



# Weekly Note

28<sup>th</sup> October 2022

## Peat and Diesel Concert

Primary 6 and 7 pupils from across the island attended the Peat and Diesel concert yesterday in the Coll Centre. Primary 1-5 pupils joined in to the livestream. The pupils enjoyed dancing and singing along to the well-known songs and much fun was had by all! We are very thankful to the Education Department for arranging such a fantastic concert for all our pupils.



## Children in Need



### Bring and Buy Sale

Primary 4A and Primary 4B will be holding a Bring and Buy sale for pupils on Friday 18<sup>th</sup> November as part of Children in Need. If you have any items at home that you no longer use, we would appreciate it if you could bring the items into the school any time between now and Thursday 17<sup>th</sup> November.

Pupils are invited to come to school in their pyjamas and/or with crazy hair, for a donation to Children in Need on Friday 18<sup>th</sup> November. Please remember that you do not have to come to school in your pyjamas or have crazy hair if you do not want to. Free dress is also an option.

On the afternoon of Friday 18<sup>th</sup> November, the whole school will attend a Children in Need Talent Show. Prior to Children in Need day, each class will hold auditions in the classroom and the winning act will then perform on the stage to the whole school. Further regarding the talent show will follow.

## Wet Weather

As the weather is now turning wet and windy, we ask that all pupils wear a warm and waterproof jacket to school. We would also like to encourage pupils to bring in wellies that can be kept in school for wearing on rainy days.

## Stornoway Running and Athletics Club Lewis and Harris Cross Country

We are delighted to announce the return of the Woody's Express Stornoway Running & Athletics Club's Lewis & Harris Cross Country series 2022/23. Please register by Sunday 6<sup>th</sup> November on the following link:

<https://forms.gle/Rz7yXbRYCE3fbj4W8>



Please find information about the series below:

### 1. Dates

The events will take place on the following dates:

- Saturday 12<sup>th</sup> November
- Saturday 21<sup>st</sup> January
- Saturday 18<sup>th</sup> February

### 2. Registration & payment

Please register for each event by completing the Google Form. Schools will not be collecting entry fees.

Everyone should bring along the £2 entry fee on the day. Please bring the correct money as we will not be able to give change.

### 3. Race times

9.30am	Seniors and under 20's
10.50am	Under 15's and Under 17's
11:10am	Under 13's
11.30am	Under 9 boys
11.45 am	Under 9 girls
12 pm	Under 11 boys
12.15	Under 11 girls

### 4. COVID safety

If anyone in your household has COVID on the day or just before the event, please do not attend.

### 5. Arrival, drop off and parking

Please make your way to the Castle Terrace 15 minutes before your/your child's race start time. Please park in the **College car park**, not in the Museum car park, Woodlands Centre car park or at the Golf Club car park.

If you/your child has not already received their race number, this will be available at the Help Point on the Castle Terrace.

If dropping off older children, please use **the drop off point outside the Museum**. Please do not drive into the Castle car park, as there will be a lot of children in this area.

#### **6. Spectator area**

Parents and other spectators must stay in the spectator area, which will be on the Castle Terrace.

#### **7. Clothing**

Your child should bring a warm jacket to wear before and after the event. Spare shoes are also a good idea! There will be limited storage space for clothes (and clothes are left at your own risk), so if possible, parents should keep hold of these during the event. This will also help to stop them being left behind!

#### **8. Medical conditions**

If you/your child has any medical conditions which could affect your/their running e.g. asthma, please state this on the registration form.

Thanks for your help. We hope that you/your child enjoys the Cross Country series.

If you have any queries, please contact: [welfaresrac@gmail.com](mailto:welfaresrac@gmail.com)

### **Free Dress Friday**

The next Free Dress Friday will take place on Friday 18<sup>th</sup> November. Pupils will have the option of wearing free dress or wearing pyjamas and crazy hair for Children in Need. All donations will go towards the BBC Children in Need appeal. Thank you.

### **Community Events**

#### **Sports Centre After School Activities**

The After School Activities at the Sports Centre will recommence week beginning 31st October 2022. The activities can be booked weekly every Friday at 12 Noon on the [booking app](#) CnES Sports facilities. There is now a tab on the booking app which will go live every Friday at 12 Noon with the following weeks bookings. These sessions are all £3 or £1.50 for members (Mini Kickers/Sports £2 or £1 for members). The following classes will be available:

##### **Monday - Gymnastics**

P1 and P2: 4:00pm - 4:45pm

P3 and P4: 4:50pm - 5:35pm

##### **Tuesday - Girls Only Football (P1-P3)**

4:00pm - 4:45pm

##### **Wednesday - Athletics (P1-P3)**

4:00pm - 4:45pm

##### **Friday - Mini Kickers (Ages 3 and 4)**

1.30pm - 2:00pm

##### **Mini Sports (Ages 3 and 4)**

2.15pm - 2.45pm

##### **Badminton (P5-P7)**

4:00pm - 4:45pm

<http://www.cne-siar.gov.uk/leisure-sport-and-culture/sport-and-health/sports-development/sports-activities/sports-activities/>

## Explorers

Campaigners, which was the name for children's clubs in the Free Church of Scotland's congregation for the past 30 years, is being relaunched as 'Explorers'. Explorers is a fun, bible-based, multi-activity club for primary school children in our local area. Details are as follows:

**When:** Thursday evenings during term-time. Beginning on **Thursday 27th October.**

**Who:** P1-P3 from 6.00-7.00p P4-P7 from 7.00pm-8:15pm


**Where:** Rev MA Memorial Hall, Kenneth Street, Stornoway

**Cost:** Subs of £10 per term will commence in January 2023. Discounts are available for subsequent children from the same family attending any either Explorer group.

Booking online is required in advance. [Click here to book.](https://forms.office.com/r/GCmTuleAWM)



## Canteen Menu

Week 1	Option 1	Option 2	Option 3	Pudding
	Bonfire Bangers on a roll with Cheese and Onions (optional) and Chips	Fiery Tonato Soup with Cheese or Plain Roll	Vegetable Spring Rolls with Chilli Sauce and Chips	Yoghurt and Fruit or Fruit
<b>Tues</b>	Saugage Casserole & Mashed Potatoes with Peas	Lentil Soup with Egg Mayo Sandwich	Baked Potato with Tuna, Cheese or Beans	Shortbread and Fruit or Fruit
<b>Wed</b>	Chicken Curry with Rice, Green Beans and Sweetcorn	Tomato Soup with a Ham Sandwich	Baked Potato with Tuna, Cheese or Beans	Iced Sponge and Fruit or Fruit
<b>Thurs</b>	Steak Pie with Boiled Potatoes, Broccoli	Lentil Soup with Tuna Sandwich	Baked Potato with Tuna, Cheese or Beans	Ice Cream and Fruit or Fruit
<b>Fri</b>	Fish and Chips with Coleslaw and Seasonal Mixed Salad	Chicken and Rice Soup with a Cheese Sandwich	Cheese and Tomato Quiche, Chips, Coleslaw and Seasonal Salad	Jelly and Fruit or Fruit