

# Drumlanrig St Cuthbert's Primary School



## School Handbook 2025–2026

Headteacher: Mrs Karen Scott

Loan, Hawick, Scottish Borders, TD9 0AU

Respect • Awareness • Resilience • Responsibility • Relationships

Telephone

01450 373521

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[drumlanrig@scotborders.gov.uk](mailto:drumlanrig@scotborders.gov.uk)

School Roll (Aug 2025)

334

## Welcome

Drumlanrig St Cuthbert's Primary School is set in a residential area to the west of the town, it serves a large, mixed catchment area which includes children who attend from out with Hawick via transport. The school was opened in 1960 and has a split-level, traditional design with 12 classrooms.

Drumlanrig Primary School is a welcoming and inclusive school community. We promote positive relationships and a rights-respecting culture. Our vision is to provide high quality learning experiences and opportunities, in a nurturing environment, to improve outcomes for all learners. We strive to meet individual needs effectively and are keen that all members of our school community are given opportunities to contribute to the life of the school.

Our aim is to provide a positive atmosphere for children, staff, parents and visitors, working in line with Scottish Borders Council policies. The school roll for August 2025 is 334 which includes the ELC children.



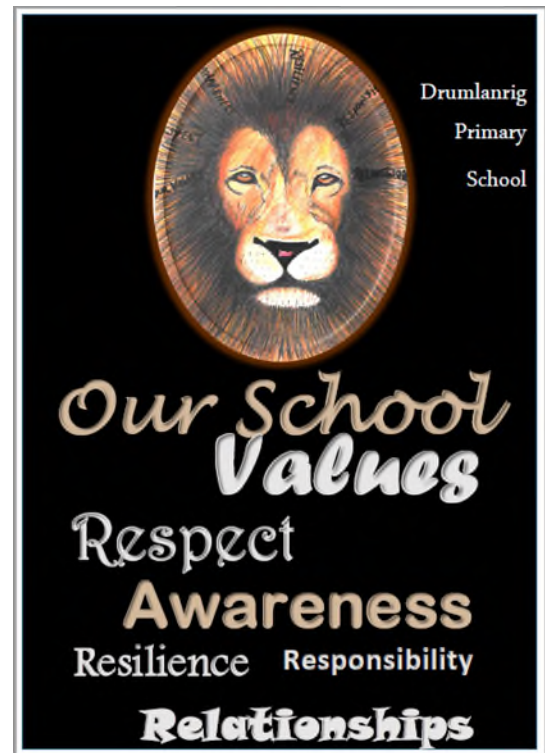
Our **vision** is embodied in our school's **aims**, to ensure:

All learners experience high standards of teaching and learning

Inclusive and nurturing approaches support wellbeing

Meeting individual needs happens through support and challenge

Stakeholders contribute to the life of the school



Our **values** guide the way we work.

School Day (Mon–Thurs)	P1–P7: 8:45–12:30 1:15–3:15   Break: 10:45–11:00
Friday	8:45–11:20, 12:00–12:45   Break: 10:00–10:20
ELC (Nursery)	Mon–Thurs: 8:40–3:10   Fri: 8:40–12:40

### **ENROLMENT for ELC and Primary 1**

Parents are required to apply for a School and ELC place online. An enrolment form needs to be completed and supporting documents uploaded to show proof of address and the child's birth certificate. Applying for a place can be done using this link [School and nursery places – Scottish Borders Council](#). Children who live outside the Drumlanrig catchment area are required to complete a placement request form for P1-7 places. The placement must be approved by SBC before the child can start school.

Parent Information Evenings are held in June for children starting ELC and Primary 1 the following August.

