

Indoor Shoes - A reminder that children should have indoor shoes for school. This keeps our school neat and tidy and can also be worn for PE lessons. **PE Kit of shorts, T shirt and indoor shoes is essential for PE lessons.** Your child's teacher will keep you updated on Gym days. **Reminder - all jewellery must be removed** before gym lessons - this includes earrings, In line with South Lanarkshire Council's Health and Safety guidance we are no longer allowed to "tape" earrings.

Tooth Brushing - All children in nursery and throughout the school will have the opportunity to brush their teeth each day. Lorna Murray our Dental Health Visitor will be in school throughout the session to work with all classes, to remind all children about the importance of tooth brushing.

The Childsmile Team will be in school on **Tuesday 10th October** to undertake fluoride varnishing with children in the nursery and P1 - P4. More info to follow...



Asthma Reminder

If your child requires an inhaler for asthma, we ask that they carry their inhaler with them at all times. (A good life skill!) Please send a spare inhaler, clearly marked with your child's name and dosage details into the school office and we will keep that as a spare.



Karate Taster Sessions

Shukokai Karate Club were working with all P1 - P7 to give them a taster session on karate on **Thursday 21st September**. The club runs in the school on a Thursday Evening. Children will have received a leaflet with more info at their taster.

Hot Chocolate Homework Drop In Cafe runs every Monday from 3 - 4pm. All parents are welcome to attend with their children. Teachers are on hand to help with homework and there is Hot Chocolate, juice and cookies for everyone once the homework is done!

Primary 7 Residential Trip to Ardentiny Outdoor Centre. Wed 29th Nov. to Fri. 1st Dec. 2017

Parents and children who are participating in this exciting opportunity are invited along to the school on **Tuesday 24th October** to meet with one of the instructors from Ardentiny who will be telling us what to expect from the visit. **Full payment** for the trip should be made no later than **Monday 9th October**.

School Lunches Just a reminder that all children in Primary 1, 2 and 3 are entitled to a free school lunch. If your child does not already have a school lunch please encourage them to give them a try.

School Lunch Arrears

If your child forgets their dinner money, they will be given a school lunch and a text will be sent asking for the payment to be made the following day. Please ensure that payment is made as quickly as possible. Unfortunately we do have a significant amount of families who owe substantial amounts in lunch money arrears. We follow SLC guidelines in following up on unpaid lunch money.

The Friends of Spittal (Parent Council) had their first meeting of the session last Wednesday evening. We were delighted to welcome some new parent members as well as welcome back some co-opted members. The parent council is an opportunity for you to participate in the life of the school and we welcome new members. More info on what is planned to follow. **The next meeting is on Fri. 3rd November from 2- 3pm. All Welcome!**

Glasgow Science Centre -Tuesday 3rd Oct.

Our **Primary 6 and Primary 7 children** will have the opportunity to visit the Science Centre for a day of workshops and learning on "Space". They will participate in "Space School" workshops which will give them an insight into the process astronauts go through before their voyage into Space!



It's Pantomime Time - "Oh yes it is!"

All children in P1 - P7 will have the opportunity to visit Rutherglen Town Hall for a performance of **Beauty and the Beast** on **Tuesday 12th December**. Details of timings and cost to be issued soon.

The nursery children will also be having a Christmas treat - more details to follow...

