

We have had a few visitors to Meadowpark in the last two weeks which is always a good opportunity not only to increase my daily steps which are often well above the recommended 10,000 steps, but to walk round the school and see it through the eyes of our visitors. Of course I spot the hole in the wall, the scuffed paintwork, the general wear and tear that comes from having 18 young people passing through the building daily, and of course I don't draw attention to this but focus on the positives: the space we have, the flexibility of using that space, the light that pours in from the high windows and the ample outdoor space.

One of the many reasons I love living in East Lothian is the wealth and variety of countryside and as we begin the autumnal change it is a good time to reflect on just how far we have come, and talking to visitors who are looking at what we do either as a parent or professional or volunteer creates opportunities for that.

Tyne, Esk and Forth all make excellent use not only of our immediate environment but the wider community – Neilson Park, Aubigny Sports Centre, John Gray Centre and Library as well as the easily accessible footpaths to observe changes in the environment. Pupils participate in a wellbeing daily mile, bike rides and access the local woodland for John Muir Award.

Esk class have completed their multi-media Viking longboat pictures and are collaborating on a large wall display. They have used a variety of techniques including wax resist, bubble wrap for texture and collage and the results are beautiful.



The Viking drinking vessels have also been completed and we have yet to discover if they are watertight.



Esk class are looking forward to discovering how the Norse language evolved and there is an interesting link to this via Youtube: <https://www.youtube.com/channel/UCXCxNFxw6iq-Mh4uljYvufg> from Dr. Jackson Crawford who has been researching Old Norse and even introduced a small section into the film Frozen during Elsa's coronation: <https://www.youtube.com/watch?v=5IEEvZ48nGkI> know a number of pupils in Esk who will really enjoy this connection.

We have been blessed again with the weather again this week when Loose Parts Play came with their messy play. The most special moment for me was seeing one of our pupils for whom access into Meadowpark was so overwhelming for over a year readily sitting down with Kelly and other pupils creating his own slime. He was chatty, confident, happy and fully engaged. All credit to Kelly and Max for introducing messy play to Meadowpark pupils and I love the chalk drawings that have been left, especially the unicorn drawn by one of the artists in our team.



Have a peaceful weekend and enjoy the autumnal sunshine.

C. Prime 05.10.18