### **Respectful Relationships**

In Drumlanrig Primary school, all adults:

*“Work together with children and young people to create an environment that encourages respect, celebrates difference and promotes positive relationships and behaviour. Children and young people are more likely to develop self-confidence, resilience and positive views about themselves where open and respectful relationships exist between adults and other children and young people.*

*The starting point for promoting respectful relationships and behaviour is the provision of a:*

- *coherent and inclusive curriculum*
- *effective and engaging learning and teaching*
- *whole school nurturing ethos based on positive relationships*
- *whole school commitment to inclusion.”*

SBC Includes Respectful Relationships and Anti-Bullying Policy: page 11

## Our Staff Team

Headteacher		Mrs Karen Scott
Depute Headteachers		Mrs S McLean & Mrs K Scott
Class Teachers	P1	Mrs B Anderson & Mrs K Reid
	P1/2	Mrs J Willison
	P2/3	Mrs L Nichol
	P3	Mrs C Breiter
	P3/4	Miss L Smith
	P4	Mrs K Watson & Mrs A Robson
	P5	Mrs S Sharkey
	P5/6	Mrs S Russell
	P6	Miss T Collins
	P6/7	Mr A Jenkins
	P7	Mr S Hunter
Support for Learning Teacher		Mrs D Murphy
Curriculum Support Teacher		Mrs C Jack
Early Years Officer		Mrs J Johnstone
Early Years Practitioners		Miss L Melrose
		Mrs J Wilson
		Miss A Short/Miss S Gillespie
		Mrs A Hendry
		Mrs L Young
		Miss J Smith
		Ms J Anderson
Modern Apprentice		Miss B Elliot
School Assistant		Mrs A Macleod
School Assistant		Mrs L Hume
Pupil Support Assistants		Mrs R Hounam
		Mrs S Chauhan
		Ms L Hush
		Mrs A McDevitt
		Ms L Knox
		Mrs S Ferguson
		Mrs J Smith
Janitor		Mr G Hamilton
Playground Supervisors		Mrs S Chauhan & Miss L Hush

Kitchen Staff

Mrs M Wood  
Miss J Nichol  
Mrs D Chandler  
Miss R Cowens  
Mrs L Wardle  
Mr A McPherson

Cleaners

#### VISITING STAFF

P.E.  
Brass Instruction  
Behaviour Support Teacher  
Behaviour Support PSA  
Chaplain

Mr G Thomson  
Mr R Hume  
Mrs P Burke  
Mr M Wooley  
Rev A Cook

Speech Therapist  
School Nurse  
Community Police Officer

Mrs R Duncan  
Mrs A Thompson  
PC L Nichol

#### PARENT COUNCIL FODS COMMITTEE MEMBERS:

Chairperson	Mrs C Lyall
Treasurer	Mrs L Croft
Clerk	Mrs L Hume

Staff Representative	Mrs Kirsty Scott
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**All** parents are welcome to attend meetings and to contribute to the work of the Parent Council.

## Communication and Partnership with Parents

**Communication:** We communicate through Showbie, homework diaries, notes home, phone calls, emails and meetings. School-wide communication includes newsletters, Facebook, notice boards, letters, the Xpressions App and Groupcall. We gather parental views via surveys, questionnaires and drop-ins.

**Supporting learning at home/homework:** Children spend only 15% of their week in class and so we feel that it is important to extend and enhance opportunities for children's learning to take place. Parents, pupils and staff working in partnership will give the children the best experiences. Homework may be issued by class teachers to support your child's learning, this may include Literacy or numeracy tasks or project work.

**Parent Council (FODS):** At present, the school has an active and very helpful Parent Council known as Friends of Drumlanrig School (FODS). FODS meet monthly and plan and facilitate fund-raising events to benefit the children of the school. The Annual General Meeting (AGM) of FODS is held in January when a report of their activities is given.

When enrolling your child, you will automatically become a member of the Parent Forum and information will be shared through the school Newsletter and Parent Council notice board.

**Reporting to Parents:** We host an Open Evening in September and a Parents' Evening in November each year. Showbie portfolios are used from ELC to P7 to share children's progress and achievements. Parents can arrange meetings with teachers at any time during the year. An end of year report is issued in June.

**Open-Door Policy:** At Drumlanrig Primary School we operate an 'open-door' policy. We are always keen to work in partnership with parents, pupils and staff to address concerns or questions in a timely manner. In the first instance parents are encouraged to speak with their child's class teacher or EYP, followed by other senior staff if needed.

**Complaints:** All concerns will be dealt with promptly and in a sensitive manner. If the problem is not resolved or you wish to make a serious complaint, you may complain either in person, by phone, email or in writing. Complaints can also be made through SBC's website. We follow Scottish Borders Council's Complaints Handling Procedures.

