



Dunblane Primary School

Issue 2

June 2008

Health Promoting Schools Newsletter

Logo designed by Cameron McKay P7

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The end of the school session 2007-2008 means we are distributing Issue 2 of our bi-annual Health Promoting School Newsletter. Health promotion is so much an integral part of school life now that it overlaps areas such as citizenship and Eco-school activities.

You will see from the contents that we are viewing health in its widest possible sense and have included items about the importance of a healthy environment as well as healthy eating and exercise.

Healthy attitudes have also played a part during the session and the "Global Taste of DPS" on Friday 13th June was a wonderful celebration of the diversity

within our school. Our children are very conscious too of the need to support children who do not have their fortunate lifestyle, and the collection of textiles to support Mary's Meals indicated their enthusiastic participation to do their part to help others have enough to eat. Finally the opportunity for the Primary 7s to experience the "Choices for Life" event encouraged them to adopt a healthy approach when faced with different choices in their lives. Look out for the next issue due in December 2008 when there will be further information about our Walking Track and photographs illustrating "A Global Taste of DPS" and our Green Flag hoisting ceremony. I

am sure there will be again a wide variety of healthy activities and experiences on which to report next session.



Doune House Captain, Ross Kirkhope proudly holds the sports cup.



Milky Monday

By Robert Brownlee & Lucy McKenzie P5

Our School Council decided to try a Milky Monday alongside our Tropical Tuesday and Fruity Friday. First of all our School Councillors spoke to their classes to see if there would be enough support to sell milk and there was!

It took a while to get started because we had to set up an account with Wiseman Dairies. They delivered about 300 small cartons of semi-skimmed milk. Mrs Campbell kindly stored the milk in the kitchen fridge.

playtime for 20p. As some children forgot their money we sold it on Tuesday as well. We hope to sell it again on the 16th of June.

We sold the ice cold milk at

Green Team—Litter Questionnaire by Alexandra McDermid P5/4

We decided to send out a litter questionnaire to the houses surrounding Dunblane Primary School to see if litter was affecting our neighbours. Then some of the Eco members were chosen to address the envelopes with addresses that Mrs McTurk had found out. Once we had finished we put the questionnaire into every envelope.

We sent out 25 questionnaires and received 16 replies.

- 14 people said they thought that we had a problem with litter in our school grounds,

- 11 people said that the litter problem sometimes affected their gardens
- 4 said that the High School children and people who use our school grounds after school were to blame for most of the litter
- 4 said that the thought it was specifically Primary School children that were to blame
- 7 said it was a mixture of the above groups that caused the problem and

- 1 said they did not know

The following suggestions were made to help us:

- Janitor to empty bins and collect litter more often
- Encourage children to collect litter in teams
- Parents to provide snacks with less packaging
- Extra bins
- Class projects on Litter

From the above we decided to encour-

Mary's Meals

By Cathie Balmer and Shona Carr P6/5

Recently our school took part in a campaign to raise money for Mary's Meals and it didn't cost us a penny!

We were asked to collect unwanted textiles that would be turned into funds that would provide meals for some of the world's poorest children.

2 x bin bags of textiles = Mary's Meals for a year for a child in Ma-

lawi = £5.30

We collected 80 bags of textiles like towels, clothes and curtains. That is enough to feed 40 children in Malawi for one year.

Mary's Meals will employ staff to go into schools in Malawi to cook food for the children and this food is often the only meal that these children get in a day. These people are some of the

poorest in the world and that is why we are helping them.



Football

By Ross Denham and Callum Regan P7/6

Hi we are Ross and Callum and we are going to tell you about our football.

Every second Wednesday we go to Forthbank Stadium with Mr Boyd, who coaches and manages us, to play in either friendly games or in tournaments. We play four or five games which are about 10 to 20 minutes against teams from the Stirling Council area.

There are six pitches at Forthbank and usually fifteen teams attend the games. We have two teams due to the massive amount of boys who want to play.

We are transported there by parents who come to the school to take us there and back and we could not do this without them. Thank you!



Choices for Life

By Sophie Greig P7G

Yesterday my class and I went to 'Choices for Life' at Ingliston, Edinburgh. It was great!

'Choices for Life' is about things that may happen to us in the future and how to make the right decisions. It is all explained through song, dance and drama.

