

# PORTMOAK PRIMARY NEWS

## SEPTEMBER 2015



### Parents' Group Sessions

I would like to invite all parents/carers to come along to the school library on 7th October 2015 at 1.30pm to meet with me to plan the parents' group for this year. If you are also registering for the crèche, please come along for 1pm to fill in forms etc.

The group will then run weekly on Wednesday afternoons from 1pm to 3pm starting after the October holidays and running until the Christmas break on the following dates:

28.10.15, 4.11.15, 11.11.15, 18.11.15, 25.11.15, 2.12.15, 9.12.15, 16.12.15

### Coffee and a Catch Up

Thanks to all those who came along to the term 1 coffee and catch up. The next session, to which you are all invited, is on Monday 2<sup>nd</sup> November at 9am.



### Macmillan Coffee & Uniform Sale

Thanks to those who attended a busy afternoon in school. £190 was raised for a very worthwhile cause and lots of children who haven't got uniform items, coats and shoes in a school less fortunate than ours have benefitted from your donations too.



### Free School Meals

Since 5 January 2015 Free School Meals have been offered to ALL pupils in P1- P3 without the need for parents/carers to submit an application form. However, an application form must be completed if you also require assistance with school clothing/footwear for your child in P1-P3.

Don't forget to submit an application form for Free School Meals for your child when he/she moves into P4 as they will no longer be automatically entitled for Free School Meals.

For further information please go to <http://www.pkc.gov.uk/article/4927/Free-School-Meals>

You can claim free school meals for your child(ren) if you are receiving:

- Income Support (IS)
- Income based Job Seeker's Allowance (IBJSA)
- Any income related element of Employment and Support Allowance
- Child Tax Credit (CTC), but not Working Tax Credit, and your income is less than £16,105.
- Child Tax Credit (CTC) and Working Tax Credit (WTC) and your income is less than £6,420

- If you are between 16 and 18 years old and receive any of these benefits in your own right, you can claim free school meals for yourself.
- You may also be eligible if you are an asylum seeker receiving support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit

## Ladies Shopping and Pamper Night

Please "save the date" for this year's Shopping and Pamper night which will be held in Portmoak Hall on Friday the 6th November. This is a really super evening which raises a substantial amount of money for the benefit of our school.



## Strengthening Families Primary - Secondary Transition Course



### **What's it all about?**

Strengthening Families is a 7 week course that helps families with young people aged **10 years old to** prepare for the transition to Secondary School and also for their teenage years.

Moving to secondary and becoming a teenager can be an exciting challenging time for young people and parents alike.

Strengthening Families is proven to support both parents and young people through this time of change.

### **What happens?**

Each session is held in the evening and lasts for 2½ hours.

During the sessions you learn by watching DVDs, taking part in activities and discussions. In the first hour parents and young people meet in their own groups to take part in activities with group facilitators. In the second hour everyone comes together again to be involved in family activity. An evening meal is provided for all the family and crèche and transport is also available.

### **What are the benefits?**

#### **Parents and carers**

With each session your confidence will grow as you...

- Learn about different ways to support your young person; and
- Learn how to set boundaries as they get older.

Most of all, Strengthening Families helps your whole family to experience your young person's teenage years more positively.

#### **Young people**

With each session your confidence will grow as you..

- Develop skills for handling peer pressure, which helps to avoid problems such as drugs and alcohol;
- Develop skills in learning how to better appreciate the feelings of others; and
- Learn how to set your own goals for the future, helping you to achieve greater success when you move onto secondary school.

#### **Your whole family**

By the end of the 7 week course you will have a much better understanding of each other's strengths and qualities, helping you to become much stronger as a family and better able to support each another.

### **Find out what other parents and young people in Perth & Kinross have said about the course**

There is a short video on the following webpage which lets you know how useful others who have attended the course found it. Check it out. [www.pkc.gov.uk/strengtheningfamilies](http://www.pkc.gov.uk/strengtheningfamilies)

### **How can I access this programme?**

The course will be running in:

- Loch Leven Community Campus Oct 27<sup>th</sup>-Dec 15<sup>th</sup> 5:00pm-7:30pm

If you would like to join in the course just complete an application form which you can get from school or contact:

Evidence2 Success 01738 477836, e mail [evidence2success@pkc.gov.uk](mailto:evidence2success@pkc.gov.uk) or visit the website

**Dates for Your Diary:**

- Thursday 1st October – Primary 4/5 swimming
- Wednesday 7<sup>th</sup> October – Parents' Group and Crèche consultation 1.30pm, crèche sign up 1pm
- Thursday 8<sup>th</sup> October - P6 Curling's Cool – Kinross Curling Rink
- Thursday 8<sup>th</sup> October – Primary 4/5 swimming
- Friday 9<sup>th</sup> October – Harvest Assembly 9.30am at Portmoak Church – led by P5/6, all parents welcome
- Friday 9<sup>th</sup> October – Last day of Term 1 (3pm finish time)
- Monday 26<sup>th</sup> October – First day of Term 2
- Tuesday 27<sup>th</sup> October - Flu Vaccines P1-7
- Wednesday 28<sup>th</sup> October – Parents' Group starts for every Wednesday this term
- Thursday 29<sup>th</sup> October – Halloween Discos
- Thursday 29<sup>th</sup> October – Primary 1/2 Storytelling Session at Kinross Library
- Thursday 29<sup>th</sup> October – Primary 4/5 swimming
- Friday 30<sup>th</sup> October – Bags to school before 9am.
- Friday 30<sup>th</sup> October – P1/2 Assembly (P1/2 family and friends please join us from 9.15am)
- Monday 2<sup>nd</sup> November – Parent Coffee and Catch up 9am in school library
- Tuesday 3<sup>rd</sup> November – M & M Panto – Peter Pan - afternoon
- Thursday 5<sup>th</sup> November – Primary 4/5 swimming
- Friday 6<sup>th</sup> November – Christmas Shopping Night
- Friday 6<sup>th</sup> November – P4/5 Assembly (P4/5 family and friends please join us from 9.15am)
- Monday 9<sup>th</sup> and Wednesday 11<sup>th</sup> November – Parent Contact Meetings
- Thursday 12<sup>th</sup> November – Primary 4/5 swimming last day
- Thursday 19<sup>th</sup> November – In-service Day
- Friday 20<sup>th</sup> November – In-service Day
- Tuesday 15<sup>th</sup> December – Nativity am & pm
- Friday 18<sup>th</sup> December – End of term 2 (12 noon finish time)
- Tuesday 5<sup>th</sup> January 2016 – First day of Term 3

Don't forget to save both school numbers  
01577 867290 (school office)  
and the absentee line on  
01577 867196

