



# Barcaldine Primary School

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## October 2018

Well it has been a rather soggy and blowy start to this session but we are surviving well. Here is a taster of what we've been up to and what we have planned.

### Healthy Food Project



Our fruit crop has been bountiful this year and we used counting, ordering and sharing skills when sorting our harvest. The children have thoroughly enjoyed making apple and bramble crumble, plum smoothies and apple pies as part of our healthy food topic.

They have been learning about fibre, salt and sugar in our food and how to make good choices about having a balanced diet. The children are currently writing a healthy snack recipe book which will be available by December. If you would like a copy please email the school.



### Local Food

Maybe not quite so healthy, but a good local sustainable option for special occasions was sampled at Highland Fold Farm, in Barcaldine, where fresh dairy ice cream is made. The children visited the farm and the beautiful Highland Cows, and learnt how they are milked, by hand on a daily basis. Jane Issacson then taught the children how to measure out ingredients, record temperatures, multiply quantities, calculate dates and write labels, using several maths and language skills. The children were all able to make their own ice cream and then, sample it, choosing from a wide range of local toppings such as raspberry sauce, brambles, organic shortbread from Mull or chocolate from Oban.



### Beach Clean

Janie Steel has been working with us to complete a litter survey of 100m of beach. We have recorded all the items found on the shore at Tigh-shalainn and categorised them. There was a wide range of items, mainly plastic, and mostly recyclable. The children have been learning of the problems of plastic pollution for wildlife in our oceans. We have adopted this local beach and can compare our results to those of other areas.

### European Languages Day

In September, we celebrated European Languages Day. The children already learn French and Gaelic at school but they explored other languages such as Spanish through games. Parents were invited to join us to share some European food and songs. We sampled Dutch Gouda, French camembert, Greek spanakopita, Spanish tortilla, Spanish olives and German ham.



### Sculptures and words

This term we have been experimenting using different media to make sculptures. We are planning to tell the story of the woodlands through sculpture and poetry. So far we have used wire, sticks and clay, and have been inspired by

artists such as Andy Goldsworthy. We are also putting our thoughts and feelings into words, using descriptive language, similes and metaphors. Look out in the woods for our creations.



### Parent Explorers

If you go down to the woods today.... Well a few weeks ago anyway, parents joined us in the woods to see what we are learning. The children led them through the 'Secret Short Cut', past the 'Howling Rock', tested to see if they were Fairies or Galumphs on the balancing stick and finally let them have a rest at the 'Wood Palace'. Then after showing all our safety procedures the parents competed in our Woodland Master Chef Challenge. There were some very elaborate dishes with some very fancy names. It was all so tempting we had to stop for a real snack and a coffee. After our refreshments everyone had a relaxing time, in their 'Magic Spots' feeling the benefits of the forest around them, the peace and quiet and taking in the fresh air.

### Thank You

Last Term (Apr-June 2018) we joined local historian, Sue Greenwood, to investigate the history of Barcaldine. Our study focussed on the school and the castle. Many thanks to the past pupils who came to tell us about school life over the past 70 years and share their stories and information. Thanks also to the staff at Barcaldine Castle and Caroline Campbell for making us most welcome and sharing the fascinating history of the castle and the Campbell family.



We enjoyed sharing our information with our community at our Summer Fayre. Thank you to the parent council for the lovely refreshments.

We would also like to thank Robertsons Construction for their support to the school. We enjoyed an interesting visit to the SSF construction site and were delighted to be invited to paint the hoarding at the entrance to the site. Please have a look at our mural of the life cycle of the salmon. We were one of the runner-ups in a national competition.



### Eco-School

We are delighted to announce that we have successfully attained Eco-Schools Green Flag Award status and have been awarded a new Green Flag, this October. Keeping in with the theme of Healthy Eating, the children are showing off their new flag in their Halloween costumes.

### This Term

This term, October – December, we will be learning about Scotland, traditions and in particular Scottish dances. We will be practising our acting and singing skills for the festive season and continuing with our 3D sculptures.

Please tell anyone with babies or pre-schoolers to get in touch with the school so we can invite all the Barcaldine children to our Christmas party. Many Thanks.