The first act we saw was a choir from Kirkland High School. They sang very well and I was impressed by the quality of their singing. Their song said that if you are pressured into doing something you always have a choice.

Next was clips from videos showing how people's lives can change—one showed two girls that became addicted to drugs and the other showed how a boy's life changed after the death of his mother.

Then we saw an act called 'Choices Family Fortunes'. The audience was split in two and we had to support either the Addams or Simpsons family. Both teams had to answer questions about drugs.

This was followed by Lovesly and then Karen Danzig who both sang

really well.

Finally we were treated to two songs by Keith Jack from the TV series 'Any Dream Will Do'. He was fantastic!

At the end of the day we got Goodie Bags. All in all it was super day!!



Athletics

By Aaron Crowe and Neil McRae P7I

On Wednesday 4th of June a group of 12 children from Primaries 6 and 7 travelled to Stirling University to take part in the 2nd Stirling InterSchools Athletics Competition.

We had trained for 4 weeks and were to compete in the 60 metres, 110 metres, 600 metres, relay, javelin and long jump.

When we arrived at the University with Mrs Galloway we had to register

and were given our team details and number. We were Team 6 out of 25. We had to attach 6s to our tops so that the officials could identify our team whilst we were competing.

It was a fantastic day. The weather was very kind to us and we were very proud of what we achieved.

- Rory Savoury won a bronze medal for the 60 metres

- Emma Mason won a bronze medal for the 600 metres
- The Boys' Relay team won a bronze medal and
- Kim Wilson won a gold medal in the 60 metres!

Well done everyone who took part—Neil McRae, Aaron Crowe, Callum Regan, Daniel MacLaren, Matthew McKinney, Sara McKenzie, Rebekah

Primary 4/3 Assembly

By Joe Siddle, Louise Black, Alistair Ward and Imogen O'Lenskie

Our class assembly was about China. China is a very interesting part of the world.

We all stood in rows with the projector showing pictures in the middle. We either had paragraphs or sentences to read out. We presented our assembly to the school and a very special guest who was Mrs Wong.

We talked about Chinese food, rules for using chopsticks and Chinese writing.

After Lauren spoke we all held up toys that had been made in China. We wrote our names in Chinese and held them up in front of the whole school and Mrs Wong.

The audience enjoyed our assembly and thought it was very interesting. We liked speaking Chinese.

Next we would like to learn about pandas in China.

This Assembly was part of a series of assemblies this session from around the world. This culminates on Friday 13th June with 'A Global Taste of DPS' - a report will follow in next session's newsletter.



WALKING TRACK UPDATE

The Walking Track is cool! It is very different from other walking tracks and so far it has 9 different surfaces, which make it look pretty and colourful. Yesterday, Marc went to help his Dad break up the slabs for the crazy paving and it is one of our favourite surfaces. There are 15 metres of crazy paving altogether, which is a lot of broken slabs and we think Marc must have been really tired by the time he finished!

The gravel felt funny and made a crunching noise when we walked over it. In the Autumn we are going to put dry leaves on the concrete parts, so that we can hear them rustling when we walk through them. It will be interesting to

Our Green Flag

By Anna Steen, Eco-Committee

On Friday the 25th of April a lady called Mrs Black from Eco Schools Scotland came to our school to assess us for our Green Flag. We were all very excited, but at the same time we were very nervous too.

Mrs Black was shown round the school by Sabine Kay, Anna Steen, James Fraser and Alexandra McDermid. On the tour they went inside and outside. Mrs Black was shown our field, our Memorial Garden and our playgrounds. Inside they showed her our Re-cycling Wall in the library, the Green Team table, the Indoor Garden and lots more things. Mrs Black was extremely impressed with our school grounds and everything we do.

When she met the Eco Committee she asked lots of questions about what we did around the school. She also visited two classes, P6/5 Miss Hunter and P2

Miss McLaughlin.

We had all worked extremely hard for this day to come and thankfully it paid off and we got our Green Flag.

We would like to thank everybody in the school, the teachers and all of the parents that helped.

WELL DONE EVERY BODY!

Our Green Flag will be hoisted on our flag pole on Friday 20th June during 'Fit for Life' week.

