



Logo designed by Cameron McKay P7.

Dunblane Primary School

Issue 1

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Health Promoting Schools Newsletter

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We are delighted to be able to send out our first Health Promoting Schools Newsletter indicating some of the activities and aspects of school life that have helped us to gain our Enhanced Health Promoting Certificate at Level 2. We are all extremely proud of this, particularly as in some areas it was indicated that we had not far to go before reaching the next Level. In our School Improvement Plan for this session we had hoped to gain accreditation at Level 1 and so we are well ahead in this achievement.

The process has involved both Nursery and School staff in a rigorous self evaluation where we rate our progress against a series of quality indicators and offer evidence for our

evaluation. The whole school ethos has a large part to play and we hope that there is a welcoming atmosphere, with colourful displays and a stimulating environment helping to give an overall impression that we care about the physical, social and emotional health of the children, promoting and sustaining opportunities for Healthy Living.

Parents and the school community together have a vital part to play in maintaining and reinforcing the concept of Health promotion and we are very grateful for your continuing support in encouraging the children to participate in activities and benefit from opportunities to improve healthy living.

Our next major Health Promotion event in the calendar is planned for Thursday 31st January 2008 when parents and carers will have the opportunity for consultation, as we launch new ideas for the teaching of sexual health at all stages, entitled "Health for Life". This important meeting for parents of children in all the Dunblane schools will be held in Dunblane High School and we would encourage you to come along to share your views of the new programme



Fruity Tuck Shops By Eilidh Wynd from P5/4

On Tuesdays and Fridays we have fruit tuck shops in our school. We named them Tropical Tuesday and Fruity Friday.

At Tropical Tuesday we have melon, pineapple, plums, kiwi, apples and grapes. Fruity Friday is sort

of like Tropical Tuesday but they don't sell melon, pineapple or plums. Two people from the School Council help Mrs Ogg sell the fruit. The fruit portions are 20p each.

The difference between Tropical Tuesday and

Fruity Friday is that Tropical Tuesday sells different and more unusual types of fruit. It is normally popular but sometimes people forget their money.

People enjoy the fruit because it is healthy, fresh and tasty.

The Green Team

By Anna Steen and Robert Wildman P6

The Green Team is a group of pupils that help to keep Dunblane Primary School eco-friendly.

We hold a meeting every two weeks and in those meetings we think of ways to stop things such as litter issues and discuss the next steps towards our Green Flag.

To help us try and achieve our Green Flag and to sort out our litter problems, we have thought of a new litter pick idea.

There are four houses in our school: Kilbryde, Doune, Drummond and Airthrey. Each day Green Team

members from each of these houses will be responsible for doing a litter pick around the school. On a Friday we will have a whole school litter pick.

At the moment the Green Team and the rest of the school are taking part in this year's Blue Peter Appeal. It is called Disc Drive.

We are asking everyone to bring in any unwanted CDs or DVDs or computer games that are in good condition. These will be given to Barnardo's who will sell them in their shops to raise funds for young carers

in the UK..

And that is the Green Team!



Blue Peter Disc Drive
Collection Point

School Council

By Rachel Hamilton and Ross Denham P7

Hi! We are Rachel and Ross from the School Council and we are going to tell you what the School Council is about.

At the start of the session a school councillor was chosen by each class from Primary 3 upwards. People wishing to become a councillor made a short speech to convince their class to vote for them. The vice-councillor was chosen in a different fashion, the

class' previous teacher recommended who they thought would be best for the job.

Our meetings are held on Mondays at 12.45 and we have since learned what the council is about and the qualities of a good councillor.

We talk about issues such as the school council budget, fundraising events and the School Council's Aims(local, school and worldwide).

The School Council are also in charge of Fruity Friday, Tropical Tuesday and the Fair Trade tuck shop.



Top Play, Top Sport

By Ciaran Smith P4/3

I go to TOPS on Wednesdays and a lot of other boys and girls go too. Mrs Stewart, Pam (Active Schools co-ordinator) and some other adults help us.

We play games, we run and we play with different balls. We have played football, basketball, rugby and netball. We have also been shown how to use hockey sticks.

I really like going to TOPS and I like the games that we play best of all..



Active Education at Winmarleigh Hall

The Four Aims

By Sophie Greig P7

Callum, Sabine, Aaron and I were all chosen to write four school aims.

We met in the lunch hall with Mrs Gould and discussed what kind of aims we should have and then divided them into sections.

