

# ✱ Cramond Primary – Headteacher's Weekly Update

---



**Thursday 4th September 2025** *Good morning, parents and carers,*

## **Meet the Teachers – Tonight**

- Talks: 4.30pm & repeated at 5.15pm

- Classroom visits: from 4.20pm

📌 Free crèche in the sports hall for school-age children (cartoons shown – children may bring a small game or activity book, no electronics).

📌 Ms Nichol – Support for Learning drop-in (4–5.30pm)

📌 Mrs Naeem and I will be in the foyer & sports hall for queries.

## **Snack-tember & Waste-Free Wednesdays**

This September we're joining the British Nutrition Foundation's Snack-tember campaign to encourage healthier, sustainable snacking. **Children will:**

✅ Explore better snack choices

✅ Try new ideas

✅ Make their own snacks

### **Focus on:**

- More fruit & veg

- More wholegrains, beans & pulses

- Less saturated fat, salt & sugar

📎 Parent/Carer Snacking Guide:

[https://www.nutrition.org.uk/media/jlchdiuj/parent\\_carer-snacking-guide.pdf](https://www.nutrition.org.uk/media/jlchdiuj/parent_carer-snacking-guide.pdf)

📎 More on Snack-tember 2025: <https://www.nutrition.org.uk/snack-tember-2025/>

## **Playground Development – Exciting News!**

Thanks to an extremely generous donation, our vision for a new playground with sensory and well-being play equipment can now move forward at pace.

### **Planned features include:**

- Trim trails & climbers, Spinning bars, Spin-and-bounce equipment

### **Next steps:**

- Companies preparing designs & tenders
- Pupils & parents involved in decisions
- Playground visits with pupil focus group

This amazing investment will benefit every child and our wider community and ensure readiness to learn, thrive and grow within and out with the school day.

## **School Communications – Get Involved**

- Our website is being streamlined: [www.cramondprimary.co.uk](http://www.cramondprimary.co.uk)
- Next up: review of the school app & Learning Journals

💡 Parents invited to join a flexible Communications & Media Team – no in-person meetings needed.

✉ Contact: [Helen.donaldson@cramond.edin.sch.uk](mailto:Helen.donaldson@cramond.edin.sch.uk)

Special thanks to Nic Whelan (P6 CPSC Rep) for supporting this work.

## **School Lunches – Next Steps**

Edinburgh Catering managers are visiting today to observe service and discuss:

- Wait times & portion sizes
- Food waste & dining hall noise
- Allergy & dietary support

Lunches are council-run, but I'm committed to ensuring they support wellbeing. Updates will follow next week and at the next CPSC meeting.

## Health & Safety Reminders

- ✗ No dogs in the playground (except support/guide dogs).
- 🚲 Please dismount bikes/scooters at crossings.
- 🌱 Do not climb on or damage planters/flowers.
- 🚗 Car park is not for pedestrian shortcuts – deliveries & lorries use it.
- ♿ Only blue badge holders may use staff car park.

## Family Supports

Kindred Advocacy – Early Positive Approaches to Support (E-PATs)

- Free 8-week course for parents of children (0–7) with additional needs.
- Online: from 22 Oct, 10:00–12:30
- In-person: Oaklands School, Edinburgh, free parking & transport links.

☎ 0800 031 5793 ✉ [enquiries@kindred-scotland.org](mailto:enquiries@kindred-scotland.org)

## Child Flu Vaccine – “A Wee Scoosh”

- Given as a quick, painless nasal spray (Sept–Dec).
- Annual vaccine = best protection against changing flu strains.

- **Consent forms should be returned ASAP with KIC and data forms. Thank you.**

More info: [nhsinform.scot/childflu](https://nhsinform.scot/childflu)



## Clubs & Wider Opportunities

- **Forth Canoe Club:** Paddling sessions ages 8–12, Tues evenings, £10/session, equipment provided. Needs enough interest to run club. Contact: [jack.watt@forthcanoecub.co.uk](mailto:jack.watt@forthcanoecub.co.uk) | [www.forthcanoecub.co.uk/safeguarding](http://www.forthcanoecub.co.uk/safeguarding)

- **Earth Calling Outdoor Learning Club:** Mondays 3.15–5.15pm, £13/session. Contact: [info@earthcalling.org](mailto:info@earthcalling.org) | 07813 704711

Thank you, as always, for your support and partnership in making Cramond such a special place to learn and grow.

Warm regards,

Mrs Helen Donaldson. Headteacher