



Weekly Note

30th September 2022

Cupan agus Cèilidh

We were delighted to host the return of Cupan agus Cèilidh this afternoon. Cupan agus Cèilidh is an opportunity for our pupils to develop their Gaelic conversational skills in a real-life context. The pupils thoroughly enjoyed taking part in games and activities whilst talking Gaelic to our visitors.



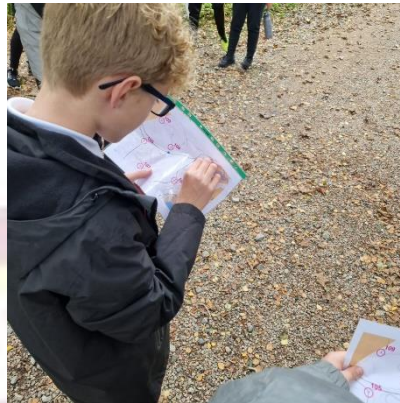
Asthma Allergy Foundation

We had a visit from Rafsan and Ollie from the Asthma and Allergy Foundation this week. Rafsan and Ollie delivered a workshop to pupils and staff to improve our knowledge about asthma, help us understand asthma and develop strategies which can be used to help a friend who is having an asthma attack and finding it difficult to breathe.



Spòrs Gàidhlig

This week, Primary 7 pupils took part in orienteering activities in the Castle Grounds and attended the Lewis Sports Centre to try out the Climbing Wall. These activities were delivered in partnership with Spòrs Gàidhlig and Comunn na Gàidhlig. Great fun was had by all and we look forward to further opportunities to work with Spòrs Gàidhlig.



Wildflower Planting

Primary 6A and Primary 6B recently worked alongside gardeners at the Stornoway Trust to plant wildflowers. We look forward to seeing all the wildflowers growing at Porters Lodge.



Curriculum Group

Our school improvement priorities for this session will be discussed at the Curriculum Group on Tuesday 4th October at 7pm in the school. This will be an opportunity for parents/carers and partners to contribute to the work of our school improvement projects and offer comments and suggestions in moving forward. All parents/carers are warmly invited to attend.

Parent Appointments

Parent appointments for all pupils will take place on **Monday 11th** and **Tuesday 12th October**. This will be an appointment in the school with your child's class teacher. You will receive notification of your appointment date and time week commencing 3rd October. We look forward to welcoming parents/carers into the school building again.

Free Dress Friday

Free Dress Friday will take place on Friday 28th October.
Donation are welcome but not necessary. No fancy dress or football shirts please.
Thank you.

Canteen Menu

Week 3	Option 1	Option 2	Option 3	Pudding
MEAT FREE MONDAY	Macaroni, Garlic Bread, Beans and Seasonal Salad	Lentil Soup and Cheese Sandwich	Baked Potato with Tuna, Cheese or Beans	Cupcake with Fruit or Fruit
Tues	Chicken Bolognese, Broccoli, Seasonal Salad	Tomato Soup with Tuna Sandwich	Baked Potato with Tuna, Cheese or Beans	Crackers, Cheese and Fruit or Fruit
Wed	Sausages, Wedges, Beans and Sweetcorn	Vegetable Soup & Ham Sandwich	Chesse and Carrot Salad	Sticky Toffee, Custard and Fruit or Fruit
Thurs	Roast Chicken, Mashed Potatoes, Gravy, Carrots & Cauliflower	Salmon Goujons, Mashed Potatoes with Carrots & Cauliflower	Baked Potato with Tuna, Cheese or Beans	Frozen Yogurt and Fruit or Fruit
Fri	Fish and Chips with Peas and Seasonal Salad	Chicken Noodle With Egg Sandwich	Baked Potato with Tuna, Cheese or Beans	Yogurt or Jelly with Fruit or Fruit