



Newsletter Friday 22nd November 2019 @TowerbankPS
www.towerbankprimary.wordpress.com

Many thanks to everyone for the amazing fund raising for Children in Need. The total is - £712.48.



On Sunday 17th November four primary seven pupils attended the Edinburgh and Midlothian Schools Swimming competition. Alicia swam freestyle and backstroke, Kimberly swam freestyle and backstroke, Charlie swam butterfly and backstroke and Harry swam freestyle and breaststroke.

I didn't know that it would be that competitive but I enjoyed it a lot and I am proud of what I achieved- Alicia

I had never swum in a competition before but it was lots of fun – Kimberley

The atmosphere was exciting and the marshals were nice – Charlie

The competition was brilliant and I was happy because I got a PB- Harry

Thank you for representing Towerbank at the competition. You were all fantastic. I hope we can send another team next year. – Mrs Samson

Many thanks to Mrs Samson for accompanying and supporting the Towerbank Swimmers on Sunday



Cameron Murray decided to carry on the sponsored silence she started at school for children in need. She raised a further £154 on top of the £6.57 her peers donate

Last Friday we said goodbye to Mrs Murie from the Towerbank Office. Mrs Murie has been a dedicated member of staff here since 2015 and we will miss her greatly. She will continue a connection as the administrator of TASC.



Towerbank Parent Group

Christmas fair & raffle: Towerbank Christmas Fair is taking place on Saturday 7th of December 2-4pm. To help make this a success we would love you to donate a gift or your time.

Donations (Donations can be left at the school office from Monday 2nd December. The school cannot take donations before then.)

- Tombola prizes - Chocolate is always popular with the kids, and bottles with the adults, but anything you might have to keep the tombola going for the 2 hours.
- Toys and children's books - any good condition second-hand toys, books or games. Have a clear out in time for the new Christmas pressies.
- Home baking - whether it's a showstopper or something you have made with the kids, all is gratefully received. Please no nuts!

Help on the day

If you can spare an hour or two join the team and help book Santa slots in the playground, or set up on the morning of the fair, or run a stall or help tidy up afterwards. Contact the Christmas fair team by emailing towerbankchristmasfair@gmail.com.

TPG meeting: The next Towerbank Parents Group meeting is on Thursday 28th November at 6.30 in the school. Everyone is welcome.

Dates for your diary:

- **Thursday 28th November:** TPG meeting in the school, 6.30-8pm.
- **Saturday 7th December:** School Christmas fair
- **Every Friday:** Tidy Fridays in the Library. If you'd like to find out more, drop into the library on Friday morning or email the Library group at towerbanklibrarygroup@gmail.com.

You can keep up to date with all TPG meetings and dates, as well as information about sub-groups, parent-run activities and fundraising by checking out the new TPG website: <https://towerbankparentgroup.wordpress.com/>.

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



P5A share their learning this week in the first sharing assembly this year.

Additional support needs (ASN) representatives.



Alan Crosbie, Juliana Capes Muir, Sheena Crosbie

We would just like to introduce ourselves and point you in the direction of the Towerbank Parent Group (TPG) webpage and our Facebook page where you can access further information and support if you have a child with ASN at the school.

With Edinburgh council's policy of presumption to mainstream, more children with ASN are attending mainstream schools and we hope to help and support Towerbank in their quest to become a fully inclusive school.

We will be looking at general ideas and concerns raised by parents and discussing possible solutions/adaptations through our regular meetings with Mr Friend and within the TPG.

Our contact details can be found using the following links.
We are happy to help where we can.

<https://towerbankparentgroup.wordpress.com/additional-support-needs/>

<https://www.facebook.com/groups/1500435133412381/> or search for Towerbank ASN Parent Carer Group.

Thanks for reading 😊

Best wishes Sheena, Alan and Jules.



TOWERBANK CHRISTMAS FAIR



Santa's Grotto, Games,
Tombola, Crafts, Waffles,
Raffle, Toys & books,
Refreshments, Home baking!



SATURDAY 7TH DEC • 2 - 4PM
TOWERBANK PRIMARY SCHOOL

TICKETS £1 PER CHILD -
INCLUDES 5 TOKENS TO USE
INSIDE
ADULTS FREE





P5B have just finished their block of French and have made some delicious looking singing pizzas!



On Sunday 17 November, Bertie (P5) and Joe (P2) went canoeing on the Union Canal with Portobello Sailing & Kayaking Club. They launched at the Bridge 8 hub and paddled towards Ratho. At first you could hear the noise of the city, especially at the aqueduct over the Edinburgh Bypass, but then the noise faded and they were left in the quiet of the countryside. They saw 3 trolleys (1 in a tree) and lots of litter which was sad, they collected lots of plastic bottles to send to recycling but had to leave the trolleys where they were.

In P1 we have been learning all about road safety. The children enjoyed making their own high vis vest designs and were chatting about our local crossing guide in Portobello. Bertie Reynolds and his friends spoke to our Lollipop Lady and asked her if she would like to come in to P1 for a visit. The children were very keen to learn all about the job of a crossing guide and thought up lots of questions to ask. P1 would like to say a huge thank you to Susan Eddington for visiting this week. Here are some of the questions the children asked:



Why do you have a lollipop? (Henry)
Why is it shaped like a lollipop? (Didi)
What is the speed limit on your road? (Bertie R)
How do you like being a lollipop lady? (Skye)
How does your jacket shine? (Rowan)

P1 have had lots of fun making clocks and building with number blocks.



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 and Carer Leaflet



TALK THINGS OVER

'Never be afraid to ask for help; it's one of the bravest things that you can ever do. You are never alone.'

Nicole Lyons

Promoting Emotional Health & Well-being

Assemblies at Towerbank

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 'Talk Things Over'.** [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 Home Activity. We have already had lots of creative 'Worry Monsters' come into school! For further information please contact Mrs Chad.

Talk Things Over

Challenges or setbacks can cause us to worry. Feeling worried about things that have happened or will happen is a normal part of life. When we worry, things go round and round in our head. If these feelings are not dealt with, they can sometimes get out of control. However the good news is that eventually these feelings will pass.

Through this unit, children will learn how worries affect our wellbeing and what we can do to deal with them to stop them escalating. This includes strategies like writing them down, talking them over, realising things will pass and asking for help.



In this unit, Skipper is worried there is a monster in the river. Skipper helps the children to learn that there are ways to manage worries. Sometimes we can't deal with worries by ourselves, so we need to ask for help.

In this unit, we will be learning that:

- At times we all feel worried
- If worries are not dealt with, they can sometimes get out of control
- If you are struggling, it is important to ask for help

Talk It Over:

Share a story with your child about a time you needed help because you didn't know how to do something. Who did you talk over your worries with? What difference did talking about it make?

Home Activity:

Together create a 'Worry Monster'. You may want to give it a funny name and an unusual personality. Encourage your child to bring their monster into school to share with their class.

Key Book: *The Huge Bag of Worries* by Virginia Ironside