



EDUCATION, HOUSING & COMMUNITIES

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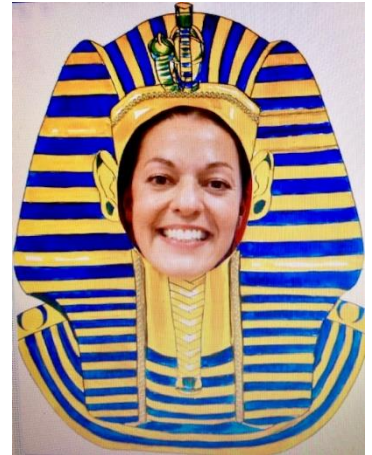
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Head Teacher Newsletter February 2026

Dear Parents and Carers,

We are enjoying **Our Ancient World** topic in our school this term... a few of our classes are doing *Ancient Egypt* and it was always a subject I've enjoyed teaching in the past. We are excited to welcome a lady from Egypt (NOT Ancient Egypt!) to our assembly on Monday 9 March to mark International Women's Day. I hope your children are telling you about some of their learning in school. It was great to see so many of you in for our All Teach, All Learn (ATAL) for Numeracy and finding it helpful and enjoyable. I strongly believe pupils learn best when home and school work positively together and our ATAL sessions have been very well received. If you are a P1's parent you may want to ask them about the Baby Dragon that visited their classrooms yesterday... all very exciting. But now back to reality with a bump.... (apologies if you're eating).



Threadworm Reminder

There have been a few cases of Threadworm in our school. We are all washing our hands more in classes.

[Threadworm infection](#) is an intestinal infection and is very common in childhood. They are tiny worms in stools and can spread easily.

Worms may be seen in stools or around an individual's bottom. They look like pieces of white thread.

Symptoms include extreme itching around the anus or vagina, particularly at night. They can also cause individuals to be irritable and wake up during the night.

Pharmacies can advise on treatment.

Re-infection is common and infectious eggs are also spread to others directly on fingers or indirectly on bedding, clothing and environmental dust.

Regular hand washing, laundry and regular cleaning can help reduce the risk of infection and re-infection.

Transmission is uncommon in education or childcare settings.

Exclusion is not required.

Threadworm: what you need to do

You do not need to contact the Health Protection Team for threadworm.

Encourage individuals, parents or carers to contact the pharmacy for treatment.

Encourage individuals to implement good [hand hygiene](#) practices.

Keep fingernails short.

Wash towels, flannels, sheets and sleepwear on a hot temperature. For more information, see [safe management of linen and soft furnishings](#).

Staff have been reminded to oversee class handwashing through the day and not just rely on hand sanitizer which does not get rid of the eggs. Soap is being replenished as much as possible across the school. The School Nurse Service has advised us. Thank you for taking action in your own household where required.

The Archie Foundation



I have had a meeting with **The Archie Foundation** about **Archie's Child Bereavement Service**. If you would like any further information or you feel the school can help/support you and your family, please get in touch with us at the school or contact The Archie Foundation at <https://archie.org/archie-child-bereavement-service/> or via Phone: 01224 559559 Email: hello@archie.org .

Pupil and Staff Protection Reminders

Can I please remind parents/carers that our **protocol, in line with Moray Child Protection guidance, is to call the police/social work if we do not know why a child is absent from school and if we cannot get hold of parents via phone or message before 9.30am.** We may give a little grace period because we know mornings can be busy but please contact the school by phone, email or in person to let us know why your child/ren are not attending (or let us know beforehand and we will keep a note). **It is a legal requirement for us to keep track of attendance.** If attendance falls under 90% and we are not aware why, we have to send out letters and have meetings to discuss how we can support you to raise this. Thank you for your understanding that these are protocols we must follow.

In addition, I have to remind all adults that enter or contact our building that staff must be treated with respect at all times; swearing at, threatening or abusing our staff in any way will NOT be tolerated. If communications with staff are disrespectful, I may be given no choice but to take further action and/or seek further guidance from our partner agencies. Staff and pupil wellbeing are my key priorities.

