

Weekly Update – 30th August

Student Leadership

Our S6 Student Leadership Team took assemblies this week to introduce themselves and set out their priorities for the year.

DHTs and PSLs have also had a busy week appointing House Captains for three out of four houses – we look forward to sharing the news.

Further and Higher Education Information Evening

We are pleased to invite S5/S6 pupils and parents to our information evening on Thursday 5 September, 6.00- 8.00. This event is intended to help you in the next steps of your child's education. We will have representatives from various Further and Higher Education institutions and Skills Development Scotland who will be able to offer advice on how to apply, the different routes available, funding and more. This evening will be relevant to all senior pupils.

There will be a short welcome and introduction followed by workshops sessions, and you are welcome to select the three workshops you consider most relevant. To allow us to organise the event, it is essential that you sign up to attend using the link below.

https://www.surveymonkey.co.uk/r/FE_HE_Info

The sessions will be delivered by:

- Melanie Smith from Edinburgh University Schools Liaison will give a presentation on *Choosing and Applying for a University Course* through UCAS.
- Information about SASS (Students Awards Agency Scotland) will be given by Tanya Cuthbertson from this agency.
- Claire Aitchison from LEAPS will explain the LEAPS (Lothian Access Programme for Schools) process and inform you of the school timeline we have in place
- Deborah Robertson from Edinburgh College will deliver a presentation on the *College Process*.
- Cara Davidson from Skills Development Scotland will deliver a session on *Modern Apprenticeships and Graduate Apprenticeships*.
- Martin Brynes from Skills Development Scotland will provide a workshop on *Alternative Pathways to Higher Education*.
- Grant Cullen from Edinburgh Napier University will deliver a presentation on *Preparing Personal Statements*.
- Callum Maguire, Head of Outreach and Community Engagement will deliver a workshop on *The Student Experience: Getting the most out of your time at university*

We look forward to seeing you there.

Parent Calendar

This is now available on the front page of the school website and contains all the key dates for the year. Parent Council meetings will be added as soon as they are determined.

SPOT PARTY BEACH

BBC One was recently spotted by our National's History Class filming 1940's flashback scenes on Portobello Beach. They had a wonderful opportunity to witness historical advising in action as well as re-creating authentic and believable scenes.

Filming has begun on Elizabeth Is Missing, the BBC One feature length adaptation of Emma Healey's best-selling novel. The film marks Glenda Jackson's return to the screen after over 25 years, in the leading role of Maud. The film is made by STV Productions and is being shot in Scotland.



Promoting Emotional Health & Well-being

Dear parent/carer

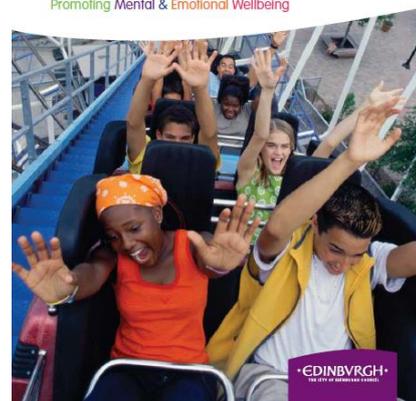
The teenage years can often feel like being on a rollercoaster for parents, carers and young people – plenty of highs, lows and uncertainty about what might be round the corner! The many physical, emotional and behaviour changes that occur mean that adolescence can be a time of vulnerability as well as a time of great opportunity for young people.

As part of the work we are doing with Growing Confidence, there is the chance to find out more through a 6 week course. Following the success of Raising Children with Confidence which has been delivered to 1,500 parents and carers in Primary Schools, Raising Teens with Confidence aims to give parents and carers time to explore how they can best support their teenage children to navigate increasing independence and develop confidence, security and resilience, as well promote emotional wellbeing in themselves.

PARENTS AND CARERS TRAINING/COURSE

Raising Teens with Confidence

Promoting Mental & Emotional Wellbeing



Drawing on the latest research and findings around what helps support emotional wellbeing throughout life, the course will give you 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)!

The six session course will be held at [Portobello High School](#) on [Tuesday 17th September](#), [Wednesday 25th September](#), [Tuesday 1st October](#), [Wednesday 9th October](#), [Wednesday 23rd October](#) and [Tuesday 29th October](#) from 6.30 pm – 8.30 pm and cover the following topics:

1. **The Teenage Years:** Why What You Do Matters!
2. **The Amazing Teenage Brain:** What's Going on in There?
3. **Risky Business:** Managing Adventure, Risk and Resilience.
4. **It's Good to Talk:** The Importance of Staying Connected.
5. **The Brain Under Stress:** Overcoming Setbacks and Promoting Resilience
6. **Looking After Your Own Wellbeing:** Coping with the Changes.

There are a limited amount of places so if you're interested please complete the form on the link below **by Friday 6th September** at the latest. Should you not have access to the internet please contact the school office.

<https://www.surveymonkey.co.uk/r/9GTL7RY>