## **Attendance & Illness**

Good attendance supports learning and social development. Please inform the school by 8:45am on the first day of any absence and provide a reason. If no explanation is received by 9:30am, a Groupcall text will be sent. Attendance is monitored monthly in line with SBC's Attendance Policy.

For illness or accidents at school, we will contact parents and emergency contacts as needed. Medication is supervised where appropriate and prescribed medication will be administered in line with SBC guidance. If your child requires regular medication, or medication for a short period of time, please speak to office staff who will support you with associated paperwork.

## **Learning & Curriculum**

We follow Curriculum for Excellence (CfE), focusing on the four capacities: Successful Learners, Confident Individuals, Responsible Citizens and Effective Contributors.

Core areas include Literacy, Numeracy & Mathematics, Health & Wellbeing, Sciences, Social Studies, Expressive Arts, RME and Technologies.

Assessment is ongoing. Teachers monitor progress regularly using CfE experiences and outcomes and maintain assessment records to support planning and reporting.

## **Support & Wellbeing**

We offer staged intervention and additional support for learning where needed, involving staff, families and external partners.

The majority of children and young people are able to access their curricular programme at school without the need of additional help other than that which any teacher will provide in any classroom. However, at any point in their lives children or young people may need extra help with their education. This may be for any reason and at any time. This is often referred to as additional support for learning or having additional support needs. Some examples of why a child/young person may require extra help with their education are:

- Bereavement or family illness
- Problems at home
- Bullying
- Behaviour
- Being particularly gifted or able
- An illness, disability or sensory impairment
- Having English as an Additional Language



A child/young person's needs may last for a short time, and the problem may be resolved easily or, their needs might be very complex, and they may require additional support for a number of years.

If you feel that your child needs additional support for learning, the first person to speak to is your child's teacher. You have the right to request an assessment of your child. Within our school we operate a model of staged intervention where support is provided in varied ways to meet individual needs. Our approach to assessment ensures that the needs of children and young people are recognised and appropriate support can be provided.

Parents/carers are always involved in making decisions about their child's education and we will always ask your permission before any specific referrals are made. While your child is receiving support, we will regularly review your child's progress.

At times, parents/carers and schools may come into dispute. While we would always hope that difficulties could be resolved at the school level we recognise that parents or young people may wish to formalise their concerns. To assist with this we have a complaints procedure and also offer independent mediation and adjudication. It is also possible under certain circumstances to refer the case to the Additional Support Needs Tribunal for Scotland. If you believe your child has additional support needs, Scottish Borders Council publishes a range of informative advice. Visit the following website for further details.

[www.scotborders.gov.uk/info/886/additional\\_support\\_needs](http://www.scotborders.gov.uk/info/886/additional_support_needs)

The statutory framework for Additional Support for Learning is the Education [Additional Support for Learning] [Scotland] Acts 2004 and 2009. For more information, you can contact:

- (a) Enquire, the Scottish advice service for Additional Support for Learning. They have a wealth of information, including practical guides and fact sheets for both parents/carers and young people. You can find the website at [www.enquire.org.uk](http://www.enquire.org.uk), or ring them on 0345 123 2303.
- (b) Scottish Independent Advocacy Alliance, a charitable body registered in Scotland under registration number SC033576; [www.siaa.org.uk](http://www.siaa.org.uk)
- (c) Scottish Child Law Centre, a charitable body registered in Scotland under registration number SCO1274. [www.sclc.org.uk](http://www.sclc.org.uk)



## CHILD PROTECTION

- Our settings in the Scottish Borders work hard to keep our children and young people safe - all children and young people have a right to feel safe within the setting, home and community.
- Within our setting we strive to provide a safe, secure and nurturing environment for our children and young people, which promote inclusion and achievement.
- All staff in Education have a statutory and professional responsibility to take action if we have reason to believe a child is suffering, or is at risk of abuse.
- Our [Scottish Borders Child Protection procedures](#) set out what we will do if we have reason to believe a child is being abused or is at risk of abuse, either within the home or the community. These procedures are designed to ensure that children and young people get the help they need when they need it.
- All staff are aware of their child protection responsibilities and every year all staff in our setting attend a child protection update.
- Many of our staff undertake additional multi-agency child protection training.
- Every setting has a Child Protection co-ordinator who has the responsibility for overseeing child protection concerns as well as those young people who are care experienced within the setting.
- The Child Protection co-ordinator for the setting is **Mrs Karen Scott (HT) or Mrs McLean or Mrs Kirsty Scott (DHT)** who can be contacted to discuss any concerns that may arise.