Keeping Children Safe Online – Course for Parents tomorrow online

An online webinar to share with parents/carers for this Wednesday -

<https://www.cyberscotland.com/event/keeping-children-safe-online-webinar/>

Want to know more about how to keep children and young people safe in an ever-increasing digital world?

The internet can be a wonderful place for children and young people, from helping with school research reports, to communicating with teachers and friends, and playing interactive games. But the online world also comes with risks, like inappropriate content, cyberbullying and scams. Police Scotland are keen to increase awareness around some of the risks associated with the digital world in order to keep the public safe online.

We know that ensuring children and young people stay safe online is a concern for every parent and carer. In partnership with Police Scotland's Cybercrime Harm Prevention Team, Parenting Across Scotland is hosting a virtual event for parents and carers during Cyber Scotland Week 2026. We are also delighted to be joined by representatives from Education Scotland who will discuss concerns about the use of technology in schools and digital awareness in the curriculum.

The event will explore how you can help keep yourself and your loved ones safe whilst online – there will be a short presentations by Police Scotland and Education Scotland followed by the opportunity to ask questions.

Young Carers



Sam Buchanan is supporting our Young Carers, along with Quarriers. Young Carers might have extra responsibilities in a household because of the needs of another member in their family. If you feel one of your children could do with support as a Young Carer because of your personal circumstances at home, please get in touch. We thank Sam for talking at our Upper Assembly yesterday. Our school Young Carer Champion is Ms Chloe Cormack.



Accelerated Reader Scheme

Due to increased costs, the school is no longer paying for the Accelerated Reader programme from end of February when our subscription runs out. This means pupils will not be doing Star Reader tests, which many did enjoy. We will continue to monitor reading progress, of course, with staff and other methods being used through the year.

Resin/Plastic Mini Animals

Children are not meant to bring toys to school, or anything of special value. We are dealing with several issues caused by pupils swapping plastic toy animals (they are miniature but colourful). Please remind your children that these are not to be taken to school and that there are no 'swapsies' allowed in school as toys, coins, Pokemon cards etc can lead to arguments and upset. Thank you for your support.

Additional Support Needs Tea and Talk Parent Event

We would like to apologise for the postponement of the ASN Tea and Talk session last week. Due to unforeseen circumstances, we have had to push back the date of our first session to Wednesday 4 March from 9:30-10:30am. Please see details below.

We know that being a parent of a child with additional support needs brings its own unique set of experiences and sometimes it is helpful to talk to others who truly understand. We would love to invite you to our first Tea & Talk session, a space for you to meet other parents and share experiences. There is no set agenda, no formal presentations, and no need to book a slot. Whether you can stay for the whole hour or just have five minutes to spare, you are very welcome.

If you plan on attending, we would appreciate if you could let us know via the link below so we that we can plan for numbers.

https://docs.google.com/forms/d/e/1FAIpQLSd8OaPYUDVZrBoV1WSIUAgzrvarNkrK6S0_mJX-who7y2lo_A/viewform?usp=publish-editor

Buckie Area – School-Aged Childcare Survey

Moray Council and local partners are gathering information about the need for school-aged childcare (ages 5–12) across the Buckie area.

We know that accessing affordable and flexible childcare can be challenging for families, particularly where working patterns and transport can be complex. This short survey will help us understand demand for:

- Before-school childcare
- After-school childcare
- School holiday provision

Your responses are anonymous and will help determine whether there is sufficient need to support new or expanded childcare services locally.

The survey takes approximately 5–7 minutes to complete.

Please access the survey here:

<https://engage.moray.gov.uk/embeds/projects/47305/survey-tools/54558>

The survey will close on **13th March 2026**. Thank you for taking the time to share your views.

Adventure By The Sea – Moray

Buckie Evening Wednesday 8th April, Fisherman's Hall 7.30-9.30pm

Buckie Fishermans Hall <https://buytickets.at/outfitmoray/2052887>

Join us for **Adventure by the Sea**, a community weekend celebrating **Moray's incredible coastline** through outdoor adventure, learning, and connection.

