



# Naidheachdan Bun Sgoil Steòrnabhaigh

3<sup>mh</sup> den t-Samhain / 3rd November 2023

## Coileanaidhean Pearsanta

### Opportunities for Personal Achievements

At Stornoway Primary School, we strive to support all pupils to have opportunities that develop their interests, skills and talents in school, at home, and in the wider community. Participating in a range of enjoyable activities and events is an important part of education and develops skills for learning, life and work. Recognising, valuing and celebrating personal achievements helps to raise self-esteem and confidence.

Seesaw will be used as a platform to share and celebrate pupils' learning and wider achievements. The development of individual learning journals, allows pupils to have a greater understanding of themselves, their learning and their potential.

Examples of achievements:

- Participation in clubs such as Beavers, Explorers, Swimming Club, Football Training, Brownies etc.
- Involvement in community events such as cross country running, panto, charity events etc.
- Learning new skills such as musical instruments, riding a bike, tying shoelaces etc.
- Volunteering, beach cleans, helping a neighbour or family member, helping around the house, taking care of pets etc.
- Participation / success in competitions such as Mòd, Sports Festivals etc.

Parents / carers are invited to share information regarding pupil achievements from Term 1 and Term 2 through the <https://forms.office.com/e/ZHdtkm74PM> and are warmly encouraged to upload further updates via photographs on Seesaw.

## Dealbhan Sgoile

### School Photographs

School photographs will take place on Tuesday 21<sup>st</sup> November. These will be individual and class photographs. All pupils are encouraged to wear school uniform. School ties will be issued to any pupils who require them on the day. Thank you.

### Cupan agus Cèilidh



**Cupan agus Cèilidh**

A bheil Gàidhlig agaibh?  
A bheil sibh airson  
cuideachadh a thoirt do urcuid  
chloinne le Gàidhlig?  
A bheil sibh dèigheil aircupan  
teatha?

*Have you got Gaelic?  
Would you like to be able to help your  
child/children with Gaelic?  
Do you enjoy a cup of tea?*

**Thèid fàilte bhlàth a chuir oirbh ann an Talla  
Chruinneachaidh Bun-Sgoil Steòrnabhagh, feasgar  
Dihaoine eadar 2f agus 3f.**

Please come along to Stornoway Primary Assembly Hall between 2pm and 3pm  
on Friday 10/11/2023

**Airson barrachd fiosrachaidh, cuir fòn gu/for more information  
contact: 01851 703418 stornowayprimary@gnes.net**

### Turas Clas 7 P7 Residential Trip

We are delighted to confirm that all pupils in Primary 7 will have the opportunity to attend our P7 Residential Trip to Loch Insh Outdoor Centre, Kinraig, from Wednesday 27<sup>th</sup> to Friday 29<sup>th</sup> March 2024. Pupils will develop a range of skills through participation in a variety of safe, fun and adventurous outdoor activities and challenges. The pupils will develop confidence in themselves as well as strengthen relationships amongst peers. We hope to organise a range of fundraising activities over the next few months and we would appreciate your support in these events.

<https://lochinch.com/>

## Clann ann an Èis Children in Need

Pupils in P3A and P4A are busy organising a range of activities for Children in Need. The theme this year is 'Spots and Sports'. All pupils will be participating in a variety of fun sporting activities throughout the week. On Friday 17<sup>th</sup> November, pupils are invited to come to school wearing something spotty, pyjamas or free dress and crazy hair, if they wish. There will also be a Bring and Buy sale. Donations for the Bring and Buy sale are welcome.



## Rèis Dùthchail Leòdhais agus Na Hearadh Cross Country Race

Stornoway Running and Athletics Club are pleased to announce the Angus Maciver Ltd Lewis and Harris Cross Country Series 2023/24. Race 1 will take place on Saturday 4<sup>th</sup> November 2023 at the Lewis Castle Green in Stornoway. Please see the poster and link to the Google Form for registration into the race. The race is open to anyone over 7 years of age. Race categories are Under 9's, Under 11's, Under 13's, Under 15's, Under 17's, Under 20's and Seniors. <https://forms.gle/r6FygrBkgXf2AUaA8>

A green poster for the Angus Maciver Ltd Lewis & Harris Cross Country Race 1. It features the SRAC logo, the event title, and the date Saturday 4th November 2023. A central circular image shows a runner in front of a castle. The poster lists parking details, entry fees (£2 for Seniors, £2 for U9-U17), and a registration link. It also provides a timeline of the race, starting at 9:30 for Seniors and U20, and ending at 12:15 for U11 Girls. The email Welfaresrac@gmail.com is provided for more information.

