

Weekly Update – 25th January

Portobello High School Careers Convention: Advanced notice

Our annual Careers Convention, will be open to parents/carers on Thursday 28th February from 1730-1900hrs. All parents / carers are warmly invited to attend and speak with a range of contributors from the world of work, training or higher education. During the day, pupils in S2, S4, S5 and S6 will be given the opportunity to attend.

SQA Exam Diet 2019

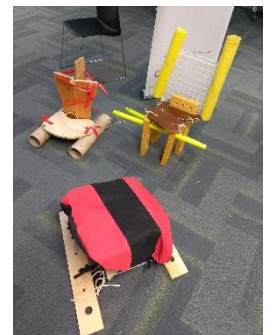
With this year’s prelims well underway, we wanted to let you know that the National Qualifications exam diet runs from Thursday 25th April until Friday 31st May. This means that the start of the SQA exams is very close to the end of the Easter holiday so the last day for S6 students will be the day we break up for holiday on Friday 5th April. When students return from the Easter break, there will be one day of exam preparation on Tuesday 23rd April before study leave starts on Wednesday 24th April. Students will receive their SQA results on Tuesday 6th August.

Staff Update

We welcomed some new staff to Team Party in the last few days. Ms Tara Lawson, joined us as a Teacher of CDT from her previous post in Perth. Ms Hannah Shaw joins our Support for Learning Department as a Pupil Support Assistant.

Edinburgh Tool Library

The Edinburgh Tool Library came into teach our Eco Club and a selection of S1 to S3 pupils, about being more sustainable, re-using and recycling packaging and items that would otherwise go to waste, into useable chairs! The Eco Group meets every Monday lunchtime in FTT and we are always open to new members S1 to S6.



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



Please find information below 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. New sessions are listed at <https://www.joininedinburgh.org/parenting-programmes/support-and-information-sessions/>

The next Parent and Carer Support and Information session are-

Stress- This session facilitated by VOCAL- (Support for carers in Edinburgh and Midlothian) will help give a greater understanding of stress, how it impacts on parents/carers supporting a young person with emotional wellbeing issues and provides an opportunity to consider ways stress could be positively managed by adults and young people.

Wednesday 6th February 2019, 6.30-8.30pm, Gate 55, 55 Sighthill Road, Edinburgh EH11 4PB (Car park available)

Please contact Jillian Hart if you would like to attend.

Practical Classes - Parent Pay Reminder

We would like to remind parents and carers that monies for practical cookery, Art and CDT are now collected through Parent Pay. We understand that a new system can take some time to get used to and also that everyone is busy and it can be easy to forget! That said, we have a very large number of young people who have made no payments so far this session and this is now having an impact on our ability to manage finances effectively. We would appreciate it if outstanding payments could be made as soon as possible. Please remember that we are more than happy to make arrangements in confidence to support anyone who has difficulty in making payments and we do not apply these charges to young people who are in receipt of Free School Meals. Many thanks.

Cold Weather Safety Information

NEVER VENTURE ONTO FROZEN RESERVOIRS, NO MATTER HOW SAFE IT LOOKS

Please be aware that an Ice Alert has now been activated for the Pentland Hills Regional Park. The Reservoirs are starting to freeze over and are very unstable with areas of thick and thin ice.

If you do see someone in difficulty: -

- 1.** Call for assistance and do **not** attempt to go out onto the ice yourself!
- 2.** Instruct the casualty to keep still to conserve heat and energy.
- 3.** Try to find something that will extend your reach, such as a rope, pole, branch or item of clothing. Throw this or reach out to the casualty with it. Then, making sure you are stable on the bank, by lying down or getting someone to hold onto you, attempt to pull the person to the shore. It is advisable for staff who are working at such sites to carry with them (or in their vehicle) a throw line for this purpose.
- 4.** If you cannot find something with which to perform a reach or throw rescue, try to find something that will float to throw or push out to them. This will help to keep the casualty afloat until assistance arrives.
- 5.** Throughout your rescue **KEEP OFF THE ICE**, continue to reassure the casualty and keep them talking until help arrives.
- 6.** If the rescue is successful the casualty will need to be kept warm and treated for shock. All casualties should be taken to hospital even if they appear to be unaffected by their ordeal.

PE UPDATE

Football

U13s- Porty 2-9 Gracemount, a good performance from the boys in the first half but unfortunately, due to a depleted squad, they were not able to keep it going into the second half where Gracemount pulled away.

U16s- Congratulations to our S4 football team who have been confirmed as League Champions! A fantastic achievement for this talented group of boys, who won the league last year in S3 (pictured) as well as the League Cup in S1, S2 and S3! Well done to all!



Seniors- Porty 3-1 Leith, Goals; J Martin x 2 & T Davies. Man of the match; T McLean. Fantastic performance and result for the Porty lads. Good luck to Leith Academy for the rest of the season



Congratulations to Josh Doig who has recently represented the Scottish Schools Football Association. Josh's last game was a 2-2 draw against Australia and he was also part of the team that beat Partick Thistle 7-0. Well done Josh an amazing achievement!



Basketball

Good luck to the following teams competing in quarterfinals to be played before the February break:

Open boys- QF Plate competition away to the winners of Merciston Castle v James Gillespie

U15 Boys- QF Cup Competition away to Inverkeithing HS

S1 Boys- QF Cup competition at home to Wallace HS

U15 Girls- QF Cup competition at home to the winners of Culloden Academy v Denny HS

S1 Girls- QF Cup competition at home to St Andrews RC

Netball

Good luck to the s3 & s4 girls competing in a Netball Schools Competition at Broughton High School on Friday. Should be a fun event played in great spirits.

National 5 & Higher

Good luck to our National 4, National 5 and Higher candidates who will be completing their performance 1 worth 25% of their final grade on Monday 28th January.

Giant Heptathlon

Good luck to the following S2 pupils who are competing in the Giant heptathlon on Tuesday 29th January:

Morven Taylor	Yendrick Nowak
Mathias Martin	Max Evans
Rachel Fleming	Nathan Koffi
Hari Bhandari	Paul Serpamskas
Elin Jones	Lily Graham
Rio Volpe	Tagwa Babiker
Lily Middleton	Esme Slifer

Achievements

If there are any other further achievements that the School is unaware of please contact us with information at admin@portobello.edin.sch.uk.

For the latest PE news, follow @PortobelloPE on Twitter