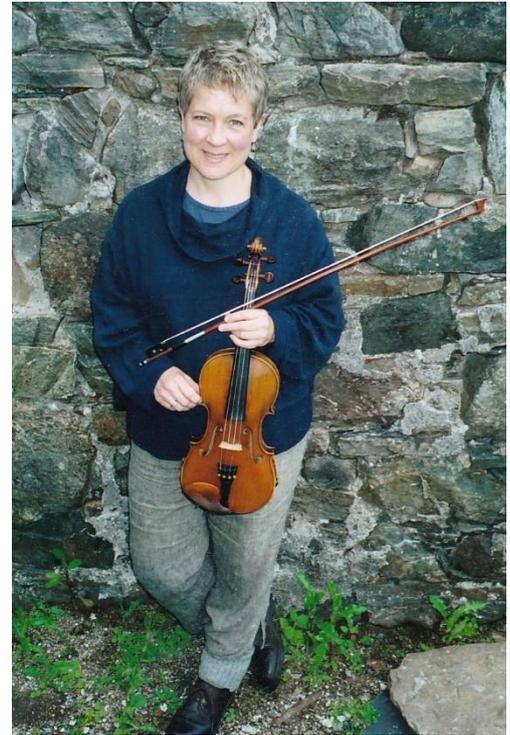

Weekly Update 21st January 2022

Remembering Alison Cowie, Teacher of Computing

It is with great sadness that we pass on news of the death of Ms Alison Cowie, who retired from our Computing department in September of last year after 17 years' service to the school. As many families will know, Ms Cowie had been receiving treatment for cancer over several years, though her dedication to and enjoyment of her teaching saw her continue to teach, both in person and remotely over most of that time.

Alison was the best sort of teacher – committed, compassionate and curious. Her subject knowledge in a fast-changing area was right up-to-date and she was always ready to share it and pass it on others. She made a positive difference to many young people and colleagues in her 40-year career, teaching in Canada and in England before taking up her post in Portobello in 2004. Married with two sons, Alison had many interests outside of work, most notably music. She was an accomplished violinist and a great supporter of school concerts - some of you will also remember her fiddle playing at Cabaret Evenings. She retained her love of learning and teaching right up to her final days and her positive outlook in the face of her illness was both humbling and inspiring to those who had the privilege of knowing her.



Alison spent her final months in the Marie Curie Hospice in Fairmilehead. She spoke so highly of the care she received there and made it clear that she wanted donations in her memory to be made to Marie Curie where the money may do some good and support their work in helping others in her situation. Should you wish to make a donation please use this link:

<https://www.justgiving.com/fundraising/alison-margaret-cowie>

The school is also happy to pass on any cards and messages to Alison's family.

Parent Council Meeting

A reminder that the next meeting of our Parent Council is on Tuesday 25 January on Microsoft teams from 7.00 – 8.15pm. A link will be sent home via email early next week. All are welcome.



HPV Vaccinations

Letters inviting pupils who have not received their first HPV jab for vaccination will be issued to pupils on Monday 24th of January in Key Adult Time. There is a consent form in the envelope that needs to be completed and returned by **Friday 28th of January**. We would appreciate your help in the quick turnaround of the consent forms.

Empowered Learning

Deployment Day is drawing ever closer! Ahead of our new iPads being handed out to young people, we would



like to remind parents and carers that they must complete the Microsoft Form sent home separately before their young person can be issued with their new iPad and enrolled into the new Device Management Scheme. Please note that this applies to everyone in S1-S5 as S6 will retain their existing devices.



Support for Young People Preparing for SQA Assessment

Portobello High School has chosen to partner with Live-N-Learn to **nurture health & wellbeing** for our young people in S4-6.

Our goal is to inspire young people to achieve their potential, raise aspirations & achievement, build confidence & resilience and to encourage them to take personal responsibility.

Our programmes aim to provide students, parents and carers with practical tips and strategies to navigate this phase of their education.

Our Mindset for Revision programme for S4 includes the following themes:-

- Taking personal responsibility and 'making it happen'
- Time management & prioritisation
- Developing a growth mindset & building resilience
- 4 step revision process with 30 study strategies
- Overcoming distractions

- Grasping opportunities

Our Significant '6' programme for S5/6 includes the following themes:-

- Taking Control: Chaos isn't productive!
- Motivation v's Discipline: What is a winning attitude?
- Studying Effectively: Developing good study behaviours
- Incremental Improvements: 'Forget about perfection, focus on progression'
- Responding to Feedback: Austin's Butterfly Theory
- The Bigger Picture: Creating a resilience plan

The sessions for young people will be S4 – 23/02/22 and 01/03/22 and S5/6 - 02/03/22 and 08/03/22 and will involve 2 periods out of class. Each Young person will receive a handbook with resources and staff will also have access to a bank of online resources to consolidate this work in their curricular areas.

