



## Holm Primary School

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### Family Workshops – Relax Kids

As part of our health and wellbeing development initiative, we have adopted a whole school approach called Relax Kids. The rationale of this initiative is to promote emotional literacy in the classroom. Mrs Henderson will be hosting a series of family workshops for any family within Holm Primary or Nursery wishing to learn how to use Relax Kids approaches at home. Families can enjoy practical, fun and relaxing sessions together. We will explore a range of strategies to support relaxation and mindfulness. These can help to improve your child's anger, general behaviour, concentration, sleep, communication, confidence, self-awareness and self-regulation. The approaches encourage families to take time together and enhance family relationships. Families are welcome to come along to all 4 sessions or just some of them.

Sessions will run **3pm-4pm on the following**

**dates:** **Thursday 20th September**  
**Thursday 27th September**  
**Thursday 4th October**  
**Thursday 11th October**

### Parent Council News

An AGM of the Parent Council took place on Monday 3<sup>rd</sup> September. At this meeting Mr Martin Fitzgerald (chairperson), Mrs Lynn Riddle (treasurer) and Mrs Eve Von Delft (secretary) all stepped down from their positions. We welcome Mr Scott McRoberts to the role of chairperson, Mrs Lynsey Sanderson as treasurer and Mrs Maureen Williamson as secretary.

On behalf of the school I would like to thank the outgoing members of the Parent Council most sincerely for the added value they have given to the school over the last few years. They have worked tirelessly in hosting events such as seasonal discos and school fetes. In addition their fundraising over the years has totalled close to £18,000, which is outstanding. This funding enabled the school to purchase school sports strips, our school leavers' dictionaries, end of P7 trip to Rollerbowl and also our leavers' hoodies.

Storage in the school has become very limited as our school roll rises and every area is fully utilised. The Parent Council has kindly donated two, much needed, sheds to assist us in storing equipment.

This session we were most grateful to receive funding for a replacement sound system for the school and a generous contribution towards the purchase of various furniture items and construction toys for our new nurture room. Over time these contributions will have a positive impact on the learning experiences of all our children.

### Choir

Lunchtime choir sessions with Mrs Bradley will begin on Thursday 6<sup>th</sup> September. We have over twenty pupils who have signed up to attend sessions.

### Car Park

With an increasing school roll there is additional pressure on the school car park. **However, please note that parents should not park in the staff car park.** We have a number of part time staff who leave the school before the end of the school day and they have had difficulty vacating the car park due to parents' cars blocking their exit. Please show consideration when parking and use the designated areas.

### Gymnastics Trials

We are aware that some children missed the gymnastics trials held on Tuesday, therefore, there will be additional trials on Tuesday 11<sup>th</sup> September 4-5pm in the school hall for anyone who would still like to try out.

## Dates for the Diary

|                            |   |
|----------------------------|---|
| 11th September             | Meet the Teacher 1.30-2.45pm                    |
| 11 <sup>th</sup> September | Gymnastics Trials 4-5pm                         |
| 12 <sup>th</sup> September | Relax Kids Parent Information 1.30pm            |
| 17 <sup>th</sup> September | Inset Day, school closed to pupils              |
| 18 <sup>th</sup> September | Inset Day, school closed to pupils              |
| 24 <sup>th</sup> September | Blythswood assembly for pupils                  |
| 20 <sup>th</sup> September | P7 Transition visit to IRA                      |
| 12 <sup>th</sup> October   | School and nursery closes for holiday           |
| 29 <sup>th</sup> October   | School and nursery reopens after holiday        |
| 6 <sup>th</sup> November   | Tempest Photography, individual & family Groups |
| 13 <sup>th</sup> November  | Parents' evening                                |
| 15 <sup>th</sup> November  | Parents' evening                                |
| 16 <sup>th</sup> November  | Swimming begins, P6 Mrs Patterson's class       |