

Weekly Update – 2nd February 2018

Curriculum Review

All parents and carers will receive an email setting out information about the next stage of our Curriculum Review. SLT will be holding drop-in sessions to allow parents to talk over the proposals, further resources will be placed on the school website and an electronic survey will be sent out next week. Please note that these will be of particular interest to parents of young people in S1 and S2.

Immunisations Tuesday 6th February 2018

The National Health Service Community Vaccination team will be in school next Tuesday, 6th February, delivering the **S3** immunisations. (Diphtheria, Tetanus, Polio & Meningitis ACWY). The Team are also immunising pupils in S4 –S6 who missed it in S3. It is policy of the Community Vaccination Team that if pupils in S4 – S6 have not returned a completed consent form, which was issued before Christmas, they will be asked for consent on the day and providing your child gives consent they would then be immunised.

Please ask your child to bring in the form and return it to Mrs Muller on Monday the 5th of February or bring it with them on Tuesday. If you have lost the form, a letter of consent or non-consent will suffice.

Parents/Carers of S4/S5/S6 Pupils - If you have any concerns regarding your child giving their own consent, please contact Mrs Muller by lunchtime Monday 5th February.

Raising Teens with Confidence Course

This particular Raising Teens with Confidence Course is specifically targeted to parents and carers who care for a pre-teen or teenager with emotional wellbeing or mental health issues.

Friday 9th February- 23rd March 2018 (excluding school holiday), Goodtrees Neighbourhood Centre, 5 Moredunvale Place, 9.15-11.15am (Tea and coffee provided)

This 6-week course is for parents and carers of pre-teen and teenagers (11-16years). It aims to help adults understand how they can best support their teenage children to navigate increasing independence; develop confidence, security and resilience; and promote and benefit from emotional wellbeing. The latest research around what helps support emotional wellbeing throughout life is used. This includes adolescent brain development, risk taking behaviour, importance of communication and the effects of stress. The course provides an opportunity to explore with other parents how the teenage years can be a time for the whole family to 'thrive rather than just survive' (Siegel 2014)!

Priority to attend will be given to parents/carers who care for a child who lives in or attends school in Edinburgh.

If interested please contact your child's Pupil Support Leader.

PE Weekly Update

Football

U14s: Firhill 0-4 Portobello

U14s: Musselburgh 3-5 Portobello

Basketball

U15 Boys: North Berwick 53-44 Portobello

U14 Girls: Wallace HS 34-35 Portobello

All of the Portobello High School girls' basketball teams have now reached the semi-finals of the Schools Scottish Cup! This is a massive achievement and well deserved after the hard work both players and coaches put in every week. Well done to all players and to our coaches, Brian, Casey and Zoe!

Rugby

A huge congratulations to our rugby players who competed at Murrayfield last week. Both of our U14 and U16 teams played extremely well and won the final tournament of the Emerging Schools competition. Well done to all involved!



Heptathlon

Well done to our Giant Heptathlon team who won their Edinburgh qualifier by 1 point to Boroughmuir who finished a close second! We look forward to competing in the next round!

Volleyball

Well done to our Volleyball team who competed in a tournament at Drummond High School this week. The team played 5 very close matches, demonstrating fantastic teamwork, and came away with 2 wins! Well done to all players involved and to our senior coach, Kate!



National 5 and Higher Performances

A special mention to all of our National 5 pupils who participated in their first Performance Assessment Task this week! Pupils performed in one activity choosing from football, badminton, gymnastics, swimming and dance. All pupils involved displayed fantastic effort and determination during the assessments and we saw a variety of amazing performances throughout the day!

Good luck to our Higher PE pupils who will undertake their Performance Assessment Task on Wednesday next week (07/02/18).

Success Stories

Well done to all our pupils who competed in the East Lothian Cross Country Event! Special mention to Zoe Macdonald who won Bronze in the U13s Girls category and Flora Henry who won Gold in the U15 Girls category.