From inspiring talks by the water to hands-on activities in forests and on the beach, this is a chance for **families, young people, and the wider community** to come together, explore our coast, and help care for it.

- 🏰 **Buckie special event** – inspiring talks & short adventure films (Wed 8 April)

Tickets are FREE

Staffing Update



Mrs Lisa Campbell will start on Monday 9 March and my last day will be Friday 13 March (although I'll be back doing supply teaching I'm sure so please – no fuss). Lisa is looking forward to getting started and she will be at the next Parent Council/FOC meeting on Thursday 12 March in the school at 6.30pm.

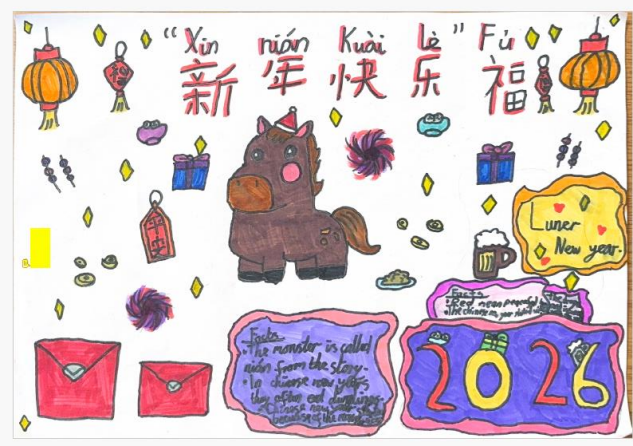
We are sad to say goodbye to **Mrs Bond**, our fabulous PSA, who has now got a new job which she is very excited about so we are delighted for her and wish her congratulations. Thank you Mrs Bond for everything you have done for Cluny Primary. Mrs Bond will be leaving around the middle of March.

We are delighted to have **Mr Young** back in our staff team. He is doing a great job in P7W just now.

I hope you enjoy seeing some more photos below and I also include some information our Educational Psychologist has sent us that you might find helpful. Thank you for your continued support.

Kim

Miss Kim Karam
Acting Head Teacher
Cluny Primary



One of our talented P6 pupils has got an honourable mention award for her Chinese New Year poster. Our Mandarin teacher, Rita, took the lead on entries for our school and we were delighted with this success (which was also celebrated in Assembly). The Year of the Horse has now started.

We also send our best wishes to anyone in our school community who is marking Ramadan currently.



Miss Karam's Collection of Curiosities in the Hall – pupils enjoyed seeing a range of items and using our new microscopes. Encouraging a curious mind is an important part of education and pupil development.



Pupils were supported in drawing, asking questions, investigating, comparing and researching.



We have had another CAG for Term 3 and enjoyed a range of artistic, cultural, sporty and scientific activities. Thank you to all teachers for organising and overseeing interesting lessons and letting us meet together with people in different classes.



Burn's Day was marked by pupils in most classes – some enjoyed a wee taste of Haggis, Neeps and Tatties (yum!) but they had almost finished by the time I got to visit with my camera! Lots of happy faces.



We are enjoying having visits from the BHS Play Makers and older students for PE experiences. In assembly our 'Stars of the Week' are celebrated and appreciated – what great role models they are.



I have loved seeing more STEM activities taking place around the school – creating, building, constructing, designing, experimenting



Thank you to everyone who helped make our two Valentines discos such a success... love to Team Cluny!



We hosted the local Rotary Club school quiz recently. It was lovely to have representatives from nine local schools visiting us, along with staff and supporters.

Congratulations to Milne's Primary for taking the trophy and huge well done to our team who came fourth and were also polite, helpful and wonderful school ambassadors.

Our Euro Quiz competition takes place next week – thank you to Miss Vass for supporting the Rotary Quiz Team and the Euro Quiz Team in their practises and preparation.

Well done to Ian Johnston House (yellow) for winning the most House Points so far in February. Whoever has the most at the end of the month will enjoy the next Bonus Break reward at the start of March.