### What to do if you have a child protection concern?

**It's everyone's responsibility to protect children.**

**If you have any concerns that a child is being harmed or is at risk of harm, please call without delay**

01896 662787 (Duty Children and Families Social Work Team)

01896 752111 (Out of office hours that covers all areas)

#### **Emergency contact**

If you consider a child or young person is in immediate danger, call the Police on 999 immediately

**[Need more information about keeping our children and young people safe?](#)**

This [link](#) takes you to the Scottish Borders Child Protection Committee online website where you can find some suggested links to websites to better inform you about safety issues such as Internet safety and Child Sexual Exploitation as well as letting you know about opportunities for training in Child Protection. You can also find the Scottish Borders Child Protection Procedures on this website.

**<http://onlineborders.org.uk/community/cpc>**

**GIRFEC:** We work collaboratively across services to put your child at the centre, taking proportionate, timely action with minimal bureaucracy.

**Young carers:** A young carer is a child or young person under 18 (or still in school at 18) who helps to care for someone at home. This might include tasks like cooking, cleaning, shopping, paying bills, collecting medication, or looking after younger brothers or sisters.

We understand that these responsibilities can make it harder for young carers to complete homework, arrive on time, or take part in clubs and social activities. This can sometimes affect learning and confidence.

At Drumlanrig Primary, we want every young carer to feel included and enjoy school. If your child is a young carer, please let us know. We can offer support with homework deadlines, attendance, and any other challenges. All information will be treated sensitively.

**The Educational Psychology Service:** The Educational Psychology Service (EPS) works with all SBC schools to support children's learning and wellbeing.

The service provides advice and training to school staff on how children learn and advise on ways to help children who require support.

If requested by the school, EPS can arrange follow-up for individual children and young people, together with their families and teachers, to help support their learning, or with social or emotional issues. This is generally achieved by meeting the children, their families and school staff, to review the support they have already received and agree ways in which we can all help your child in school. In some cases, we may agree that a psychologist will work on a one-to-one basis with your child to obtain a clearer picture of how they can best be supported.

If you have any worries about your child, please contact their school, in the first instance, to arrange a meeting to discuss your concerns. All schools have access to a range of support Services and your child's Head Teacher will be able to advise you about when the EPS may be able to help.

Further information about the EPS is available on the Scottish Borders Council website. Here you can access a downloadable leaflet for parents and carers, which explains in more detail how we may be able to work with you to support your child in school.

Please see [www.scotborders.gov.uk/EPS](http://www.scotborders.gov.uk/EPS)

## Practical Information

**Uniform:** The wearing of uniform by the pupils is requested and actively encouraged. Our supplier with the full range of Drumlanrig Primary School Uniform/Clothing is Elite Embroidery. Elite Embroidery is located on Liddesdale Road or online at <https://eliteembroidery.co.uk/>. Our uniform is a green sweatshirt/cardigan; white polo or shirt; grey/green/black trousers, skirt or dress; tie (green/yellow stripe).

PE: white t-shirt; navy/black/green/white shorts; gym shoes/indoor trainers.

**School Meals:** A choice of cooked meals or packed lunch is available daily. Orders and payments are made via ParentPay. All meals include two courses. Children in P1–5 & ELC are entitled to free meals; eligible families may apply for clothing/footwear grants and P6–7 free meals.

**Allergy Awareness:** We are an 'allergy aware' school. Individual health care plans and dietary plans are in place for children who have food allergies. Staff are trained in reaction management and in the administration of emergency medication if required.

**Safety:** Please use the footpath entrance and crossing patrol. In PE, pupils must change into kit, remove jewellery and tie back long hair. Fire drills are held termly.

### Entry to school in the event of bad weather:

- pupils should aim to arrive at school just before the bell if possible
- pupils should not be left unsupervised in the playground until the playground supervisor is on duty, i.e. 8.30am
- pupils will be told by the supervisor to keep under shelter until entry time.
- the playground supervisor will decide if prompt entry is necessary.
- the playground supervisor will inform relevant staff of her decision and will signal the children to enter in small groups to ensure a quiet, controlled entry.

