

Weekly Update 10th September 2021

Extra-Curricular Sports Are BACK....and they're FREE!!

The experience of the pandemic has underlined the importance of wellbeing on many levels. One aspect of school life which was greatly missed by many was our thriving programme of extra-curricular sports. There is a clear link between physical activity and mental wellbeing and the experience of being part of teams and sports clubs is a highlight of school for many young people. As part of our drive to ensure that such activities are open and accessible to all our young people, we are delighted to be in a position to cover the costs of this programme so that it will be free to all participants. Please look out for a letter on Monday giving details of the programme and the sports on offer.



EXTRA-CURRICULAR SPORTS CLUBS 2021-22
CLUBS START – TUESDAY 21st SEPTEMBER 2021



We are delighted to announce the full return of our wide range of extra-curricular sports clubs. This year we have a range of different activities on offer from team sports such as Basketball, Netball, Rugby, Volleyball and Water Polo to individual and creative activities such as Badminton and Dance.

All clubs are **FREE** of charge. To sign up for the clubs please visit www.joininedinburgh.org and type in the code **POR-00** and complete the simple form. For anyone who has difficulty accessing the internet or completing the form please contact Paddy Dearlove (Active Schools Co-ordinator) at paddy.dearlove@ea.edin.sch.uk or 07884 203270.

Additional clubs may be added to the programme. Should this be the case a communication will be sent out to all parents/carers. Please also follow the PE Department twitter [@PortobelloPE](https://twitter.com/PortobelloPE) for up to date information.



NHS Lothian VACCINATION BUS

Come along to get your COVID 19 vaccination at:

Venue: Tesco, Musselburgh, Olive Bank Road, EH21 7BL

Date: Sat 11th & Sun 12th Sept 2021

Time: 11.00am – 7.00pm

Vaccines that may be offered:
 Under 40 years: Moderna or Pfizer/BioNTech
 Over 40 years: AstraZeneca

WHERE'S THE BUS?

AVAILABLE TO ANYONE 16+ NO APPOINTMENT NECESSARY

COVID-19 – Keeping our School Safe

In common with most schools in the city and across the country, we have continued to see a steady number of cases of Covid amongst our school population. While we are all weary of the pandemic and the associated restrictions, we are very keen to minimise disruption as far as possible. To this end we have made LFD testing kits available through Key Adults and would encourage everyone to test twice a week, and more frequently if they think they may have been exposed. This testing approach is helping in identifying asymptomatic cases who might otherwise have been in school, so we know that the more people who test regularly, the safer we will be.

We are also aware that some young people and families may be choosing to attend some of the larger public events which have now re-started, such as music festivals and sports fixtures. We would encourage everyone to make sure that they test regularly after being at such gatherings as they can be linked to increased rates of infection.

The Bells, the Bells....

This week saw us embark on a trial period with a reduced number of school bells sounding throughout the day. Instead of a bell sounding at the end of every 50 minute lesson, we now have a bell in the morning, at the end of break and at the end of lunchtime. Classes are still dismissed at the same times, but the natural variation of thirty seconds or so in either direction is helping to reduce crowds in corridors and stairs and is contributing to a calmer atmosphere around the school. This move has also been welcomed by the growing number of young people in our school who have sensitivities to noise. We will review the impact of this initiative at the October break.

Parent Council Meeting

A reminder that our first Parent Council meeting for this session takes place on Tuesday 14 September at 7pm on Teams. A link to join the meeting will be sent home to all families at the beginning of the week.



Bronze Duke of Edinburgh Award @ Portobello

Pupils in S3 + 4 can now apply to do their Bronze award this year. Details will be shared during Key Adult and application forms can be collected from Ms Taylor (G40) and Mrs Munro (F04).

If you have any questions about the DofE or about our application process, please email hazel.taylor@portobello.edin.sch.uk

PE Participation Policy

The PE Department's aim is to have 100% participation by **all** young people in every lesson.

It is understood, however, that there may be some occasions when young people will be unable to participate fully in lessons due to medical conditions or as they recover from illness or injury. When this happens, PE staff will always endeavour to keep them as involved as possible so that they can continue their learning alongside their peers. To achieve this, young people are required to bring their PE kit on **every** occasion that the subject appears on their timetable.

Young people wishing to be excused from PE should bring a signed note from a parent or carer.

It would be greatly appreciated if Parents/Carers could refrain from phoning or emailing the school in order to request that their child be excused from participating in PE.

Karate

Congratulations to Callum Crowe S5 (pictured right) who achieved his Karate First Dan. Well done, Callum!

Basketball

Congratulations to **Aoife Loftus S6** who has been invited to train with **Caledonia Pride**. Caledonia Pride are Scotland's only female professional basketball team and compete in the Women's British Basketball League (WBBL), the top league in the UK.



FTT

This week has been Bread week in FTT. S3 Practical Cookery have been discovering traditional Scotch Bannocks and NPA Bakery have begun their bread making with Plaited Loaves and dinner rolls.



Porty School Show - June 2022! First Meeting

The Odyssey –

the Epic Journey continues!

There will be a meeting in the

Assembly Hall on

Wednesday 15th September at 12.45

for all those who are interested in taking part in the school show this year!

Actors, Singers, Dancers and Backstage Crew are all welcome. Come along and get involved!

