

## Weekly Update 19 November 2021

November and the onset of dark winter nights can be a challenging time for many. This year, November comes nearly two years into a global pandemic which has brought a great deal of angst and uncertainty into all our lives and curtailed many of the activities which previously allowed us to relax and recharge. In school and elsewhere, there are delivery delays, IT outages and 'new' ways of working which feel like they have been here for a very long time now. Staff shortages are an issue everywhere, it seems – the image to the right was shared online by an NHS consultant, and it certainly struck a chord for many people working in schools this week.



In the face of all this, we are so grateful to our incredible staff team who are working very hard to do their best for our young people in circumstances which are far from ideal. We'd also like to extend our thanks to parents and carers for their support and encouragement and to our wonderful young people who make it all worthwhile.

## Vaccinations Update

### *Flu Vaccination*

Our young people were offered the flu vaccination a couple of weeks ago, with a large uptake. If any of our young people were absent or would now like a flu vaccination please call 0131 446 4082 for an appointment.



### *Diphtheria, Tetanus, Polio & Meningitis ACWY Vaccination*

The National Health Service Community Vaccination team will be in school on **Tuesday 31 January**, delivering the **S3 and S4** immunisations. (Diphtheria, Tetanus, Polio & Meningitis ACWY). The Team are also immunising pupils in S5 & S6 who missed their vaccination when they were in S3. If your child is due their vaccination they will have been issued with a letter in Key

Adult this week. This letter contains a form that needs to be returned by **Friday 19 November** to your child's Key Adult. However, if you have missed this deadline, please ensure it is returned as soon as possible. The information on the form will advise the NHS as to whether you give consent, so please do complete and return it. If your child is new to the school, they may not have received a letter and the NHS will now issue blank letters, so please do get in contact with the school office if you would like one of the blank forms.

## SQA

To support our young people with their revision planning for the Prelims in January, we have emailed them and their parents/carers a summary timetable of the prelims. A more detailed version will be issued closer to the time of the Prelims, which will include the exact times of the prelims and accommodation details.



## Parent Council

The next meeting of our Parent Council will be held on Tuesday 7 December from 7.00pm – 8.15pm on Microsoft Teams. A link for the meeting will be sent out nearer the time.

## Course Choices for Next Session

Our Pathways process will start formally in February next year but we would like to promote an event being organised by Skills Development Scotland (SDS).

SDS is delivering a nationwide webinar to support parents and carers with **S2/S3 course choices**. The webinar is on Wednesday 1st December at 6.30pm.

Parents and carers can find out more about how to support course choice decisions, including the support and resources available from SDS. SDS Careers Advisers will be providing advice and there will be opportunities for parents and carers to ask questions during the session.

To attend this webinar please register here: <https://s2-s3optionchoices.eventbrite.co.uk>

*My World of Work* (<https://www.myworldofwork.co.uk/>) has resources to help with course choices and loads of information about the job market to help make good decisions. It has sections for young people as well as parents and carers and is worth signing up to.

## The Drop-In Sessions

Our fantastic S6 Wellbeing Mentors have launched their new drop in sessions, which will take place on Tuesday lunchtime each week. Together with this they put together a fabulous presentation for all young people reminding everyone of the current supports already in place at Portobello and how someone can reach out for help if they need it. They have also designed a questionnaire which all young people were encouraged to complete during Wellbeing Wednesday this week. This will allow them to understand what we need and want in our school to improve mental health and wellbeing. Pupils can come along to G35 from 12:35pm on Tuesday lunchtimes and are welcome to bring their lunch.

### The Drop-in Sessions

- We will start running them on November 23rd
- No booking or arrangement needed
- Turn up for some headspace and have a confidential, informal chat face to face with one of the friendly team
- It will take place in G35, a safe and comfortable space in the first room in the maths department on the second floor
- You can come on your own or bring a friend