**Transport:** Transport to school is provided free for children living a certain distance from the school. Children under the age of 8 can be asked to walk up to 2 miles to school or the nearest pick-up point. Children over the age of 8 can be asked to walk up to 3 miles to school or the nearest pick-up point.

As a health promoting school we encourage children to walk to school. Younger children should be accompanied by an adult. In the event of adverse weather conditions, parents should follow the School Transport in Emergency Conditions Guidelines issued by SBC each year. In the event of bad weather the bus company will decide if conditions are safe for driving. Children should wait at the pick-up point for up to 15 minutes, if transport does not appear on time, then pupils should return home. Parents who then transport pupils to school themselves are responsible for collecting their child at the end of the day. Please inform the school if you decide to keep your child at home during adverse weather conditions. Parents will be notified if conditions force early closure of the school but no children will be allowed home unless there is someone to meet them and be responsible for them.

**Adverse Weather/Events:** We will contact parents via Groupcall if closure is necessary. Closing the school is always a last resort and staff will work with the Emergency Planning Team to prevent this happening whenever possible. Entry procedures and transport guidelines apply during severe weather/events.

**Secondary school:** At the end of Primary 7, children will normally transfer to Hawick High School. (Tel. Hawick 372429.) There are very effective transition arrangements in place in order to prepare the children for this important stage in their life. If you wish your child to attend a secondary school other than Hawick High School, a Placement Request form should be completed. For further information about transitions and placement requests check out SBC website, schools section.

## Clubs & Enrichment

Staff run a wide range of clubs on a voluntary basis, including football, rugby, multi-sport, netball, basketball, cricket, and occasional clubs such as curling, chess, club golf, athletics, art & craft, guitar, music, boxing and drama.

**Music Instruction:** Brass tuition is available weekly for P4 and above (currently free).

**Assemblies and Religious Observance:** Assemblies are held once a week. They are led by members of the senior leadership team and focus on a range of themes. On occasions the assemblies are led by a guest chaplain or are supported by a range of partners, including our Police Liaison Officer or others in the local community. Pupils are regularly involved in the presentation of assemblies.

End of Term Assemblies take place in Hawick South Church or St Mary's and Old Parish Church and parents and family members are welcome to attend. ELC children are invited to attend Assemblies when it is appropriate.

Parents have the right to withdraw their child from Religious Observance, if you wish to withdraw your child, please notify the school.

**Pupil Leadership:** Opportunities include Pupil Leadership Team, House Captains, Junior Road Safety Officers, Prefects and Monitors, plus Eco Committee, Rights-Respecting School Group, Pupil Council and Sports Committee.

**Drumlanrig out of School Club – Cheeky Monkeys:** Cheeky Monkeys is our Out of School Care Club, which is located within the school grounds. The Club offers wrap-around care for 3–12-year-old children from 7:30am – 6:00pm. The club is open all year round except in the Christmas holidays. Tel: 01450 379722 for more information.

School Policies are available on request. We also adhere to Council Policies, which are available via SBC's website and National Guidance.

**Helpful Links**

[Respectful Relationships & Anti-bullying \(SBC\)](#)

[Educational Psychology Service \(SBC\)](#)

[School Admissions & Placement Requests \(SBC\)](#)

[Parentzone \(Education Scotland\)](#)

[Education Scotland](#)

[Skills Development Scotland](#)

[Contact Scotland – BSL](#)

Photography/video consents are managed at enrolment and can be updated by contacting the school office.

**Privacy:** Data may be shared with Scottish Government and other services for statistical and service provision purposes, under strict controls and in line with GDPR. See SBC privacy statement below for more details.

**Data Protection**

Scottish Borders Council is a local authority established under the Local Government etc. (Scotland) Act 1994 and its headquarters is based at Newtown St Boswells, Melrose TD6 0SA. You can contact our data protection officer by post at this address, or by email at: [dataprotection@scotborders.gov.uk](mailto:dataprotection@scotborders.gov.uk), or by telephone – 0300 100 1800.

### **Why we need your information**

Every child of school age has the right to be educated. A child is of school age if he/she has attained the age of 5 but has not attained the age of 16 years. The term “young person” applies to a pupil over school age, but who has not attained 18 years. The education authority has a duty to provide education to any young person who is still a school pupil.

