class through games, songs and practical tasks. When your child first starts Primary 1 the class teacher will do a phonological awareness screening to see where your child is in their literacy development.



### Reading

The Oxford Reading Tree is the main scheme used to teach reading in Primary 1. It is a story based scheme where the children develop familiarity with the characters and the stories often relate to the children's own life experiences. To begin with wordless story books will be sent home. These can be discussed with your child and they will develop their skills of using pictures to tell the story. The extended stories that go along with the book give more detail to talk about and extend language skills such as questioning, describing and predicting.

Next, First Words stories will be sent home. Again, allow your child to use the pictures to help them 'read' the story. Your child will be given a keywords tub with words to learn. Practise these words with your child daily as it will improve their sight vocabulary, confidence and fluency in reading. Talk about the meaning of words and encourage them to use the words in sentences.



### Writing

Encourage your child to have a go at 'writing' in a range of contexts e.g. cards, shopping lists and labels. In Primary 1 letter formation is taught in similarity groups.





It is practiced in a range of ways e.g. air writing with fingers, on whiteboards, on paper and in a sensory way; on backs, using play dough, shaving foam, oats, paint etc.



In Primary 1 children are exposed to different types of writing e.g. personal, functional, imaginative, news, list, letter, report and story. They begin with detailed black pen drawings and the adult scribes what the child wants to say. This gradually progresses to: the adult scribing and the child overwriting; the adult scribing and the child underwriting; the child beginning to write words and sentences independently.

### Numeracy:

In Primary 1 maths lessons are very active and children will be involved in different types of task in one lesson/week. They often choose from a range of stations which are designed to cater for different learning styles.

Learning in maths falls under the following categories:

- Number and number processes
- Estimation and rounding
- Fractions, decimals and percentages
- Money
- Time
- Measure,
- Information handling



Each maths lesson starts with a 10 minute mental warm up. This is designed to be fun, fast, and competitive.

Children then undertake core maths activities. The targets are always clearly discussed at the start of the lesson and reviewed at the end.

Workbooks and worksheets are used but these are not the main focus.

Stations may involve:

- Number washing line
- Sorting trays,
- Number mats
- Compare bears, snap
- Table top games
- Magnetic numbers/shapes
- Number/shape hunts
- 5/10 frames
- Measure and weight practical tasks
- Outdoor tasks - hoops, hunts, chalk



### Health and Wellbeing

Ensuring children's personal, social and physical needs are met underpins everything that takes place in school.

Experiences in Health and Wellbeing come under the following categories:

- Mental, emotional, social and physical wellbeing
- Planning for choices and changes
- Physical education, physical activity and sport
- Food and health
- Substance misuse
- Relationships, sexual health and parenthood

Children in Primary 1 will learn to talk about their emotions and begin to understand how to manage them appropriately. A programme called 'Resilient Kids' is used to support transition between Nursery and P1 and the feelings associated with this. Children are encouraged to record their feelings on a chart and to comfortable sharing thee with staff and peers.

Children will develop their confidence through being encouraged to take part in a range of activities which represent their class and school such as class assemblies, pupil council and eco group.

In Primary 1 children develop a wide range of friendships. They are continually supported in co-operating with their peers and working together to independently solve problems they encounter.

In Primary 1, children will have two P.E. sessions each week. They will develop skills in using balls, gymnastics, dance, athletics and team games.

Children will explore how to keep healthy and stay safe. They will learn about healthy eating and will develop a basic knowledge of their body parts and how they work.



Building on their Nursery and home life experiences we encourage all children to be as independent as possible throughout Primary 1.

## A USEFUL CHECKLIST TO ENCOURAGE INDEPENDENCE

**Can your child: -**

- take off their coat and hang it up
- put on coat
- do buttons
- undo buttons
- do zips
- undo zips
- put on hat
- put shoes on correct feet
- tie laces
- untie laces
- wash and dry hands
- use handkerchief properly
- go to toilet unaided
- repeat own name, address and telephone number
- use knife and fork correctly
- use scissors properly
- paint recognisable pictures
- identify basic colours
- name parts of the body?



**Does your child: -**

- have an understanding and practical experience of the Green Cross Code
- enjoy listening to and singing familiar nursery rhymes and songs
- draw a picture with a head, body, legs and arms?

Of course, we do not expect children to be able to do all of these by August but a little encouragement over the holidays will help.

## Behaviour and the Rules

At Holm school we promote positive behaviour at all times. This is best achieved by employing the following:



**Prevention** - Preventative strategies which encourage each pupil to develop self-awareness and self-discipline.

**Management** - When negative behaviour occurs we aim to respond quickly, positively and effectively.

Pupils and staff have agreed the following set of rules which should be followed:

- I am kind, friendly and caring to everyone.
- I am polite and use good manners in our school and community.
- I work hard and try my best.
- I show respect for property and our environment.
- I am responsible for all I say and do.
- I listen to and value others thoughts and feelings.



Some of the positive behaviour strategies used in school include:

- 30 minutes "Golden Time" rewarded to each pupil every week for good behaviour. In this time children choose from a range of fun activities.
- Staff use visual reminders and prompts for pupils have a fresh start.
- Class points, house points, awards, certificates and stickers.

If negative behaviour occurs the consequences will be as follows:

- Initially a verbal reminder/warning will be given by staff
- Then a "yellow card - make the right choice" will be given
- Finally there will loss of golden time at 5 minute intervals
- If this is happening regularly contact will be made with parents

All pupils are encouraged to be responsible, make sensible choices, make decisions and act upon them. We encouraged children to have inquiring minds and be curious. This is encouraged within a supportive and caring atmosphere where children are listened to respectfully by staff and peers.

## 2018-2019 Term Holidays Dates

### **Autumn**

Autumn term starts - 21 August 2018

Autumn term ends - 12 October 2018

### **Winter**

Winter term starts - 29 October 2018

Winter term ends - 21 December 2018

### **Spring**

Spring term starts - 7 January 2019

Mid term break - 18 and 19 February 2019

Spring term ends - 05 April 2019

### **Summer**

Summer term begins - 23 April 2019

Summer term ends - 04 July 2019

### **Public holidays**

Good Friday - 19 April 2019

Easter Monday - 22 April 2019

May Day - 6 May 2019

### **In-service days**

20 August 2018

17 September 2018

18 September 2018

20 February 2019

3 June 2019