



Naidheachdan Bun Sgoil Steòrnabhaigh

1^{mh} den t-Sultain / 1st September 2023

Biadh Fallain Healthy Eating

As part of our on-going health promotion activities, we seek parental support for ensuring that snacks/packed lunches brought from home contain appropriate healthy food and drink options for their child. We are a Health Promoting School and sugary drinks or sweets should not be brought into school.

Please ensure that your child's lunchbox is filled with nutritious food. It is very important for your child to have a balanced variety of foods to ensure that they can get all the nutrients they need. This can include:

- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
 - At least one portion of fruit and/or vegetable (this could include a dried fruit)
 - A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
 - A starchy food such as bread, pasta, rice, noodles, cous-cous
 - Dairy food such as cheese, yoghurt, fromage frais
 - A biscuit, preferably plain
 - Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, etc.
- Pupils are encouraged to take in a bottle containing water to drink throughout the day.

Nuts and nut products (e.g. peanut butter) should not be sent into school because of allergy concerns.

Comhairle Phàrant Parent Council

The first Parent Council meeting of the session will take place on Tuesday 5th September at 7pm. All parents and carers are welcome to attend. The meeting will be held both in the school and online. A link will be issued on Tuesday. The Parent Council works together with the school to promote partnership between the school, parents/carers and pupils. It aims to represent the views of all parents/carers. If you have any queries or questions for the Parent Council, please send them to syprimaryparentcouncil@gmail.com

Feasgar Teatha Afternoon Tea



MACMILLAN
CANCER SUPPORT

We are delighted to share with you that we will be hosting an afternoon tea at 2pm on Friday 22nd September. Families are welcome to come along to enjoy a cup of tea or coffee, along with some delicious baking. Afterwards, parents/carers can make their way to their child's classroom to meet the class teacher and say hello.

There will be an opportunity to donate to Macmillan Cancer Support. Please note, donations are voluntary.

Leasain Spòrs

PE Lessons

Please ensure your child has appropriate footwear for their lesson. PE lessons for classes will take place on the following days:

PE Days 2023-24					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
P1A					
P1/2					
P2/3					
P3A					
P4A					
P5A					
P5B					
P6A					
P6B					
P7A					
P7B					
GM1					
GM2					
GM3/4					
GM4/5					
GM6					
GM7					

Coinneamhan Phàrant

Parent Appointments

Parent appointments for all pupils will take place on **Monday 9th** and **Tuesday 10th 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 2nd October. We encourage all parents/carers to attend.

Parcadh

Parking

To ensure the health and safety of all pupils, we ask that parents/carers use the allocated entrance and exit gates when dropping off and collecting children. Please do not use the staff car park as the car park can be very busy.

Dihaoine latha d' aodach fhèin

Free Dress Friday

Free Dress Friday will take place on Friday 29th September.
Donations are welcome but not necessary. No fancy dress or football shirts please.
Thank you.

Taic Ionmhais Financial Support

Free School Meals

All children P1 – P5 are eligible to receive Free School Meals as part of the Scottish Government's rollout of Universal Free School Meals. However, there are financial benefits for parents who apply that are eligible based on their assessed low income. If you qualify based on your income, you will be entitled to receive a cash equivalent of £2.50 per day during school holidays (not including weekends) totalling £260 per year per child.

Eligibility Criteria:

- Income Support
- Income-based Job Seeker's Allowance
- Any income-related element of Employment and Support Allowance
- Child Tax Credit, but not Working Tax Credit, with an income of less than £18,725
- Both Child Tax Credit and Working Tax Credit with an income of up to £8,717
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit with a monthly earned income of not more than £726

Clothing Grants

In recent years, Comhairle nan Eilean Siar has increased the threshold to allow families with a household income of up to £20,000 to be able to access a Clothing Grant. The current rates paid by the Comhairle are:

Primary Pupil: £120 (per child)
Secondary Pupil: £150 (per child)

Eligibility Criteria:

- Income Support
- Income-based Job Seeker's Allowance
- Any income-related element of Employment and Support Allowance
- Child Tax Credit, but not Working Tax Credit, with an income of less than £20,000
- Both Child Tax Credit and Working Tax Credit with an income of up to £20,000
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit with a monthly earned income of not more than £1,666 (£20,000) per year


To apply, please visit our online application, which can be accessed [here](#).