It took a long time to decide on relevant names for these sections, but we finally decided on Success 4 U, One More Step, Be Brave, Be Bold and Go For Gold and Team is the Word. After thinking of the names we decided on suitable aims to go with the titles.

When we were finished we made a

Power Point presentation. This took a long time to put together, but it was worth it in the end. We then showed the Power Point presentation to the whole school at Assembly.

Each class in the school now has a copy of these aims on their classroom wall and every Friday afternoon the teachers set aside a short time to discuss anything the children have done during the week that fulfils any of the Four Aims. This is then recorded onto a laminated copy of the aims for everyone to see.

I think that if children follow the aims the school will be a better place.



Here are some of the children in our school being responsible citizens.

School Lunches

By Callum Regan P7

At Dunblane Primary School the lunches are very nice and filling. I think the school lunches are much tastier because they are healthy and you get more choice.

We used to have unhealthy meals that were served with chips practically every single day.

The hot meals are lovely, especially in winter, but if you do not wish to have a big, filling meal, you can just

get a sandwich and some warm soup. When I say a sandwich, I mean paninis, toasties, wraps, rolls and I suppose what you would call 'normal' sandwiches.

With your meal you can also get a variety of drinks such as a strawberry or chocolate milkshake, apple juice, orange juice, milk and water.

Overall I think that the school meals are really brilliant and I would

recommend them to anyone who has not tried them already. Thank you for reading!



Peer Mediation

By Orla Regan, Abbie Kirkhope and Jake Thomson

Our Training took place at the Dunblane Centre. We were given a folder of sheets and a timetable. We watched a video about a boy being bullied (this also included peer mediating). We also watched a pretend video about people from our school when there were fights and the peer mediators had to work out the problems with the people concerned.

We split into groups of four and took it in turns to be the peer mediator.

We love solving problems, but problems hardly ever happen in school. We are on a rota for helping others and we wear special bibs and go out in the playground. If there is a dispute people come to us and we go to a special room and try to resolve the problems.

We have special rules:

No interruptions

No put-downs

Only one person talks at a time

We can usually help, but if we can't we would have to get an adult to help us.





Mrs Macfarlane getting ready to cut the first sod of earth on the Walking Track.



The dumper truck rolls into place.

WALKING TRACK

On the 26th of November Mrs Macfarlane cut the first piece of grass to start our Walking Track. Mrs MacLean was in the digger and Mr Clarkson was standing by to take over.

The children from Mrs McTurk's class gave a big cheer while Fiona, Ali, Chloe and Matthew filmed the event.

It rained continually for the next week, so after the hardcore had been laid, Mr Clarkson decided to leave the finishing surfaces until the spring, when hopefully it will be a bit dryer.

We think it should look good, with lots of different surfaces to walk on, like slabs, pebbles, decking and coloured gravel. There will be a bridge, pretty flowers and shrubs and lots of areas where we can sit and have our lunch on a good day.

We hope that every one will use the walking track and enjoy being active.

The Privilege System

By Tommy Kelly and Iona Miller P7

The Privilege System runs only in the Primary 6 and Primary 7 classrooms.

'Privilege' means 'a special advantage that you have earned.'

It is a system that works over two weeks and you have to behave. There is a chart on each classroom wall with each person's name displayed on a pocket. On a Monday morning each person has a white card. During the week this card may turn to green which means 'Distinction' and you can get this if you have behaved or if you have done something exceedingly good such as being helpful, being responsible, being honest or respectful towards others.

In Primary 7 at the end of each week we have to have our Homework Diary signed by our parent or guardian. This is in preparation for next year at High School. Only if we

do this can we then earn a silver 'Privilege' card. This is the best card you can get.

If you haven't behaved however you get a yellow 'Warning' card. At this point you should think about your behaviour and how you can improve to get rid of this card. If you continue to misbehave you can get up to a total of three 'Warning' cards, then your card turns to a red 'Consequence' card and you are sent to the Headteacher and your name goes in her Behaviour Book. If you get three red cards you get a phone call home which means you get into trouble.

Back to the good points. If you get a privilege there is a list of special activities that you can do such as sport, baking, listening to our MP3 players, helping out in the Nursery or in Primary 1, hairdressing,

computing, art and once we got to play on a bouncy castle.

We think the Privilege system works really well.



Primary 7 are having fun on the Bouncy Castle!