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## Weekly Update 17<sup>th</sup> December 2021

### A Happy (and Safe!) Christmas



As we come to the end of a(nother!) challenging term in school, we'd like to extend a big thank you to everyone in our school community for working together to keep our school safe. It's hard to believe that we have now been navigating the pandemic for nearly two years, and the news of rising cases and a new variant is not what anyone had hoped for in the run up to Christmas. That said, we

are in a better position now than we have been previously with a growing understanding of how to keep ourselves safe and increasing numbers of young people vaccinated.

We have also been able to safely re-start many of the activities which were missed by so many in the earlier stages of the pandemic. There were many wonderful examples of that in last night's brilliant Christmas Concert – and a huge well done to everyone who made it such an uplifting evening of entertainment. If you weren't able to join us last night, it's not too late – you can watch at your leisure by clicking on the following link: <https://youtu.be/NdgxxlydpfM> We look to the beginning of session 2022 with hope!

Finally, a reminder that Wednesday 5 January is an In-Service day for staff and the new term starts for all young people on Thursday 6 January at 8.30am. Until then, we wish all our families a safe and Happy Christmas and New Year!

### Porty Christmas Appeal

We would like to say a huge thank you to everyone who supported our Porty Christmas Appeal. We have been overwhelmed by the generosity of our school community and we want to thank everyone involved. A special thanks to our Parent Council for their wonderful support, our Pupil Support Officers/Online Shoppers, our S6 students for their help with collecting donations, and wrapping hundreds of presents (pictured below!) and to everyone within our



community who donated so generously. All of this will make a real difference to many of our families this year.

Merry Christmas and a Happy New Year when it comes!



### Food Bank collection – Thank You

A massive thanks for everyone's support with the food bank collection. It was another really successful year, with a huge donation dropped off on Friday.

The Trussell Trust were very grateful for our donation and have sent a thank you letter and certificate to the school. Thanks again to everyone who helped us achieve this! Have a great Christmas.





## Carnegie Mental Health Award

We are delighted to share the news that Portobello High School has been awarded Silver Level in the Carnegie Mental Health Award. The assessor was very impressed by the 'significant and rapid progress' we have made as a school community over the past 12 months.

In working towards this award, accredited by the Carnegie School of Education at Leeds Beckett University, we have worked hard to embed mental health into our culture and ethos and to break down barriers and fight the stigma so that our young people feel supported.

Numerous comprehensive policies and practices involving all elements of the school have been implemented, including our weekly Wellbeing Wednesday through Key Adult time, S3 SQA Wellbeing Award, S6 Wellbeing Mentors and our new QR code contact system.

The independent assessor noted 'a significant and considerable shift in the culture of the school towards Mental Health and Wellbeing for all.' This wonderful feedback is a brilliant Christmas present and very well-deserved recognition of the work of both our staff Mental Health and Wellbeing Group and our young people. We'd like to say a special thank you to Mrs Mary Hand, our Curriculum Leader for Wellbeing, for her brilliant leadership in this important area of work.



# RESOURCES FOR PARENTS AND CARERS: ANXIETY AND WORRY



## PARENT ANXIETY WORKSHOPS

### What is it?

A two part recorded information session:

- [Part 1: Understanding Anxiety](#)
- [Part 2: Supporting Your Child With Anxiety](#)

### How will it help?

The content of the workshop is based on cognitive behavioural therapy (CBT), the recommended treatment for managing anxiety and worries. The information sessions will help you learn more about what anxiety is and how you can support your child to overcome it.

### How do I access it?

Click the links above or visit

Part 1: <https://vimeo.com/637899585/a4a632bd0c>

Part 2: <https://vimeo.com/637889751/e2d94cf5d5>

## SUPPORTING CHILDREN WITH ANXIETY: COMPUTERISED CBT

### What is it?

An online intervention that you can work through flexibly at your own pace. Access to the modules can be done anywhere and at any time on your computer, tablet or mobile phone. You work independently through these. There are two versions for parents, one for children and one for teens.

### How will it help?

The modules are based on cognitive behavioural therapy (CBT), the recommended treatment for managing anxiety. The programme aims to help parents and carers who are looking to support their young person in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

### How do I access it?

<https://cyplothian.silvercloudhealth.com/signup/>

Access Code: Lothian

## USEFUL WEBSITES, BOOKS AND APPS

### Websites

Hands On: <http://handsonscotland.co.uk/>

Anxiety Canada: Online: <https://www.anxietycanada.com/>

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

For Covid-19 specific resources visit:

NHS Lothian's CAMHS COVID-19 Resources ([nhslothian.scot](https://nhslothian.scot))

### Apps for 16+

For Sleep: Sleepio: [www.sleepio.com/nhs](http://www.sleepio.com/nhs)

For Anxiety: Daylight: [www.trydaylight.com/nhs](http://www.trydaylight.com/nhs)

### Books

*Helping Your Child with Fears and Worries: A Self-help Guide for Parents* (2019) by Cathy Creswell and Lucy Willetts

*The Huge Bag of Worries* (2004) by Virginia Ironside

*How to Stop Worrying* (2009) by Frank Tallis

### Additional Websites:

[Family Support Directory | Parent Club](#)

[Additional Online Resources from CAMHS NHS Lothian](#)

[Young Minds](#), a UK charity supporting young people's mental health

For more help with anxiety, speak to your GP or school in the first instance.

VISIT  
WELLBEING  
LOTHIAN FOR MORE  
INFORMATION ON YOUR  
MENTAL HEALTH AND  
WELL-BEING

## Football

A huge congratulations to S6 pupil Brodie Watt who has been selected for the Scottish Schools U18 football team. After successfully making it through a series of trial games, Brodie becomes part of the Scotland squad who will participate in the Centenary Shield next year against England, Wales and Northern Ireland. The first game as a team takes place on Monday against Stirling Albion at Toryglen. Good luck, Brodie!!

## FTT

Merry Christmas from FTT. We've been getting in the spirit all week with these stunning Christmas cakes from our National 5 Cake class ....



