Dear Parents/Carers

Thinking of you all as we reach the end of what has been a very challenging month. The days are getting lighter for longer which does make a difference!

It was lovely to see several of you at our online **Parent Staff Council Meeting** this week. It was also most encouraging to have the position of Chair filled by Mrs Jenny Barrowman and Vice Chair by Mrs Allyson Miller.  We continue to be extremely grateful for the support of our Fishermoss Family.

**I do hope the following will be of help, in some small way…….**

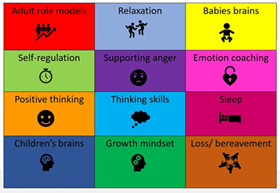
**Psychological First Aid from 'The Grampian Psychological Resilience Hub'………**

The Grampian Psychological Resilience Hub was established in response to Covid-19 as a means of being able to offer psychological support and psychological first aid to children and young people across Grampian.  The infographic attached will take you straight to the self-referral form, there is one for parents to complete for children and young people up to the age of 18 and one for young people to complete for themselves from 14 to 18 years of age.  Your referral information will then be used to ensure you are offered psychological support at an appropriate level and you will be contacted as soon as possible with the aim of no later than a three-week period from referral. You and your child / young person can then have telephone contact or use “Near me” to have up to three contacts offering psychological support / psychological first aid with consideration of best way forward thereafter.

The service is available Monday to Saturday and evening contacts are possible. This is a time of challenge and heightened emotions and we wish to make you aware that the service is available and in a position to offer support.  You can also find more information here: <https://www.nhsgrampian.org/covid-19/covid-19-public-information/subpages/mental-health-support/what-is-the-grampian-psychological-resilience-hub/>

**Educational Psychology Service**……

As part of their ongoing focus on nurturing approaches, the Educational Psychology Service has developed leaflets on key topics which contain tips and advice for parents and carers.  The topics selected aim to help build resilience, connection, and secure attachment.  The leaflets translate the research in these areas into simple, practical steps for parents and carers.



The leaflets are available on the EPS website at: <https://blogs.glowscotland.org.uk/as/aberdeenshireeps/family-nurture-leaflets/>

**E-sgoil Live Learning Sessions**….

The link below takes you to the Lockdown Live leaflet, which might be of interest to parents/carers to support with remote learning.

[**http://e-sgoil.com/media/1455/lockdown-live-leaflet-v5.pdf**](http://e-sgoil.com/media/1455/lockdown-live-leaflet-v5.pdf)

**Active Schools….**

An update from Graeme McCall-Active Schools Coordinator for the Portlethen Network.  They now have a range of online activities for pupils (and adults!) to follow along with at home. Links for each are provided below.  
[Boxercise – Session 1](https://www.youtube.com/watch?v=AGgjNGfhao0&list=PLf9SJJOIgiNL5zD4xvzj9nYXJkTvqOuE6&index=5)  
[Boxercise – Session 2](https://youtu.be/JP9raoryhdo)   
[Dance – Session 1](https://www.youtube.com/watch?v=AkJAXLR6GI4&list=PLf9SJJOIgiNL5zD4xvzj9nYXJkTvqOuE6&index=6)  
[Dance – Session 2](https://www.youtube.com/watch?v=RlwuF8DvhcA&list=PLf9SJJOIgiNL5zD4xvzj9nYXJkTvqOuE6&index=4)  
[Dance – Session 3](https://youtu.be/6b97XgCMS08)  
[Football – Session 1](https://youtu.be/rkqEz7MjhFM)  
[Home Fitness Resource Cards](https://www.livelifeaberdeenshire.org.uk/live-life-at-home/move-it/stay-active-resource-cards/)  
  
They also have a range of online resource cards (crosswords, colouring challenges etc) that may also be of use by clicking on the following – [Creative Resources](https://www.livelifeaberdeenshire.org.uk/live-life-at-home/make-and-create/creative-resource-cards/)

Finally, during my weekly meeting with the NHS it was mentioned that there are scams out there with people offering vaccinations and testing for payment!  Just beware!

February is on the horizon.  We are a step closer to getting through this together.

Take care!

Kindest regards

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Aberdeenshire Council Education and Children’s Services



**‘Being the best we can be’**

**Respect-Honesty-Responsibility-Kindness-Hardworking**