**Angus Maciver Ltd**  
Lewis & Harris  
CROSS COUNTRY  
Race 1  
Saturday 4th November 2023

Parking at the collage car park  
£2 Seniors  
£2 U9-U17

Register on Google form.  
<https://forms.gle/qfnqYsobpFYNY4gg7>

Email :  
Welfaresrac@gmail.com  
for more info.

Be there 15 min Before Race Start Time!

9:30 - SENIOR, U20  
10:50-U15 and U17  
11:20 - U13  
11.30-U9 BOYS  
11.45-U9 GIRLS  
12:00-U11 BOYS  
12:15-U11 GIRLS

## Christmas Market Night/ Lights Switch On



THIS EVENT IS OPEN TO THE STORNOWAY PRIMARY SCHOOL COMMUNITY

The Christmas Lights Switch On and Market Night will take place on the evening of Friday 1<sup>st</sup> December. If you would like to book a table for the Market Night or if you are available to volunteer for the event, please contact the Parent Council on the following link

<https://forms.office.com/e/ZnKXpwg3Ke>  
or on [syprimaryparentcouncil@gmail.com](mailto:syprimaryparentcouncil@gmail.com)

### Comhairle Phàrant Parent Council

The Parent Council Annual General Meeting will take place on Tuesday 7<sup>th</sup> November at 7pm.

All parents and carers are warmly encouraged to attend.

The next Parent Council Meeting will be on Wednesday 22<sup>nd</sup> November at 7pm.

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](mailto:syprimaryparentcouncil@gmail.com)



## Tachartasan Teirm 2 Calendar of Events for Term 2

Tuesday 7 <sup>th</sup> November	Parent Council AGM – 7pm
Tuesday 7 <sup>th</sup> November	Sports Festival - Uni-hoc P5-P7 5:30-8:30pm
Friday 10 <sup>th</sup> November	Cupan & Cèilidh
Wednesday 15 <sup>th</sup> November	Sports Festival - Uni-hoc P5-P7 5:30-8:30pm
Friday 17 <sup>th</sup> November	Children in Need – Bring and Buy Sale
Tuesday 21 <sup>st</sup> November	School Photos
Wednesday 22 <sup>nd</sup> November	Là na Gàidhlig
Wednesday 22 <sup>nd</sup> November	Parent Council Meeting – 7pm
Thursday 23 <sup>rd</sup> November	Sports Festival - Uni-hoc P5-P7 5:30-8:30pm
Friday 24 <sup>th</sup> November	Holiday
Monday 27 <sup>th</sup> November	Holiday
Tuesday 28 <sup>th</sup> November	P1 Health Checks
Tuesday 28 <sup>th</sup> November	Sports Festival Finals - Uni-hoc 5:30-8:30pm
Friday 1 <sup>st</sup> December	Christmas Lights Switch On & Market Night
Monday 4 <sup>th</sup> December	Feisean nan Gaidheal Panto GM2-7
Thursday 7 <sup>th</sup> December	Canteen Christmas Lunch Christmas Jumper Day
Friday 15 <sup>th</sup> December	Christmas Concert (Afternoon) Nursery, GM1, GM2, P1A, P1/2
Friday 15 <sup>th</sup> December	Free Dress Friday
Monday 18 <sup>th</sup> December	Christmas Concert (Evening) P2/3, P3A, P4A, GM3/4 & GM4/5
Tuesday 19 <sup>th</sup> December	Christmas Concert (Afternoon) P2/3, P3A, P4A, GM3/4 & GM4/5
Wednesday 20 <sup>th</sup> December	Class Christmas Parties
Thursday 21 <sup>st</sup> December	Last Day of Term

### Sàor-làithean Holidays

The school will be closed to pupils and staff on Friday 24<sup>th</sup> and Monday 27<sup>th</sup> November. Term 2 will draw to a close at 3:25 on Thursday 21<sup>st</sup> December. Term 3 will commence for pupils and staff on Thursday 4<sup>th</sup> January.

### Dihaoine latha d' aodach fhèin Free Dress Friday

Free Dress Friday will not take place in November as the school are participating in Children in Need on Friday 17<sup>th</sup> November. The next Free Dress Friday will take place on Friday 15<sup>th</sup> December. 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 the 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 2	Option 1	Option 2	Option 3	Pudding
	Pizza, Wedges, Carrot Sticks, Spaghetti Hoops, Green beans	Vegetable Soup & Tuna Sandwich	Baked Potato with Tuna, Cheese or Beans	Angel Delight or Rice Pudding & Fruit or Fruit
<b>Tues</b>	Spaghetti Bolognese with Peas & Sweetcorn	Tomato Soup with a Ham Sandwich	Cheese Salad	Shortbread & Fruit or Fruit
<b>Wed</b>	Chicken Goujons Wrap with Mayo, Savoury Rice, Mixed Salad & Coleslaw	Lentil Soup & Egg Sandwich	Baked Potato with Tuna, Cheese or Beans	Ice Cream & Fruit or Fruit
<b>Thurs</b>	Roast Ham, Yorkshire Pud, Mashed Potato, Carrots and Cabbage	Leek & Potato Soup & Ham Sandwich	Baked Potato with Tuna, Cheese or Beans	Jelly & Fruit or Fruit
<b>Fri</b>	Pastry Sausage, Chips (Mash if Nursery) with Peas & Beans	Carrot & Coriander Soup with Tuna Sandwich	Baked Potato with Tuna, Cheese or Beans	Yogurt or Crackers & Cheese with Fruit or Fruit

