



HAZLEHEAD SCHOOL  
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HEAD TEACHER: MRS. JONES

**"When you believe in yourself, anything is possible."**

**Friday 11<sup>th</sup> December 2020**



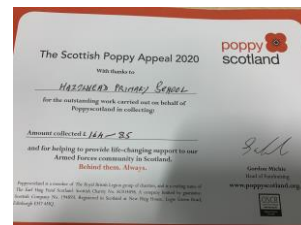
*"Our strength will grow through community."*

## SCHOOL NEWSLETTER

As we finish the week, I would like to take this opportunity to thank our four PGDE students who have been working in P4T, P6, P6/7 and P7 for the duration of this term. I wish them well in their future careers.

### THE SCOTTISH POPPY APPEAL 2020

Many thanks again to all our staff and families who made a valuable contribution this year to our annual poppy appeal. Together, we raised a fantastic £164.85 for this very important charity. Well done!



### OUTDOOR LEARNING



Always looking for the positives, we have used the current situation to embrace, promote and encourage more use of the outdoors as a space for learning for all.

All classes have a weekly timetable slot for our wildlife garden and it's been fantastic to see the quality learning taking place there across the whole school.

Please see our twitter account for more descriptions of learning as we continue to share our learning.

A big thank you to Miss. Simpson and Miss. Tipping who are always happy to share their expertise with others.

### EMOTION WORKS

Mental wellbeing is a key priority at Hazlehead and remains one of our action plans as part of our School Improvement Plan.

In light of recent events, the need to make sure everyone has the space and opportunity to talk has never been greater.

One of the key resources we use is Emotion Works. Further examples of this in use can be found by visiting our twitter page.



## HEALTH & WELLBEING: FAMILY FEATURE



### Holiday Stresses



Emma Powell  
Educational Psychologist  
Aberdeen City Council

The holidays are almost here again. Whether you celebrate Christmas, other winter religious holidays or not at all, the children will be on their school holidays. The weather has got colder, certainly wetter, and our bank balances have all taken a battering already. Our health takes a dip at this time of year, every year, we become more run down, and tempers begin to fray as pressure can often build. So what can we do to ensure our whole family is okay?

Well firstly we remember that stress is a normal response to difficult situations. The stress responses in our bodies are designed to help us perform a function. Either realise we are doing too much and take a break or give us the adrenaline we need to get things done. Stress is only damaging when it goes on for too long, or reaches too high a level. A bit of an adrenaline surge can help us finish off decorating a tree or battle the crowds in the supermarket (or complete our annoying online shopping order form, stay safe inside folks!). But constantly surging adrenaline means we snap at one another, we snap at our children and slip into unhealthy de-stressing models.

Secondly, we remember to breathe. So, if the stress is too high, or going on too long. We stop, we take stock and take deep breathes. We talk about with children doing 2, 3, 4, or 4, 4, 4 breathes. Here is some information about the power of breathing! There are a couple of great activities you can model to your children about healthy breathing.

<https://sites.google.com/ab-ed.org/educational-psychology-service/wellbeing/mindfulness#h.lm5xirxh8sp1> For adults we suggest holding each breath count longer. So 5, 6, & 7, instead of each for 4.

There is much evidence on the support that deep breathing gives our brain, bodies and regulatory systems. So if things start feeling too much, take a minute to yourself and breathe. If you can accompany this with a relaxing shower or bath, talking to someone who cares, or a quiet moment outside, then more the better! Enjoy your holidays and see you in 2021!

### CHRISTMAS LUNCH & JUMPER DAY

It was great to see so many staff and pupils today with their Christmas jumper on! This set the scene for a very festive Christmas lunch. A big thank you to Steph and the team for cooking a fantastic meal which was thoroughly enjoyed by all. A big thank you also to the Global Working Group for organising a collection for wearing a festive jumper. They raised £220.55 for Aberdeen Cyrenians. which is absolutely brilliant! Well done. I look forward to seeing everyone on Monday as we head into our final week of the term.



Barbara Jones ☺