

Weekly Update 26 February 2021

Mental Health and Wellbeing

Mental Health is part of our day to day life. Just like physical health it can be good, bad or somewhere in between. We have updated our website to include information to help you identify warning signs of possible mental illness as well as offering links to charities who offer support for mental health.

<https://portobellohighschool.org.uk/support/wellbeing/>

For the month of March, we are encouraging all pupils to try to form a new habit that will be positive for their mental health and wellbeing. We have put together some ideas of new habits that they could start, each of them having a positive impact on their mental health and wellbeing. You could even try this as a family.

Habit Challenge

Developing a new habit can take time and perseverance.

Drink 8 glasses of water each day	Eat your 5 a day 	Daily exercise 	Practise self care (e.g. have a bath, skin care routine)
Eat breakfast	No screens 1 hour before bed	Engage in a thought diary	Random acts of kindness
Eat a well-balanced diet	Catch up with someone each day 	Create a playlist of your favourite songs to listen to 	Practise some meditation/ mindfulness
Listen to a podcast	"pick up" in your room	Get a good night's sleep (ideally 8 hours)	Start to learn a new language and practice for 15 mins each day

1. Choose either one of the options in the grid or one of your own ideas.
2. Do this **daily** to see how long it takes you to develop this positive habit. Until it becomes an automatic part of your day
3. Let your **Key Adult** teacher know which habit you are developing and what **benefits** you notice.



Pathways



A big thank you to all those who came along to our online Pathways evenings – what an impressive turnout! If you couldn't make it or you would like to revisit the information, there is a narrated PowerPoint presentation alongside lots of other information under the Pathways tab on the school website.

Our PSL team have had a busy week with individual S2 interviews and we know that many of our families have found these really useful. A huge thanks to our PSLs for undertaking this – we're sure they will be ready to step away from their screens for the weekend!

People with Dyslexia and Literacy Difficulties

We know how difficult this time is for many families and recognise that the literacy demands required for online learning can be a barrier to our pupils with dyslexia or literacy difficulties. With that in mind we have produced a guide to support parents and young people. Click to access the Sway which will provide lots of helpful information alongside ideas for how technology can be used to support pupils.

<https://sway.office.com/pk5BcaoEmwKWMK8i?ref=Link>



Engineering the Future for Girls

This is an opportunity for any S3 girls interested in pursuing a career in engineering.

The University of Strathclyde is running virtual sessions from Monday 9th June to Wednesday 11th June. More information can be found here:

<https://www.strath.ac.uk/engineering/outreach/engineeringthefutureforgirls/>

The deadline for applications is Monday 15th March. The link below will explain more:

<https://www.strath.ac.uk/engineering/outreach/engineeringthefutureforgirls/applicationprocess/>

Careers Insight Videos

We are updating the website with new resources to support course choices. This week we have added a page with videos from the DYW group to help young people understand the range of options open to them. There is also a section on why being different can be a selling point. The link under each video will take you to a YouTube playlist of videos linked to that area of work.

You can find the videos here:

<https://portobellohighschool.org.uk/pathways/industry-insights/>

Sumdog - Maths Competition

Calling all S1 and S2 mathematicians! Another Sumdog competition begins on Friday 26th February, and we need YOU. Log in to Sumdog and complete games to earn points - the more you play, the more you earn. Let's see who will be the top scoring class in the school, and your class might even make it onto the leader board that's for all the schools across Edinburgh! You have until next Friday to earn as many points as you can. If you don't have your Sumdog login details, please contact your Maths teacher.



Modern Languages

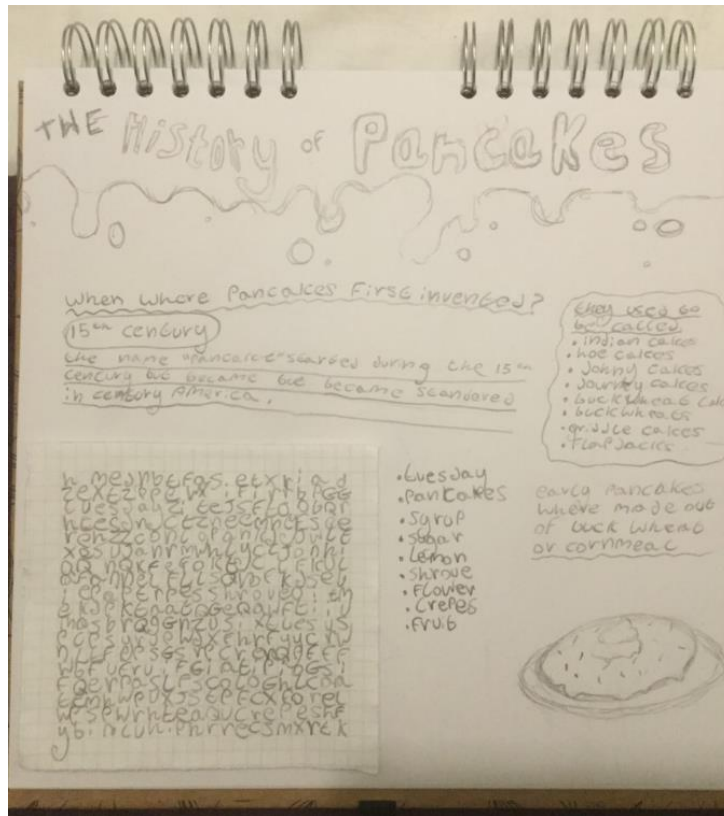
For the second of their Spanish tasters, S2 have been learning about some typical Spanish dishes: Gazpacho and Paella. You can see a couple of the Paella recipes so far and also some more of our fabulous Tomatina posters! If any S2 pupils are unsure about which language to choose going into S3, they should contact their current teacher with any questions they may have.



FTT

The pupils have been doing more baking and cooking this week, as well as looking at Fairtrade products for Fairtrade fortnight.





Lactose intolerant

The N5 HFT class have been looking at Food Intolerance and Allergy. The task was to create a leaflet to be given to a person newly diagnosed.

Facts

- ➔ Lactose intolerance is a digestion problem where the body cannot break down the lactose
- ➔ When digesting lactose the body uses lactase to digest lactase breaks down the lactose into two sugars that can easily be absorbed into the bloodstream however people that are lactose intolerant don't produce enough lactase to break down the lactose in the digestion system so it leads to the production of gas and also causes the symptoms associated with lactose intolerance
- ➔ Lactose intolerance can be developed at any age although many only develop it between the ages of 20 and 40
- ➔ Lactose intolerance is not the same as an allergy as with an allergy it can give people an allergic reaction with even the tiniest bit but with lactose intolerance you may not experience any symptoms if you eat any product containing lactose

Symptoms
 Some common symptoms of lactose intolerance are:

- o Diarrhoea
- o Farting
- o Stomach cramps
- o Nausea



- Foods containing lactose**
- Bread
 - Baked goods
 - Milk chocolate
 - Some sweets
 - Salad dressings
 - Sauces
 - Cereals
 - Soup
 - Rice
 - Cheese
 - Milk

Recipes and foods to eat
 Some foods that are lactose free are:

- soya yoghurts and cheeses
- coconut-based yoghurts and cheeses
- almond milk, yoghurts and cheeses
- rice milk
- oat milk
- hazelnut milk
- foods with the "dairy-free" or "suitable for vegans" signs

There are several foods where you can get alternative foods that do not have any lactose in it for example you could get a lactose free pizza and all you have to do is swap out some of the ingredients in the pizza. Here is a link to one of the lactose free pizza's
<https://makeitdairyfree.com/dairy-free-cheese-pizza/>