**Tachartasan Choimhearsnachd  
Community Events**

**After School Activities**

Sport & Health are offering Gymnastic, Girls Only Football, Athletics, Squash and Indoor Golf as part of their Term 2 sports activities. Bookings open on Friday 27<sup>th</sup> October at 12noon. Activities must be booked weekly. Every Friday at 12 noon spaces for the following week will be released on their [booking app](#) CnES Sports facilities. These sessions are all £4 or £2 for members.

## Monday

Dates: 30 October, 6, 13, 20 November and 4, 11, 18 December

### **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: 31 October, 7, 14, 21, 28 November and 5, 12, 19 December

Time: 4:00pm - 4:45pm

## Wednesday

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

Dates: 1, 8, 22, 29 November and 6, 13, 20 December

Time: 4:00pm - 4:45pm

## Thursday

### **Squash (P6 and P7)**

Dates: 2, 16, 30 November and 14 December

Time: 4:00pm - 4:45pm

### **Indoor Golf (P4 and P5)**

Dates: 9, 23 November and 7, 21 December

Time: 4:00pm - 4:45pm







**Saturday 4<sup>th</sup> November 2023**


**11am – 3pm**

**at Bridge Community Centre,  
Bayhead**

**Lewis and Harris Childminding Group** are holding a Table Top sale.

**Make a start on your Christmas shopping**

Adults & Kids Tombola, name the teddy.  
Lots of local crafts/baking for sale.  
Babie, kids clothing & toys.  
Bric-a-brac.  
Tropic Skincare.

 <b>WEEKLY SCHEDULE</b> Workshops for Children & Families + Young People <a href="http://www.lanntair.com">www.lanntair.com</a>		
<b>MON</b>		
Movement & Dance	Sandwichhill Studios	11am-12pm
Movement & Dance	Breasclete Community Centre	1.30pm-2.30pm
Mini-Make	Sporsnis, Lionel	3.45pm-4.45pm
<b>TUE</b>		
Mini-Make	Tarbert Community Centre	4pm-5pm
Art Lab	Tarbert Community Centre	6pm-7.30pm
<b>WED</b>		
Creative Play	Back Football & Rec Club	10am-11am
Movement & Dance	Sporsnis, Lionel	10.30-11.30am
Creative Play	Balalan Village Hall	1pm-2pm
Creative Play	An Lanntair	2pm-3pm
Mini-Make	An Lanntair	4pm-5pm
<b>THUR</b>		
Movement & Dance	Grinneabhat, Bragar	1pm-2pm
Mini-Make	Ionad Stoodie	4pm-5pm
<b>FRI</b>		
Art Lab	An Lanntair	2pm-4pm
<b>SAT</b>		
Saturday Art Club P1-P2	An Lanntair	1pm-2pm
Saturday Art Club P3-P4	An Lanntair	2.30pm-3.30pm
Saturday Art Club P5-P7	An Lanntair	4pm-5pm
Drama Club P1-P4	An Lanntair	10.15-11.15am
Drama Club P5-P7	An Lanntair	11.30-12.30am
Youth Theatre	An Lanntair	1pm-2.30pm



*Ag Ionnsachadh Còmhla airson Sàr-mhathais*

*Learning Together for Excellence*



# PREVENT LICE

**HOW?**

Use a Lice Comb

Wash hair

Apply lots of conditioner

With the hair still warm

Comb it

**WHY?**

Lice take 10 - 14 days to reach Maturity

Once fertilised, they lay up to 200 eggs (nits) at the hair root. They eat blood.

The eggs take 7 - 10 days to hatch

Black semi-opaque eggs haven't 'hatched'!

White eggs have!

**WHEN?**

Routine Once a week

Many Lice/eggs (nits) are immune to treatments

There are few ways to irradiate them

- Comb them out twice a day with wet conditioned hair
- Pull the eggs off the hairs one by one.
- Get the lice 'drunk' on treatment or alcohol, they let go of the hair, and can be combed out.
- Be careful, they can climb back on.

Start combing froward from the nape of the neck.  
Then comb above ears to crown.  
Then from fringe backwards.  
Comb all the way to the end of each hair.