Aodach Sgoile School Uniform

We have a large selection of good quality, used school uniform available at the main entrance of the school and nursery. These items are available for families to help themselves. Any families wishing to place an order for new uniform can order through the following link:

<https://ahyde.co.uk/>

**Clàr-bidh Canteen
Canteen Menu**

Week 3	Option 1	Option 2	Option 3	Pudding
	Macaroni, Garlic Bread, Beans and Seasonal Salad	Lentil Soup and Cheese Sandwich	Baked Potato with Tuna, Cheese or Beans	Crackers, Cheese & Fruit or Fruit
Tues	Beef Bolognese, Broccoli, Seasonal Salad	Tomato Soup with Tuna Sandwich	Baked Potato with Tuna, Cheese or Beans	Melting Moments & Fruit or Fruit
Wed	Sausages, Wedges, Beans and Sweetcorn	Vegetable Soup and Ham sandwich	Cheese and Carrot Salad	Frozen Yoghurt & 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	Watermelon & Fruit or Fruit
Fri	Fish and Chips (Mash if Nursery) with Peas and Seasonal Salad	Chicken Noodle Soup With Egg Sandwich	Baked Potato with Tuna, Cheese or Beans	Yogurt or Jelly with Fruit or Fruit

**Tachartasan Choimhearsnachd
Community Events**

Sport and Health after school activities will commence week beginning Monday 4th September.

Bookings can be made using the following link

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

Monday

Dates: 4th, 11th, 18th, 25th September 2nd and 9th October

Gymnastics (P1 and P2)

Time: 4:00pm - 4:45pm

Gymnastics (P3 and P4)

Time: 4:50pm - 5:35pm

Tuesday

Girls Only Football (P1 - P3)

Dates: 5th, 12th, 19th, 26th September 3rd and 10th October

Time: 4:00pm - 4:45pm

Wednesday

Athletics (P1 - P3)

Dates: 6th, 13th, 20th, 27th September 4th and 11th October

Time: 4:00pm - 4:45pm

Friday

Mini Kickers/Sports (Ages 3 and 4)

Dates: 8th, 15th, 22nd, 29th September, 6th October

Time: 1.15pm - 2:00pm

Badminton (P5 - P7)

Dates: 8th, 15th, 22nd, 29th September, 6th October

Time: 4:00pm - 4:45pm

Fèis Theaghlaich agus Chloinne Òg
Early Years Family and Child Event

The Family Support Team have arranged a Family and Child event in Stornoway Town Hall on Wed 20th Sept to showcase all the support that's available to families locally. There will be play activities for the children and also taster sessions of baby massage, PEEP and Bookbug. Family Support Workers will be on hand to share ideas that may help with various parenting/family challenges. We will also have a selection of clothes, toys, baby items and other freebies available. Light snacks and refreshments will be provided, and 'The Hebridean Baker' will be joining at 1pm to offer advice on cooking family meals on a budget!

A number of agencies, such as Social Security Scotland, Citizens Advice Bureau and Hebridean Housing Partnership (Plus More) will also be on hand to answer any questions and showcase what support they can offer.



STORNOWAY FREE CHURCH

EXPLORERS

Bible-based multi-activity club for
primary-age children

Thursday evenings (term-time) from 7th September
P1-P3 from 6.00-7.00pm
P4-P7 from 7.00-8:15pm
Rev MA Memorial Hall, Kenneth Street, Stornoway

Cost : £10 per term with family discounts
Online booking required every year

<https://forms.gle/4uTbjCzQ4ApcUrg27>

The Stornoway Congregation of the Free Church of
Scotland is a registered charity - No SC01144

SCAN ME



Pop Up Event Activity Fun Run

Friday 1st September
Meet at 'The Cage' in Cearn's
(across from the community hall).
6-7pm
Open to ages 8+.
Booking essential. Free
activity.



Please book using the following link:
<https://forms.office.com/r/EGvPCKKfjQ>



Ag Ionnsachadh Còmhla airson Sàr-mhathais

Learning Together for Excellence



STORNOWAY PRIMARY SCHOOL