
Weekly Update – 26th April

SQA Examinations

This year's SQA Examination diet got off to a smooth start yesterday. We wish all of our young people good luck in their exams!

S3 Parents' Evening

Our S3 Parents' Evening will take place on Thursday 9th May 4.30pm -7.00pm. Our online booking system will open on Monday 29th April at 12.30pm until 12.30pm on Wednesday 8th May. Information letter and booking instructions will be sent to all S3 parents today.

Staff Update

We said goodbye this week to Mrs Yeoman in our Maths department, who has left us to take up a promoted post in another school and thanked her for all she has done in her time at Portobello.

We welcomed Mrs Davies (Art and Design) and Mrs Jeans (PE) back from maternity leave this week.

Welcome to:

- Ms Barry, who has joined us as a temporary Teacher of Support for Learning.
- Ms Norfolk, who joins us as a temporary Teacher of History from Monday.
- Ms Schenke, Early Years Practitioner, who has joined our support team.

Information on Ramadan

Ramadan is predicted to start in United Kingdom on around Monday 6th May and will end around Tuesday 4th June 2019. Eid al Fitr 2019 will be around Wednesday 5th June 2019. Please note that the actual dates will be announced at the sighting of the moon, a day or two before the start of Ramadan.

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 for girls in room G47 (Ms Jouve's classroom) for boys in room G48 (Mr Meyer's classroom).
- Washing facilities can be found nearby G47 and G48
- Pupils wishing to pray can bring their prayer mats, topis and prayer TT and leave in them in G47 or G48.
- 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 classroom) 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/Healthylamadan/Pages/healthylamadanhome.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.

SQA Exams

- If a pupil is taking an exam and they feel dehydrated, such as having a headache or feeling drowsy, they should let the invigilator know as soon as possible. Contact can then be made with home to discuss how best to support your child.

Ramadan ends around the 4th June depending on the sighting of the new crescent moon (Shawwal). 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.

Parent and Carer information and support sessions

Parent and Carer Information and Support Sessions on

Young People's Emotional Wellbeing and Mental Health Issues

An opportunity to meet other parents and
supportive professionals in a safe relaxed environment



Self Harm

This session aims to increase understanding about Self Harm and offer some practical ways to help young people who may consider or display self-harming behaviour.

Facilitated by Torin Forest from the Penumbra Edinburgh Self Harm Project. Torin 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.

Wednesday 5th June, 6.30-8.30pm
Goodtrees Neighbourhood Centre,
11-15 Moredunvale Place, EH17 7LB

Suitable for parents and carers of 11-18 year olds

For more information or to book a place on any of the sessions please contact Jilian Hart, Parent and Carer Support Development Officer on 07860 736129 or email jilian.hart@edinburgh.gov.uk