



Newsletter Friday 18<sup>th</sup> January 2019 @TowerbankPS [www.towerbankprimary.wordpress.com](http://www.towerbankprimary.wordpress.com)



### **Towerbank Parents Group Help needed:**

- Library volunteers are needed for barcoding, stickering and preparing books for cataloguing. Tea, coffee, biscuits, guidance and a sense of satisfaction provided. **Friday 25th January 9-12 and Saturday 26th Jan 10-1**
- If you can help please email [towerbanklibrarygroup@gmail.com](mailto:towerbanklibrarygroup@gmail.com)
- We need someone (or more than one person) to be our fund-raising lead. This is a coordinating role - you would not be responsible for all the fundraising efforts! The volunteer would be supported by the fundraising group as well as other office bearers. Many of the events are run by well-established teams. If you are interested or want to hear more please email [towerbankparentcouncil@gmail.com](mailto:towerbankparentcouncil@gmail.com)
- Thank you to everyone who volunteered to be a class rep. Class reps act as a liaison between individual classes and the Parent Group. We still require a class rep for P2C.

### **Dates for your diary:**

- **Thursday 31 January:** Next deadline for ordering school uniform. There is limited stock within school, but please note the supplier can take up to 3 weeks to process. Order forms available from the office or online <https://towerbankprimary.wordpress.com/parent-info/school-uniform-order-forms/>
- **Thursday 31 January 6.30-8pm:** Towerbank Parents Group meeting. Everyone welcome.

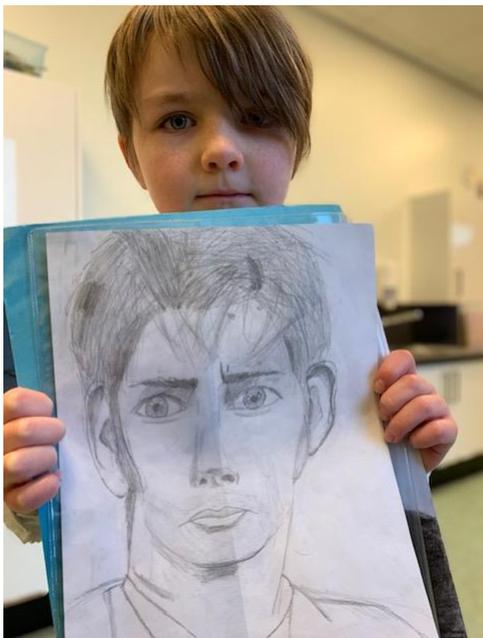
If you need volunteers or have key dates you would like included in the TPG's weekly update, please email [Alisonapayne@gmail.com](mailto:Alisonapayne@gmail.com)



Here is Callum with his 'student of the month' trophy at Chris Ewing's Karate club, which he won at the weekend. He has also moved up to his blue belt.



On Saturday Ailsa Kibby and Lily Henderson in P3 set up a stall on the prom selling hot chocolate for charity. The girls raised £86 for Shelter and Cancer Research from a combination of sales and donations. Well done girls!



I am a fan of David Tennant and especially like him in Doctor Who. I looked up a picture of him on the Internet and I copied it using a pencil. My Mum helped me but I did all the drawing myself.  
By Logan Watson P4

3 happy faces after passing level 6 ski lessons at Hillend. Well done Oscar, Ethan and Freya. All P4



Ellie, Charis, Lily, Charlotte and Mirren all took part in their dancing show on Sunday at the Churchill theatre. Everyone had a brilliant time and the audience said it was wonderful



Cameron McBain from P6 with his prize from the Scottish Books Trust 50 Words writing competition.





**TOWERBANK Party Ceilidh – less than 20 Tickets still available.**

Saturday 19th Jan 2019 – fundraising for Towerbank primary school library

Doors open 7pm

Dancing from 7.30-11pm

Tickets are available from The Skylark, and the Velvet Easel Gallery, on Portobello High Street. You can also buy your tickets online here: <https://www.brownpapertickets.com/event/3623833>

A Party night of footstompin toetappin handclappin kiltswingin jiggin with Da Hooley ceilidh band

Join us for a fantastic night out. Bring your granny, your kids, your neighbour, your friends who can dance, and those who can't. Drew, our caller will keep folk right with the dances. You get a great night out – and together we'll raise funds for Towerbank - what could be better?

More info at <https://ceilidhdanceband.scot/porty-ceilidhs/>

**Tickets**

available <https://www.brownpapertickets.com/event/3623833>

# MONTHLY CHALLENGE



You are standing by a stream with a four-litre jug and a seven-litre bucket.

Your challenge is to measure exactly five litres of water into the bucket using only the equipment provided.

Try to crack this in as few pourings as possible.

Have you cracked it? Write down or draw out your strategy and pop it into the Monthly Challenge Box beside the School Office. Remember to include your name and class.

Congratulations to Tiago in P4A who won the Christmas Maths Challenge Prize Draw. Tiago worked out how many chocolates he would get from

each of the Magic Advent Calendars, receiving a Sudoku Cube for his efforts! Well done, Tiago!



## BUILDING RESILIENCE



**KEEP CONNECTED**   **RESPECT YOURSELF**   **CHALLENGE YOUR MINDSET**   **TAKE A MOMENT**   **TALK THINGS OVER**

**GET ACTIVE**   **MAKE A DIFFERENCE**   **LOOK ON THE BRIGHT SIDE**   **BE KIND TO OTHERS**   **HAVE A GOAL**

### Building Resilience

Resilience is a key factor in protecting and promoting good mental health. This whole school programme aims to look at ten different things that can help support children to develop resilience.

## Parent & Carer Guide



## RESPECT YOURSELF

**“When you are content to be simply yourself and don't compare or compete, everyone will respect you.”**  
Lao Tzu, Tao Te Ching

Promoting Emotional Health & Well-being

# Assemblies at Towerbank

## Term 3

Each theme in the Building Resilience programme is introduced in a launch assembly. The key messages are followed up with class activities and a sharing assembly.

Our theme this term is 'Respect Yourself'.

### How you can help:

Each theme has a 'Talk it Over' section to share some of your life's learning with your child. There is also an optional Family Task.

For further information please contact Mrs Chad.

### Respect Yourself

People who respect themselves, like themselves. Nobody's perfect – but learning to accept ourselves warts-and-all, identifying our strengths and looking after ourselves and our bodies increases our enjoyment of life and wellbeing.

Through this unit, we will encourage children to reflect on the uniqueness of being. We may be different to other people in some ways and similar in other ways but we also have our own special characteristics. Nobody is perfect and if we were all the same it would be a very dull world. Nobody should feel pressure from others to be someone they are not but it is important to treat ourselves with respect and compassion.



In this unit, Skipper compares himself to others and decides he is not as good as them. Skipper learns that we all have different strengths. He encourages the children to discover their strengths and identify how they can use them more. We can all dwell too much on our flaws or what we are not so good at but if instead we focus on what we are good at, we can use these attributes to help us in other areas.

#### In this unit, we will be learning that:

- There is no one quite like me.
- Everyone has different strengths.
- I treat myself with myself with respect.

#### Talk it Over:

Tell your child what you like about yourself. Discuss with your child, things that they like about themselves and what makes them a unique and special person.

#### Family Task:

Encourage your child to create a picture of them self and fill their picture with all the great things about them, their strengths and their achievements. What makes your child special to you?

**Key Book: 'Zero' by Kathryn Otoshi**