

Weekly Update 4th December 2020

SQA

Prelims for Highers and Advanced Highers for this session will run from Thursday 7 January until Friday 22 January inclusive. Pupils sitting prelims will be issued with a personalised timetable before the Christmas Holidays, but to support them with their revision they will be issued with a letter early next week outlining the dates of the exams in January. The letter will also be emailed to parents /carers.

National 5 assessments/check-ins are happening across December, January and the first week of February. Curriculum Leaders have worked together to stagger and spread these assessments to try to alleviate any sense of pressure and to support. A timetable will be issued to S4 early next week and again the information emailed to parents. Departments will work with pupils if there are any changes to these dates.

Teenage Booster Diphtheria, Tetanus and Polio and Meningococcal ACWY – Immunisation

S3 pupils and pupils in S4 – 6 who have not been immunised will be invited for the above immunisation on Thursday 11 March. Envelopes with permission forms were distributed at Key Adult on Friday with a return date to their Key Adult by **Friday 11 December**. Please complete the form even if you do not wish your child to be immunised - there is section on the form for you to indicate this.



Parent Council Meeting

This week at the Parent Council meeting the main focus was on health and wellbeing.

The school is in the early stages of working towards the Carnegie Mental Health Award and next week we will be launching several new initiatives focussed on building awareness, providing additional support and fighting the stigma that surround mental health. This will include the introduction of “Wellbeing Wednesday” through Key Adult where young people will be encouraged to explore and understand their own wellbeing. It will also provide guidance for them to support their friends and peers. Together with this there will be new and improved ways for young people to seek support when they need it. The whole school will receive a survey to complete, including staff and parents, to ensure that the work that we continue to do will be of the greatest benefit to the whole of the Porty community.

In addition to the work being carried out by the Health and Wellbeing Team pupils are taught through Personal and Social Education to look after their mental health and wellbeing. Topics covered include building resilience, managing peer relationships and being cool, calm and connected. We also provide more targeted support for young people through the following programmes:

- Steps to resilience – supporting young people struggling with anxiety in coming to school
- Nurture groups
- Work with outside agencies such as the Health opportunities team and Cyrenians
- Pupil Support Officers who support our young people through 1:1 sessions and group work
- School Counsellor
- Wellbeing Hub – this will be starting after January, providing a safe space for learning and wellbeing for a small group of young people from S1 – S3.

To support you further we are working on putting together a health and wellbeing section on the school website - watch this space for further info! In the meantime, here are some key links for support.

www.health-opportunities.org.uk

<https://cyrenians.scot/>

<https://breathingspace.scot/>

<https://www.parentingacrossscotland.org/>

<https://www.samaritans.org/>

<https://youngminds.org.uk/>

<https://www.childline.org.uk/>

<https://www.anxietyuk.org.uk/>

Star Linguists

The Modern Languages Department have started a new award to recognise outstanding effort and achievement in languages among S1-S3 pupils. These will be announced in the first Weekly Update of each month. We are proud to announce our first cohort of award winners for December 2020 below. Well done to you all!



Star Linguists
December 2020

Olivia Heron 1F (French)
"Olivia's penpal letter was outstanding! She wrote a really detailed letter in French and even translated the titles of her favourite series and video games. This really shows her flair for languages, bravo!"
- Mr Meyer

Rhona Milne 1A (French)
"Rhona works extremely hard in French and always ask very intelligent questions. She has also been working very hard on her pronunciation this year which is outstanding. It is a pleasure to have such an enthusiastic pupil in the class!" - Miss Howie

Louie Green 1F (French)
"Louie has made superb progress so far this year. He always participates confidently and enthusiastically in lessons and he knows his vocabulary from the school topic really well.
Fantastique, Louie!" - Mr McCulloch

Rosie Lucas 2C (French)
"Rosie is a very hardworking and talented linguist. Her recent writing preparation was incredibly accurate on her first draft!"
- Ms Taylor

Michael Crump 2J (French)
"Michael is a remarkably hardworking pupil with a keen interest in other languages and cultures. He is always keen to participate and share his outstanding vocabulary knowledge with the class."
- Miss Davies

Sean Sutherland 3AB2 (Spanish)
"Sean is always really focused in class and is actively engaged in his learning. He is a very bright pupil who is grasping Spanish really quickly - well done, keep it up!"
- Miss Long

Irene Smiles 1C (French)
"Irene always works really hard during her French classes. She participates in all lessons at least once and has developed a very good French accent! She is also very curious to learn more about the language and French culture and always asks very intelligent questions. Keep up the hard work, Irene!"
- Ms Jouve

Well done to all our superstars!

FTT

This week S5/6 Bakery completed the Technical Challenge for the Party Bake off. The challenge was to make a Zebra cake from a recipe with limited instructions relying on the knowledge and skills they have learned in cake methods and icing techniques. This week's Star Baker: Gemma Allen, closely followed by Callum Manson and Rosa Watters.



Sporting Achievements

Congratulations to Ryan Thinn and Daniel Lyons (S4) on passing their 2nd Dan black belt in Wado - Kai Karate examination at the weekend -both have been training and competing with Chris Ewing Karate (CEK) for almost 10 years and this is a fantastic achievement showing their dedication to the sport.

Support for application for EU settlement for families

<https://citizensrightsproject.org/> is an organisation that is supporting families with their EU settled status

applications.

This link takes you to their 1-2-1 support section: <https://citizensrightsproject.org/1-2-1-support/>



Are you one of the estimated 237,000 EU/EEA/Swiss nationals living in Scotland that need to apply for the EU Settlement Scheme?

If you (or your family members) need a hand with your application or some advice, our team of trained, multilingual and registered OISC Level 1 (limited to EUSS) advisers can help you.



We provide **online** and **face-to-face** support in multiple EU languages. We can help you if:

- ▶ You do not have access to a device where you can download the EU Exit: ID Document Check app
- ▶ You need assistance with choosing and scanning your evidence documents,
- ▶ You need help navigating the application process,