

Newsletter for fortnight ending 25th September 2026.

It's a big Newsletter today, covering the last 2 weeks, and includes updates from school as well as information about upcoming community events. Enjoy!

Congratulations:

We are delighted to say that Josh Hamilton was successful in his application for the post of PSO at Frogston Primary School. A huge congratulations to Josh! We will hope to get him started in his new role in the next few weeks, where he will be taking on roles and remits such as:

- Attendance monitoring and tracking
- Supporting attendance through interventions
- Supporting anxious learners
- Supporting Young Carers
- Liaising and working alongside EYP in P1 to plan, run and evaluate interventions to support individuals and groups

Josh is a passionate member of the Frogston team, bringing a wealth of experience, local knowledge, and dedication to the post. Well done, Josh!

New Adults in School:

We are very lucky to have 2 hard-working students learning and teaching with us at the moment.

Molly is a Music Therapy student and will be working with groups and individuals over the next few months. She will be working with pupils and staff from P1 to P7, teaching social skills, resilience and communication skills through the medium of music.

Natasha has been working with Sophie in P6a. She will be with us at Frogston until the end of September, supporting groups and the whole class with all aspects of learning and teaching.

Gracemount High School Open Evening:

We are pleased to inform you that there will be an open evening at Gracemount High School for families of P5, P6 and P7 students on Wednesday 7th October from 5-7.30pm. This event is open to children and parents/carers.

Details of the evening are on the attached flyer. It looks to be a fun and informative event!

Health Week!

Next week is our annual Health Week at Frogston Primary School. All children were spoken to in assembly today by our fabulous new P6 sport's captains as well as Jenny, our PE teacher. The plan for the week is:

Class Running Challenge

Each class will take part in a running challenge throughout the week. The children will work together to see how far they can run, with lots of opportunities to get active, encourage each other and have fun!

Fruit and Veg Challenge

We will also be continuing our focus on healthy snacks with a class fruit and vegetable challenge. Classes will keep a tally of the fruit and vegetables brought in as snacks throughout the week, with our winning class announced at the end of the week.

Visiting Sports & Special PE Lessons

Throughout the week, the children will have the opportunity to take part in some special PE lessons and activities, including visits from sporting organisations and coaches. We're excited to give the children the chance to try something new and experience different sports.

Trainers Every Day

Please can all children wear trainers to school every day during Health Week. We will be making the most of every opportunity to get active, both indoors and outdoors, so having suitable footwear will make sure everyone can join in safely.

We hope they all have a fabulous week!

Raising Kids with Confidence October Courses:

We continue to recommend the Raising Children with Confidence courses to all our parents. A new session of **Raising Children with Confidence courses** and **Raising Teens with Confidence courses** will be starting in October 2026. Courses run weekly for two hours, over a 6-week period and are free to all parents and carers.

They offer an informal learning space where parents and carers can reflect on their relationships, share with other parents and carers and learn strategies they can use at home.

Raising Children with Confidence community courses

Recommended for parents and carers of babies, early years and children up to P6.

The course aims to.

- Increase understanding about child development and the importance of relationships.
- Build strategies for empathy and communication to support resilience.
- Prioritise parental wellbeing and recognise the link between this and supporting your child.

Courses are running at.

Royston Wardieburn Community Centre

11 Pilton Drive North, EH5 7NF

26th October – 30th November 2026

9.45am – 11.45am

Portobello Library

14 Rosefield Ave, EH15 1AU

20th October – 24th November 2026

10.30am-12.30pm

Valley Park Community Centre

37 Southhouse Road, EH17 8EU

9.30am-11.30am

Booking can be made here [Raising Children with Confidence Course booking form – Fill in form.](#)

Raising Teens with confidence community courses

Recommended for parents and carers of children and young people aged Primary 6/7 and of high school years.

The course aims to.

- Explain what influences the development of positive mental health and emotional wellbeing, and why what you do makes such a difference.
- Explore the impact of the changing teenage brain.
- Learn the importance of managing adventure, risk and resilience.
- Create an understanding of the importance of staying connected and the value of communication.
- Explore the brain under stress and overcoming setbacks.
- Create an understanding of the importance of looking after your own wellbeing and how to cope with change.

Courses are running at.

Tollcross Community Centre

117 Fountainbridge, EH3 9QG

Tuesdays 27th October - 1st December 2026

6.15pm-8.15pm

or

Gate 55

55 Sighthill Road, EH11 4PB

Fridays 30th October - 4th December 2026

9.45am-11.45am

Booking can be made here [Raising Teens with Confidence course – Fill in form](#)

Our Orchard:

We are thrilled to share that we have had our most successful harvest ever this year in our orchard and farm. We have gathered tomatoes, courgettes, lettuce, and apples and that is after our very successful pea and broad bean harvest earlier in the year. Not to mention that the tomatoes are still coming and sunflower seeds and potatoes are on the way!

Last week, P2 children were buzzing as they collected and tasted tomatoes, courgettes and apples! Ask your child about our farm and what they have seen growing there.

Community based Seasons for Growth parent and carer programme:

Support your child through the impact of change and loss.

Please see the attached flyer for more details about the parents and carer Seasons for Growth programmes running across the city from October – December 2026. The programme runs over three, two-hour weekly sessions, exploring how to support children and young people through the impact of change and loss. Loss through either divorce or separation or death and bereavement.

The programme supports parents and carers to:

- **Learn** about how children and young people respond to change, loss and grief.
- **Understand** that it is normal to have a range of grief reactions.
- **Explore** new approaches to change, loss, and grief in the lives of their children.
- **Build** communication, decision making, and problem-solving skills.
- **Participate** in a supportive and caring network of adults.
- **Integrate** new learning into family relationships.
- **Consider** the importance of self-care.

The programme offers an informal learning space where parents and carers can reflect on their relationships, share with other parents and carers and learn strategies they can use at home.

Courses will run at.

Tollcross Community Centre

117 Fountainbridge

EH3 9QG

29th October, 5th and 12th November 2026

6.15pm-8.15pm

Gate 55

55 Sighthill Road

EH11 4PB

6th/13th and 20th November 2026

9.45am-11.45am

Valley Park Community Centre

37 Southhouse Road

EH17 8EU

13th/20th and 27th November 2026

9.45am-11.45am

Spartans Community Foundation

94 Pilton Drive

EH5 2HF

19th/26th November and 3rd Dec December 2026

6.15pm-8.15pm

Booking can made here [Seasons for Growth parent and carer programme – Fill in form](#)
or through the leaflet attached.

Have a wonderful weekend with your families!

With thanks and kindest regards from the Frogston PS Team.