*Talking Together*

**it's okay  
not to be okay.**

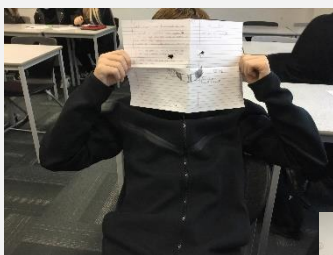


**PORTOBELLO  
HIGH SCHOOL**

## Super Power Agency

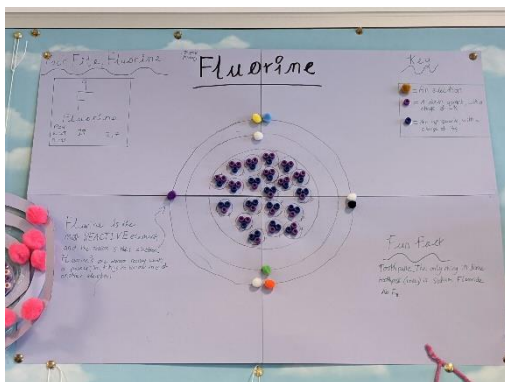
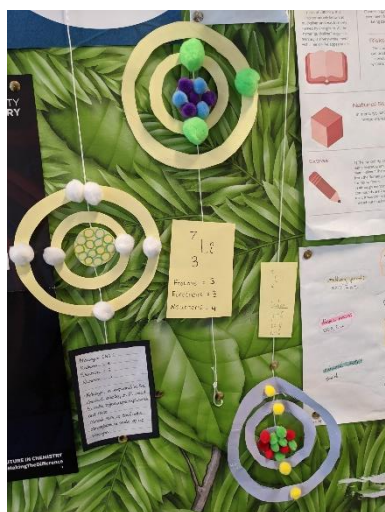
As a school we have been given the opportunity to take part in an exciting project with Super Power Agency, an organisation that works with young people across Edinburgh to champion creative writing. In 2019 a group of young people from Portobello High School took part in a similar project publishing a book, 'We are Porty - The Stories of the Young People of Porty' which was available online and from The Portobello Bookshop. We have just completed an 8-week project with some of our S3 cohort where they had the opportunity to work with a slam poet. They have created some amazing poems which vary on topics from Climate Change to skateboarding! Their work is currently being edited and will be shared later in the year. Thank you to all the young

people involved for working so hard and to the Super Power Agency for delivering an engaging workshop to our young people.



## Chemistry

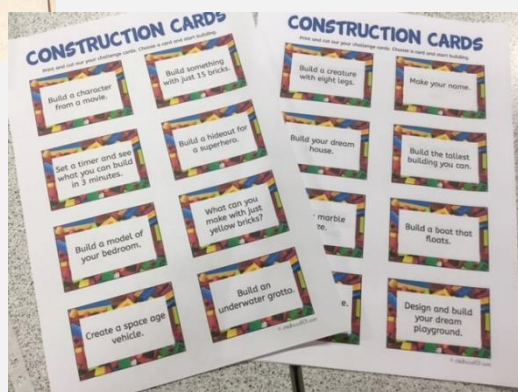
Some of the S3 Chemistry pupils have been learning about the Atom and built some model atoms this week. Everyone worked really hard and we have some fantastic displays up. Special mention to David Morton and Archie Broom who created a poster of a Fluorine atom which included Quarks (information well beyond 3<sup>rd</sup> year Chemistry). Well done everyone.





## Wellbeing Hub

A huge thank you to the Parent Council who have bought us some brand new Lego! This week the excitement varied from those desperate to organise the box to building fabulous creations using their own colours! There is lots of work we will do going forward with the Lego focussing on communication skills.



## Keyboard Club

Mrs Naumova would like to thank everyone who has expressed an interest in joining keyboard club. Due to the high volume of names interested in joining, we have decided the fairest way to invite members is by drawing names out of a hat. Your key adult teacher will let you know if your name has been selected. Looking forward to seeing you in the music department!

## FTT

Nat 5 Practical Cake Craft demonstrated their amazing cake craft skills this week to produce this wonderful blessing of unicorns. We in FTT are so proud of every one of them for their cake baking, crumb coating, modelling and piping skills. Well done.







S3 Practical Cookery have been looking at using herbs and spices to flavour foods. This week they made a chicken curry, blended spices together to make a tasty curry paste.



The S4 Practical Cookery classes have been working through a practical assessment this week, making spaghetti Bolognese and a raspberry cream roulade. They did really well dovetailing two recipes and following a time plan to complete the dishes.



Fantastic homework coming in from S1 this week on hygiene and safety in the kitchen.

