



Newsletter Friday 2<sup>nd</sup> November 2018 @TowerbankPS [www.towerbankprimary.wordpress.com](http://www.towerbankprimary.wordpress.com)



Last Friday Susan, our lollipop lady, came to the P5, 6 and 7 assembly to be presented with a painting. It was painted by Isla's mum. The painting was presented by Isla, Tilly, Sira and Harris. Harris is in the painting with Susan. The painting was given to Susan to say thank you for being a wonderful lollipop lady. By Isla and Tilly P5



Collecting and comparing pumpkins this week in P1

# CHRISTMAS FAIR RAFFLE

Prizes are coming in steadily for the Towerbank Christmas Fair Raffle - thank you to everyone who's donated so far! But it would be great to have some more fantastic prizes to entice as many people as possible to buy tickets. Do you have something you could donate? Could you, the company you work for, or anyone you know offer something?

It could be an experience like a family activity or a course, a photography or fitness session, or top quality merchandise, or tickets to a show, or a luxury experience or treat.

If you have any ideas, contacts, or donations, please contact Jo at [jospencely@hotmail.com](mailto:jospencely@hotmail.com) - thanks in advance for any help you can give!

## Skiing at Hillend

Block 1 had their last session this week. According to the instructors Towerbank are the best behaved school they have! Well done to everyone. The second group of 60 start next week. Towerbank will be entering 2 teams into the Boyd Anderson ski races in December.

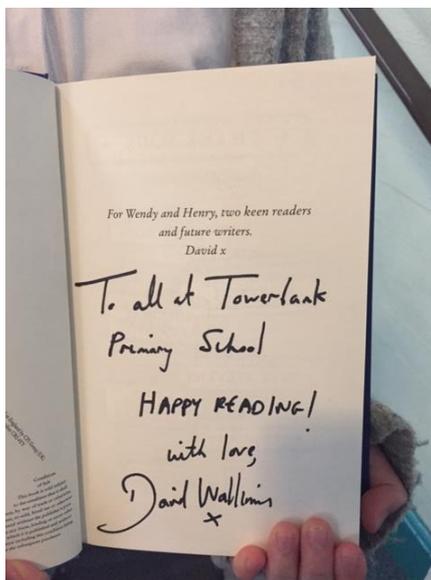
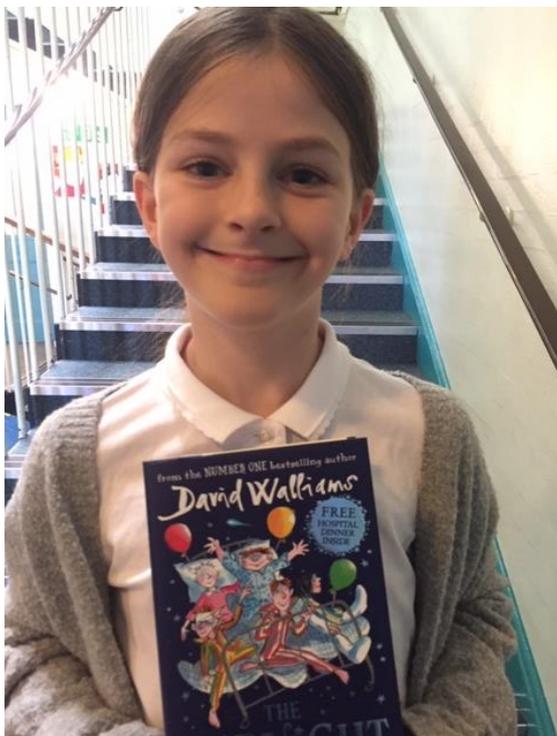


At the weekend I went to Drumchapel to compete in the synchronised swimming Scottish National Championships. I competed in the 12 and under category with four other girls from my team. We won a silver medal with a Charlie and the chocolate factory inspired routine.

P6C had a brilliant discussion with the Author Barbra Henderson this week. They asked lots of great questions about her book *Wilderness Wars* and she has promised to send them a secret first chapter of her book that was cut out by the publishers.



P7C were the first class to host a class assembly this year to parents and families. Their WW2 Living Museum featured all children researching and playing the part of people alive during the war. Very well done to everyone.



My mum's friend was doing a job with David Walliams and she asked him to sign a book for our school. I'm so glad that he signed the book. The book is called 'The Midnight Gang'.

By Romey P5

## We need your votes!

You Decide is the event that enables local people to become directly involved in deciding how the community grant fund should be spent. This year there is £22,637 and 14 local projects to consider. Two projects will directly benefit the pupils at our school.

Project 1: Towerbank Parents Group

This bid for funding is to purchase non-fiction books for the new school library.

Project 2: Towerbank Playspace Group

This bid is seeking funds for:

- football pitch and netball court markings in the existing sports area of the playground
- indoor sensory circuit markings in the lower primary corridors and outdoor sensor circuit markings in the playground. Both circuits will have three engaging stages designed to help pupils refine and focus their concentration ready for learning.

More information about both projects is available at the voting station in Portobello Library.

Voting is open until Friday 9 November. Anyone aged 8 or over can vote and each voter has to select five projects to support (there are several other Portobello based projects) so please pop along to the library and cast your votes for the Towerbank projects.

## 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



**KEEP CONNECTED**

**Term 2 Theme at Towerbank**

Promoting Emotional Health & Well-being

# Assemblies at Towerbank

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

Our theme this term is **'Keep Connected'**.

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.

### Keep Connected

In general, people with caring and positive relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support, and an increase in our feelings of self-worth and our sense of belonging. Having caring and positive relationships is one of the most important factors of our ability to cope with life's ups and downs.

During this unit, the children will be thinking about people who are special to them. They can be people we see regularly or not very often, young or old, family, friends or anyone we come into contact with in our school or our community.



Skipper helps the children to learn how to be more resilient. In this unit Skipper gets his boat stuck in the reeds at night and can't see a way out without some help from his **Back Up Team**. Skipper explains that we need to work at building up a strong Back Up Team of people who we trust to be there for us through the ups and downs.

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

- Relationships are important for our health and wellbeing
- Belonging to a group can be a good way to build friendships.
- Good relationships are a two way thing.

#### Talk it Over:

Share with your child the people who are in your Back Up Team.

#### Family Task:

Who is in your Back Up Team? Create a **Team Sheet** of the important people in your life. What makes them special to you? You can add drawings/photographs of each person.

**Key Book:** 'The Snail and the Whale' by Julia Donaldson