We need to collect, use and store personal information about you and your child/ren to enable us to provide your child/ren with an appropriate education. We provide these services to you as part of our statutory function as your local authority under:

- The Education (Scotland) Act 1980, Education (Scotland) Act 1980
- The Education (Placing in Schools etc. Deemed Decisions) (Scotland) Regulations 1982
- The Standard in Scotland's Schools Act 2000
- Education (Scotland) Act 2016

We also use your information to verify your identity where required, contact you by post, email or telephone to maintain our records.

### **Who we will share information with**

We will share information with health and wellbeing services and may share information with other external agencies and organisations who provide or assist with educational provision and with online payment solution providers.

- The [Scottish Government](#) for examination, career guidance and monitoring purposes.
- ParentPay, ESP Systems and CRB to allow the school to offer cashless catering and to receive payment for school trips and events;
- Groupcall to allow the school to communicate with you;
- The NHS for health monitoring;
- Netmedia to enable the online arrangement of parents evenings;
- Internal Scottish Borders Council departments to allow the provision of catering and transport.

On each occasion, the recipients are bound to the terms of a Data Sharing Agreement and accordingly will only use your child's data for the specified purpose. This data sharing is in accordance with our Information Use and Privacy Policy and covered in our full [privacy statement](#) on our website.

We are also legally obliged to share certain data with other public and regulatory bodies such as Education Scotland, Police and NHS will do so where the law requires this.

Your information may also be shared and analysed internally in order to provide management information, inform service delivery reform and similar purposes to meet our duty to achieve best value and continuous service improvement.



We are legally obliged to safeguard public funds so we are required to verify and check your details internally for fraud prevention. We may share this information with other public bodies (and also receive information from these other bodies) for fraud checking purposes.

#### **How long do we keep your information for?**

We only keep your personal information for the minimum period amount of time necessary. Sometimes this time period is set out in the law, but in most cases it is based on the business need. We will retain a copy of your child/ren's educational record up until they reach the age of 25.

#### **Photographs/videos**

Photographs and videos may be taken by staff in the school, media and other parents for a variety of reasons for example Sports Day, celebrations of achievement, charity events, excursions etc. The school your child attends may wish to display or show photographs or videos taken by themselves, in print, in various locations or by electronic means such as a website. Likewise the media or other parents may wish to use the images of pupils in various ways. We ask you at the time your child enrolls at one of our schools if you are happy for images of your child to be used in this way and we try to ensure you are aware of, and understand, such possible use of your child's image and that you have consented.

Any permission given will remain in force during your child's primary and secondary schooling until you indicate that you wish to withdraw your consent. You can do this by contacting the head teacher of your school as soon as possible.

#### **Your Rights**

You have the right to request access to any personal data held about you by the Council. You can also request that we restrict the use of your information or even object to any further processing. You can do this by contacting the Data Protection Officer using the contact details provided above. We will respond to your request within thirty calendar days.

For more information on your rights please visit our website

<http://www.scotborders.gov.uk/DPYourRights> or if you would like a hard copy of this information, please contact us using the contact details provided above.

#### **Complaints**

We aim to directly resolve all complaints about how we handle personal information. If your complaint is about how we have handled your personal information, you can contact our Data Protection Officer by email at [dataprotection@scotborders.gov.uk](mailto:dataprotection@scotborders.gov.uk) or by telephone on 0300 100 1800.

However, you also have the right to lodge a complaint about data protection matters with the Information Commissioner's Office, who can be contacted by post at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

You can visit their website for more information <https://ico.org.uk/make-a-complaint/> .

If your complaint is not about a data protection matter you can find details on how to make a complaint on our website:

[https://www.scotborders.gov.uk/info/20016/have\\_your\\_say/155/make\\_a\\_complaint/1](https://www.scotborders.gov.uk/info/20016/have_your_say/155/make_a_complaint/1)

### **Employment of Children**

Children under the statutory school leaving age can only be employed within the terms of the bye-laws on the Employment of children. These regulations allow anyone to be employed at 14 years but under certain circumstances children under 13 years of age can be employed, and for those over the age of 13 there are limits on the hours and type of employment which are allowed. Parents and employers must both complete an application form for an employment permit before the employment begins. Forms and application forms are available from the school office. Further details can be obtained from HQ Operations, Children & Young People Services, Scottish Borders Council, Newtown St Boswells, TD6 0SA

Further information can be found at:

[https://www.scotborders.gov.uk/info/20025/licensing/670/employment\\_byelaws\\_for\\_children\\_and\\_young\\_people/1](https://www.scotborders.gov.uk/info/20025/licensing/670/employment_byelaws_for_children_and_young_people/1)

## Helping your Child to Grow, Learn and Play

Healthy eating and physical activity are essential for growth and development.

