

Dear Parent/Guardian,

As usual we have a very busy term and are now looking forward to the festive season.

HEALTHY HIGHLAND WEEK

This was a great success with the children thoroughly enjoying the activities organised by the FAB Group. Many thanks to Mrs. Asher and all our parent helpers.

NURSERY

- ❖ **Sponsored Bounce** – Great fun was had by all when the Nursery children did a sponsored bounce to raise funds. The proceeds will be used to pay for Christmas gifts, trips and workshops throughout the session. To date the children have raised £620.59. Thank you to Mrs. Karen Halkett for the loan of the Bouncy Castle.*
- ❖ **Chapleton Woods** – Shona Amos, Recreation Ranger with the Forestry Commission, visited the Nursery to lead an Autumn Walk in our local woods. Activities included a treasure hunt and building hedgehog nests. Shona will return in the Spring for Forest School*

VISITS

❖ Save a Life

'On Wednesday 7th November two ladies called Shirley and Eilidh, from the Scottish Ambulance Service came to P7 to tell us "How to Save a Life". First they told us what DRABC stands for which is Danger, Response, Airway, Breathing and Compressions. After that we were shown the Recovery Position and got to do it in pairs. Eilidh and Shirley then took out a dummy and everyone got to do CPR on it. It was quite hard to remember everything but mostly everyone had a go at it. CPR stands for Cardio Pulmonary Resuscitation. We were told if you were 11 and over you were classed as an adult. Shirley was telling us what you had to do if a baby or child was choking and what you had to do if an adult was choking. Then she told us what you should and should not use to help someone when they are bleeding. It was really interesting and all the Primary 7's enjoyed themselves.'

by Susan Smith – P7W

❖ Picts + Celts

'On the 9th November Primary 3 were finding out about the Celts, so a Celtic warrior was invited to the school to tell us about the Celts. He told us about life as a Celt and it was a tough job! He showed us a real brooch that was used instead of a button. We saw a Celtic shield and sword and he told us about the clothes they wore. They fought the Picts and the Vikings.'

by Neil Crawshaw – P3

- ❖ *P7's pupils enjoyed a very informative talk about 'Understanding the Universe', whilst P4/5 had a visit from a 'Roman Soldier'.*

P1 DENTAL HYGIENCE/HEAD LICE

On Tuesday 13th November the school nurse was in school to give younger children and their parents advice about dental hygiene. Parents also heard about how best to deal with head lice.

PARENTS NIGHTS

I am delighted to report that we had an excellent turnout of parents for these consultation evenings. Thank you all for taking the time to attend and help the teachers support your child's learning. Thanks also to the school nurses for their health display and the PTA (now BFG – Balloch Fund Raising Group) and BSPC for helping with supervision.

HMI INSPECTION

On 29th November we had a visit from the Senior Chief Inspector for Scotland and the Chief Inspector. One of the purposes of the visit was to congratulate staff and pupils on our recent very good inspection report. They also recognised the support given to the school by parents.

SCHOOL MEALS

We welcome Mrs. Gillian Halls as our new cook in charge. Unfortunately, Gillian and her supervisor informed us of some changes at our recent FAB meeting e.g. classes will no longer be allowed to choose an occasional 'pudding treat' as a reward choosing for healthy eating. Children will no longer be allowed to 'have seconds' to use up any left over food. It seems that in future the food must be put in the bin or if possible frozen for use another time.

The FAB group are keen to maintain the excellent liaison which we had built up with the cooks in promoting healthy eating and have asked for these rules to be reviewed. We await a response.

BEST GROUP

- ❖ Ms Spalding of the BEST group has asked me to let you know that the recycling centre outside Dingwall on the Strathpeffer Road now recycles plastic juice bottles and milk cartons.
- ❖ We have received a very generous donation of £750 from a parent towards our grounds project. This is much appreciated and will be of great help in furthering our plans.

CHRISTMAS POST BOX

Children will be able to post their Christmas cards to each other via the school post box from Monday 3rd December until Wednesday 19th December. The box will be in the corridor outside the GP room and will be emptied daily on a rota basis by pupils from P4 to P7. Please remember to address all cards with full name and class.

CHRISTMAS CONCERT

You will have heard by now from the Parent Council about how to book tickets for the Christmas Concert. The concert dates and times are as follows. Please note that finishing times are approximate.

Tuesday December 11 th	1.30 – 3.00pm
Wednesday December 12 th	7.00 - 8.30pm
Thursday December 13 th	7.00 - 8.30pm

All pupils from P1 – P7 will be taking part. (Nursery will be doing their own Nativity play.) We hope that the children will be able to take part in all three performances and appreciate your co-operation in this.

Afternoon Performance

- ❖ *All pupils will finish school at the usual times of 2.30pm for P1-3 and at 3.00pm for P4-7.*
- ❖ *If you have a child in P1-3 and are planning to attend the afternoon performance, your child's teacher will be happy to keep him/her in class until the concert is finished. If you do need your child to stay after 2.30pm on that day, please let the class teacher know in writing.*

Evening Performance

Children should be brought to their classrooms for 6.40pm and may be collected again from the classroom at the following times (approximately).

<i>P1, P2, P2/3 + P3</i>	<i>7.30pm</i>
<i>P4, P4/5 + P5</i>	<i>8.00pm</i>
<i>P5/6, P6, P7T + P7W</i>	<i>8.30pm</i>

If you are attending the evening performance the class teacher will be happy to keep him/her in class until the concert is finished.

If you do not intend collecting your child from the classroom but are allowing them to make their own way home from evening performances, please let the class teacher know this.

Parking: *As usual for this event, the playground will be available for parking and the back gate will be open.*

There will be a collection for Charity at each performance and 3 fabulous Hampers to be won. We have a few extra Balloch Primary Calendars which will be for sale.

The children are starting to practise for this event now and we hope that, as in the past, you will find the performance enjoyable and entertaining.

PHOTOGRAPHS / VIDEOS

Parents often ask whether it is OK to take photographs/videos at the school Concert and Nursery Nativity. Our current policy is that if no parent voices an objection, then it is OK. However, if any parent objects then practically, we have to say no to all photographs and videos. So, if any of you wish to object, then please let me know in writing by December 7th. You may assume that photos and videos are permitted unless I let you know otherwise.

CHRISTMAS SCHOOL LUNCH

This will be served on Thursday December 13th. Those having Christmas Lunch will already have paid for this.

CHRISTMAS PARTIES

P1 + P2 pm Friday 14th December

PP7's pm Tuesday 18th December

Nursery am – Wednesday 19th December (9.30 – 11.30am)

Other classes may be having informal Christmas class parties and will let you know if and when they require donations.

PANTOMIME – Wednesday 19th December

Please note that we do not expect to arrive back at school until approximately 4.15pm. As the car park will be busy, buses will arrive at the back gate. Please collect your child from his/her classroom on return.

Pupils who usually use school transport will need to have an alternative means of getting home on that day.

Children may bring some sweets to have during the show but no drinks or crisps please.

CHRISTMAS SERVICE

The Christmas Service will be on Thursday December 20th at 10.00am. As space in the hall is limited, this year we are inviting the parents of children in classes P1 and P6 only to this service.

SCHOOL CLOSURE

School will close for the Christmas holidays on Thursday December 20th at the usual time. School will re-open on Monday 7th January 2008.

As this is the last Newsletter before the holidays, I would like to take this opportunity to wish you all a very happy and peaceful festive season.

Yours sincerely,

Head Teacher