

Weekly Update – 4th May 2018

May Day Bank Holiday and Staff in-service

Please be reminded that the school is closed on Monday, 7th May, due to the May Day Bank Holiday. Tuesday, 8th May, is a staff in-service day so will remain closed to pupils, other than those who are sitting their SQA National 5, Higher and Advanced Higher Physics exams.

Suspended Timetable Update

Monday 28 May - Friday 1 June (S1,S2,S3)

Next week pupils will be issued with further information about arrangements for our Suspended Timetable Week.

Each year group will have a different timetable for the week and normal lessons will not run. Suspended Timetable week allows a more flexible learning approach to take place while giving opportunities to further develop skills and enhance relationships. Timings for the school day will change slightly, but further information will come with the option sheets and programme.

For each year group there will be one “Fun Day” where learners can opt to enjoy a more social event. A range of activities, both within the school and further afield, will be on offer. Choices should be returned quickly to allow us to confirm availability of places and ensure the trip or event will run.

For S1 only, as well as the “Fun Day”, this year group will also be taken on a day trip to the Glasgow Science Museum. This will complement the second Science Day on their timetable where they will be engaged in practical experimental work in our Science Labs.

Some of the trips involve payment for travel or activity. We operate an inclusion fund to support families and ensure that opportunities are available to all our young people. Enquiries will be handled in confidence and should be addressed to Mrs Williamson, DHT, in the first instance.

Should you have any questions about Suspended Timetable, please contact Mrs. Banks or Mrs. Yeoman if they regard the “Fun Days” or Mrs. Williamson for any other enquiries.

1+2 Languages Project: Primary French Storytelling

In April, our Advanced Higher French students visited Brunstane PS, Duddingston PS, Royal High PS and Parson’s Green PS to lead French storytelling sessions for primary pupils in P2 and P4. The primary pupils enjoyed hearing the stories of The Very Hungry Caterpillar and Dear Zoo as well as playing language games with the AH students. We’d like to give a big thanks to our AH students Beth Ballantine, Sophie Bleau, Jen Cassidy, Fergal Herron, Izzy McTernan, Samira Perez Naveiro and Eilidh Riddell, all of whom led the sessions with great enthusiasm. They really inspired the primary pupils and we answered lots of good questions about language learning at Portobello HS. They were truly a credit to our school.

This project was to support the Scottish Government’s 1+2 policy which aims for pupils to begin learning a first foreign language in P1 and a second in P5. This will mean that, in a few years, pupils will arrive at Portobello HS in S1 having studied both French and Spanish. We hope to do this project with our Advanced Higher French and Spanish students on a yearly basis now. I’d personally like to thank Miss Taylor for the huge amount of work she did in organising these events.

Mr McCulloch - CL Modern Language

Ramadan

Ramadan is predicted to start in United Kingdom on around Wednesday 16th May and will end around Thursday 14th June 2018.

Ramadan is the ninth month in the Islamic calendar. It is an especially holy period of prayer, fasting, charity-giving and self-accountability for Muslims around the world.

Many Muslims in the United Kingdom fast during the daylight hours in the month of Ramadan. It is usual to have a meal known as the *suhoor* just before sunrise and an evening meal (*iftar*) after sunset. People of Islamic faith are also encouraged to read the Qur'an and attend their mosque every night of the month. During the month of Ramadan many Muslims donate to charities and participate in voluntary activities.

To support our Muslim pupils through the month of Ramadan we have put the following into place:

- A quiet space to rest and pray is available at break and lunch in the quiet room in the SLT corridor.
- Those pupils on free school meals should pre-order their food which can be taken away to eat after sunset.
- Any Muslim pupils not fasting, for example for medical reasons can go to room G38 (Mr McCulloch's room) at break or lunch for their comfort. The link below from the NHS which gives information on a healthy Ramadan, <http://www.nhs.uk/Livewell/Healthynamadan/Pages/healthynamadanhome.aspx>
- Fasting pupils will participate in PE, but they may need to reduce their level of activity. PE staff will be aware of this, but if a pupil feels they need to rest, they should let their PE teacher know. Pupils will be excused from swimming if they so wish.
- If a pupil is taking an exam and they feel dehydrated, such as having a headache or feeling drowsy, they should think about terminating their fast by drinking some water. Parents should reassure that in this situation Islamic rulings allow them to break their fast and make it up later.

Ramadan ends about the 14th June depending on the sighting of the new crescent moon (Shawwal) moon. Eid or Eid al-Fitr marks the end of Ramadan and kick-starts the month of Shawwal, which begins with a feast to end the period of fasting.

Families can contact the school if they want to discuss or share anything regarding their children fasting, please contact your child's Pupil Support Leader. Learners can bring in their prayer mats, topis and prayer TT and leave in them in G38. Toilets/washing facilities available nearby.

Fashion and Textile Technology

The final assessment for the current National 5 and Higher Fashion and Textile Technology learners have been completed, assessed and the written assignment have been sent off to SQA. The benefits of the new sewing machines funded by the Parent Council could be clearly seen in the resulting items the learners have produced. Please see below for a small selection of the items made by N5 and H candidates.

L Bradley

Higher



National 5



**Parent and Carer Support and Information Sessions on
Young People's Emotional Wellbeing and Mental Health Issues**

Please find attached information about the next Information and Support Sessions for Parents and Carers who are concerned about their pre-teen or teenager's Emotional Wellbeing and Mental Health.

Each monthly session has a different topic focus and there is an opportunity for parents and carers to meet other parents and supportive professionals in a safe relaxed environment. Parents and carers of 11-18 year olds from in and around Edinburgh are welcome to book to attend any of the sessions.



The next Parent and Carer Support and Information session is on Self Harm - This session will hopefully increase parents and carers understanding about Self Harm and offer some practical ways they can help young people who may consider or display self-harming behaviour. The session will be facilitated by Lucia Romeou Somma from the Penumbra Edinburgh Self Harm Project. Lucia provides information, advice and support to parents and family members of young people who self-harm and has lived experience of self-harm and recovery.

Tuesday 15th May 2018, 6.30-8.30pm, Southside Community Centre, 117 Nicolson Street, Edinburgh, EH8 9ER (On street parking). Please contact Jillian Hart if you would like to attend this or any of the sessions jillian.hart@edinburgh.gov.uk