Healthy snacks have been provided during your child's ELOC journey, continue to give these types of snacks to your child to eat at break times throughout primary school.

### Top Tips for Eating Well, Feeling Good and Being Active

- Eating Breakfast gets the day off to a good start
- Enjoy a variety of foods and eat together when you can
- Eat plenty of fruit and vegetables
- Limit food and drinks high in sugar, fat and salt, especially at snack time
- Be mindful of portion size
- Eat 3 meals a day with healthy snacks in between
- Brush your teeth at least twice a day – "spit don't rinse"
- Register with a local dentist
- Ask your dentist about fluoride varnish
- Enjoy being active everyday
- Reduce time spent on phones, tablets, computers and watching T.V
- Think of the 4 B's - Bath, Brush, Book and Bed to encourage a good sleep routine



**Keep Hydrated** - Hydration helps improve concentration, mood and digestion

- Offer 6-8 cups of fluid a day
- Water or semi skimmed milk are best and will not damage teeth
- Bottles used in class should be filled with plain water only





## Fit4Fun Families

**Fit4Fun Families is a free family focused healthy lifestyle programme which offers practical tips to help support children, young people (0-18 years) and their families, eat well and be active**

**We can support you to make positive lifestyle changes and work with you to identify specific goals that you would like to achieve**

### Service user feedback:

"We have really enjoyed the Fit4Fun Families programme. It was arranged at a time that was convenient so we could both participate. Sessions have been fun and informative and at a level that suits the age of any child"

"We have learned a lot over the past few weeks, which has been fun and helpful. We've been keeping up with the goals that we set. We would highly recommend this group to any parents looking to know about how to eat healthily with their kids"

**If you would like some more information or would like to join the programme, please contact us on:**

**Tel: 01896 826447**

**Email:**

**[Child.HealthyWeightService@borders.scot.nhs.uk](mailto:Child.HealthyWeightService@borders.scot.nhs.uk)**

**You can self-refer into our service or if you prefer you can speak to your GP, Health Visitor, School Nurse or another health professional**



Produced by  
Borders Child Healthy  
Weight Service:  
Fit4Fun Families  
October 2022

## School term dates for 2025-26

### Autumn term

- Monday 18 and Tuesday 19 August 2025 - Staff resume, In-service days
- Wednesday 20 August 2025 - Pupils resume

### Mid-term holidays

- Monday 13 to Friday 17 October 2025 - October holiday
- Monday 20 October 2025 – In-service day
- Tuesday 21 October 2025 - Pupils resume
- Monday 1 December 2025 - St Andrew's Day, schools closed
- Tuesday 2 December 2025 - Pupils resume Berwickshire, Galashiels, Hawick and Selkirk
- Friday 19 December 2025 - last day of term

### Christmas holidays

- Monday 22 December 2025 - Friday 2 January 2026

### Winter/Spring term

- Monday 5 January 2026 - Term starts, all resume

### Mid-term holiday

- Friday 13 February 2026 - last day of term for pupils
- Monday 16 - Friday 20 February 2026 - Mid-term holiday
- Monday 23 February 2026 - In-service day
- Thursday 2 April 2026 - last day of term for pupils and staff

### Easter holidays

Friday 3 to Friday 17 April 2026

### Summer term

- Monday 20 April 2026 - Term starts, all resume

### Mid-term holidays

- Monday 4 May 2026 - May Day holiday, schools closed
- Tuesday 5 May 2026 - Staff resume, in service day
- Wednesday 6 May 2026 - Pupils resume
- Thursday 2 July 2026 - last day of term for pupils and staff

### Casual Holiday

Friday 5 June 2026 – Casual Holiday

Please note: The information contained in this Handbook was correct at the time of publication.