Dates for Your Diary

- Wednesday 4 March 2026 – ASN Tea and Talk
- Thursday 5 March 2026 – World Book Day (see separate email sent)
- Thursday 12 March 2026 - Scottish Opera – P6s and P7s, PC Meeting in school 6.30pm
- Friday 13 March 2026 – Buckie Cross Country at BHS (see separate email sent)
- Week beginning 23 March 2026 – Bikeability for P4 and P6s
- Annual Reports should go out before the Easter Holidays (Settling in Reports for new pupils)
- Our last day of Term 3 is Friday 27 March 2026, we return for Term 4 on Monday 13 April 2026

YOUR TIPS FOR A HEALTHIER SCREEN TIME

'How much is too much screen time for children?'

	 Birth to 5 years	 6 to 10 years	 11 to 17 years
Waking up	 No screen time between birth - 24 months	 Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day	
 Phones, tablets and computers should not be in any child's bedroom overnight.	 2 - 5 year olds no more than 30 mins/day No screen time between birth - 24 months	 Walk, run, ride a bike, anything that gets kids up, outside and off their screens'	
 Watching lots of short videos is being linked to concentration difficulties in children.	 Avoid using a device to settle your child down. Instead try a book, a game outdoors, or just a cuddle	 Keep active 'Encourage physical activity, ideally outside, for 1-2 hours'	 'Try and ensure screen-free time together' Stay active. More green time, less screen time
 Reports suggest adults touch their phones over 2000 times a day.	 'Bedtime stories are the best and healthiest way to settle your child' Under 5s should not use a screen at least 2 hours before bedtime	 'Buy an alarm clock so that screens are not in the bedroom' No screens at least 1 hour before bedtime	

Accepted by NHS England Mental Health Leads

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, short-sightedness, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'



HEALTH PROFESSIONALS FOR SAFER SCREENS

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SCAN ME



Strategies to help your child

Here are some suggestions about how you can support your child in preparation for school. It is important to consider a plan that will suit the needs of your child. The plan could be made with your child so they can contribute their ideas and thoughts.

Things to Consider on the Evenings Before School

Soothe	Think of some calming activities you can do with your child before bedtime e.g., gentle music, talk about three good things before bed
Understand	Let your child know you understand their feelings and you do not negate or dismiss them. Reassure them you understand how hard this is.
Neutralise	Encourage your child to record any worries in a worry book and talk through each one, helping them to see solutions or identify if they are catastrophising. Show them the evidence against any irrational thoughts
Decide	Establish what a successful day would look like and decide with your child what needs to happen the evening before to make this happen. Go through their schedule step by step and ensure that everything is ready (e.g., books, bag, PE kit) and laid out for the morning. Make this plan visual if necessary.
Attend	Be aware of your child's emotional state and provide more time and attention if needed. Consider giving a transitional object to a younger child
Yourself	Make sure that you feel calm yourself. If necessary, take time out to use your own self-calming strategies.

Top tips for inbetweenies (Primary)

from

Children 1st Parentline

The relationship between every parent and child is unique. Parents know their family best, and it is really important to enjoy the times when things are going well and continue to have fun as a family.

There are also times when you can feel challenged as a parent, and in those times, you might want to try the tips below which parents have said worked for them.

Take a breath, stand back and think

Take a few deep breaths and think about what you are going to do and say before doing anything. You will feel more in control and be in a better position to deal with whatever is happening.

It is not easy. Like everything else, it takes practice. It might not be possible every time, but keep trying and it will get easier.

Address behaviour when you're calm

Responding when emotions are high doesn't help anyone. If things are heated, agree with your child that you'll both talk about it later, now just isn't the right time.

It can help to agree with your child how you will communicate how you are feeling to each other. For example, you could use a traffic light system. If you or your child are feeling amber you can take time out to 'reset' to green before you talk.

Keep talking - and listening

Be calm, listen and allow your child to say how they feel too, no matter their age. You don't have to agree and it doesn't mean they get the final word!

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family in Scotland



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with whatever you
are facing.

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