

Weekly Update – 12th January 2018

Welcome back and Happy New Year!

We welcomed our young people back to school in assemblies this week, which were led by our Head Team and focused on the impact of poverty and our 1 in 5 project, which aims to raise awareness of this in our school community and develop more inclusive approaches. One aspect of this will be strengthening the voice of young people in the school.

We wish all of our young people and their families a Happy New Year and look forward to working with you in 2018.

Prelims

Prelims for young people in S4 and above begin next week. Young people involved will attend a special assembly on exam arrangements on Monday (S4) or Tuesday (S5/6) morning. Please note that there is no study leave for prelim exams and young people should attend classes when they are not in exams. We wish everyone good luck!

Parent Council

The next meeting of our Parent Council will take place on Monday 15 January at 7pm in the school library – everyone welcome!

Staffing

We bid farewell today to Ms Kirsty Gunstone of our Maths department who leaves us to take up a promoted post at Leith Academy. Given the national shortage of maths teachers, we are very pleased to have recruited a new maths teacher and will share further details in due course. In the interim, the maths timetable has been revised in order to ensure that the the impact on learners is minimised.

ZEST

Each year we have a few pupils who take part in the ZEST programme which is run by Edinburgh Zoo. It looks at employability skills as well as getting the pupils work experience in different departments in the Zoo. One



of the tasks they need to complete is to design and build something that will enrich the lives of the animals in the zoo. The boys designed and made a structure that included multiple cardboard boxes with hidden food to occupy the animals. They then watched the animals play with their design and took notes on the behaviour of the Kune Kune pigs and Pygmy goats enjoying themselves.



Scientific Calculators

Scientific Calculators are available to purchase using ParentPay for the cost of £4.50. These can be used by any pupil in S1-6 and are acceptable for use in SQA examinations. To purchase, please login to your ParentPay account and process for payment. We will run payment reports in school and calculators will be given to pupils during their KA time.

PE Weekly Update

Basketball

S1 Girls: Wallace High 15 – 17 Portobello

Open girls: Wallace High 54 – 70 Portobello

Extra curricular clubs

A reminder that all extra curricular clubs start back next week (Monday 15th). If you are interested in joining a club, come and see Paddy in PE!

Scotland an Its People For Aye!

By Rose Tully and Kirsten Fordyce

Ower the next few weeks Porty High will be hostin a brow celebration of oor Scottish culture an aw that's guid about it. The wee furst years will be screivin tunes, birlin at ceilidhs, lendin their lugs tae bonnie music and learnin aw about Scotland. FTT teachers will be showin the bairns how tae mak fantoosh Scottish scran an in History folk will be bletherin about tales o' oor auld country. Did ye ken Scots was yince the leid o kings as well as makars? Wha's like us?

Scholar for Porty Scholars!

By Rose Tully and Kirsten Fordyce

Scholar is a FREE online resource accessible at home, school, basically anywhere with wifi! It covers all exam levels from National 5 to Advanced Higher in an array of subjects including English, Maths, Chemistry, French, and Art. It has quizzes, summary notes, animations and also gives you access to live, interactive seminars where you can ask experts questions. It's a fabulous way to consolidate your understanding of coursework you have done in school and help raise your confidence and improve performance going into the exam. The online tests are instantly marked allowing you to learn from your mistakes. Its layout and functions help you develop crucial skills you will use in further education or the workplace.

You can access Scholar with a password and username (your SCN number) which your English teacher will give you. With that login, you will get access to all the material available for exam courses you are registered for. Scholar is accessible via the app 'Puffin Academy' or the website:

<http://scholar.hw.ac.uk>. On Monday, Scholar expert Mr Cheung, who we remember as a Biology teacher from S1, will be talking to all senior English students about how to use the resource to support their preparation for exams.

Spotlight on Sport

by Gregor Turner



Name: Holly Aitchison

Age: 14 yrs

Sport: Football

Career Highlight: Making my debut for Scotland under 16s against Northern Ireland in Belfast.

Who or what is your inspiration in playing your sport and why?

My inspiration in my sport is Lisa Evans. Lisa Evans inspires me because she has played in top leagues across the world including teams such as Bayern Munich and Arsenal, she also represents Scotland at National level.

How often do you train and what does it involve?

I currently train 4 times a week with club, team and Hibs Ladies Development this includes 2 strength and conditioning sessions. I also train with my regional squad once a week, I also train on my own twice a week.

Have there been any particularly challenging moments?

The biggest challenge in my football career so far was losing the Scottish Cup final to Hibs 1-0 while playing with Hearts 15s.

What are your aspirations for the future?

One day I would like to become a full time footballer and play for my country at the World Cup.

Finally, what advice would you give to someone interested in taking up that sport?

Best advice I can give is to work hard, listen to your coaches and practice as much as you can.

Boost Your Prelim Performance with a Healthy Breakfast!

By Issy Butt

During Prelim season, students hole up studying indoors, never venturing outside, eating to relieve stress and missing out on precious hours of sleep. They miss out on vital vitamins, irons, sleep and fresh air - all things essential to prevent poor performance in an exam and to ensure general happiness in everyday life.

It has been said many times, but breakfast definitely IS the most important meal of the day. A good breakfast aids the brain and keeps you going until your next meal. Breakfast is especially important during Prelim time with most exams tending to be towards the beginning of the day. You may think a bowl of cereal would be sufficient - it's definitely better than nothing- but there are so many other options that could give you a bonus in your exams. For example, a

Study Superfoods!

- **Blueberries** are rich in vitamin C and helpful for short-term memory.
- **Oily fish** such as salmon, mackerel, and sardines are essential for helping the development of brain tissue.
- A couple of squares of **good dark chocolate** each day helps memory.

bowl of cereal does not include any superfoods whatsoever. Superfoods (as many will know) are foods that are seen to be especially beneficial to your health and wellbeing.

- **Broccoli** is one of the healthiest vegetables with many benefits.

However, the morning before an exam can be a stressful time and cooking a full meal in that time is a difficult feat. To help you out I have compiled a few easy and quick recipes together that are sure to be tasty as well as beneficial to your health. Enjoy your breakfast, and good luck with your prelims!

Blueberry Smoothie

Ingredients: 300ml of milk 1 banana A couple of handfuls of blueberries 2 tbsps of oats Tsp of honey (optional)	Blueberries are of course a superfood; brilliant for the wellbeing of stressed out students. Blend these ingredients together for a delicious smoothie.
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Tortilla

Ingredients: 2 eggs Salt and pepper Other spices eg paprika (optional) Mozzarella or feta cheese (or a preferred one)	Eggs have plenty of high quality proteins and are a great food to sustain you through the day/exam. Mix these ingredients together then fry in a pan on both sides.
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Avocado Toast

Ingredients: Mashed avocado Pepper/salt Bread	Very simple and quick to make! Not only is avocado a great source of vitamin C and many other important vitamins, it is also loaded with healthy fat and fibre, which should keep you going all morning!
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