Finally, we are delighted that Live-N-Learn will be offering 2 online sessions for our parents and carers to share the learning the young people have experienced and to offer strategies to support them at home. These will take place as follows: Tuesday 1st March for S4 and Tuesday 8th March for S5/6. These will run at 6.30 pm for around 45 minutes and a link will be shared closer to the time.



**Edinburgh
School
Uniform
Bank**

Edinburgh School Uniform Bank

Edinburgh School Uniform Bank provides free new school uniform to children and young people who are referred by a professional who knows the family. This could be a teacher or support worker at school, a health visitor, a family support

worker or social worker, a youth worker, a Maximise worker or someone similar. Please ask them to visit the website www.edinburghuniform.org to find out how to refer.

The Uniform Bank also provides batches of excellent quality nearly-new school uniform to schools and community groups for them to pass on to local families. This could be through a swap shop, a sharing rail, a pop-up uniform event or something similar, depending on covid restrictions. Please ask your school, youth club or community group if they have a supply of nearly-new clothing or if they would like Edinburgh School Uniform Bank to support them with this.

As a registered charity, Edinburgh School Uniform Bank is independent from the Council and they rely on the support of local people and businesses. To find out how you can help by donating uniform or funds, volunteering or fundraising please visit www.edinburghuniform.org

Free Bus Travel for Under 22s

From 31 January, 5–21 year olds living in Scotland will be eligible for free bus travel across Scotland with a valid National Entitlement Card. You can apply from **10 January 2022**. However, in light of high levels of COVID-19 transmission, the Scottish Government is asking that you only apply for the scheme at this point if it is essential* that you, or your child, travel while restrictions are in place. All other eligible applicants will be proactively encouraged to apply at a later date.

*There is no prescribed list of what constitutes essential travel – it will differ for different children, young people and families. But it might include travel for education, training, work, care or health reasons.

Even if your child already has a National Entitlement Card or Young Scot National Entitlement Card, they must apply for a new or replacement card to travel by bus for free.

You can visit the [Transport Scotland website](#) to find out how to apply and more.

Staying Safe

Please follow the latest [Scottish Government COVID-19 guidance](#) at all times.



Finishing off your DofE award

Unfortunately, many of our pupils have had their Duke of Edinburgh activities disrupted by the pandemic. **THIS DOES NOT MEAN THEY CANNOT COMPLETE THEIR AWARD!**

Visit <https://www.dofe.org/dofewithadifference/> for information on the adaptations the DofE have put in place to support participants in completing their award.

We have many pupils on the system who have not yet received their certificate because they have yet to submit enough evidence or an assessor's report. There are instructional YouTube videos which can help with this (although note they show an older version of the eDofE site) [eDofE | How to complete a section - YouTube](#) and [eDofE | how to locate and complete an Assessor report - YouTube](#) and FAQs can be found here: [eDofE Support – DofE](#)

If any pupils are struggling with this or have questions, they should come and speak to Ms Taylor in G40 or Mrs Munro in Art. If parents want more information they should email hazel.taylor@portobello.edin.sch.uk



www.rshp.scot
admin@rshp.scot

Relationship, Sexual Health and Parenthood Education

All pupils in S1-S5 will be beginning a block of work in PSE (Personal and Social Education) classes with their Pupil Support Leader on the above topic. (With some breaks to deliver careers and pathway choice input to S2-S5). We will be using a new national resource, which can be found online here: www.rshp.scot, to help deliver these sessions.

RSHP sits within the Health and Wellbeing curriculum area of Curriculum for Excellence. It has always been an important part of learning in the PSE curriculum as we know that it helps protect children and young people from harm and supports them to understand that friendships and personal relationships should be healthy, happy and safe.

This new resource has been developed to support teachers to deliver lessons in this subject area as recent research highlighted the need to improve the quality, relevance, consistency and coverage of RSHP education across the nation. It was also needed to ensure that RSHP education reflects a modern and inclusive Scotland where we value and respect the human rights of everyone.

The taskforce that developed the resource has compiled a series of video clips which include information about the resource, why RSHP is so important to Health and Wellbeing as well as the answers to some frequently asked questions. You can find these videos here: [RSHP videos](#) (you may need to log into Vimeo to view).

RSHP was an area of study that was especially challenging to deliver online for home learning, so we will be spending a significant amount of time on this to ensure that any gaps in learning are identified and covered. As well as detailed information about the course content, the resource also has summary pages (up until fourth level) for parents and carers about what topics we are covering in school, as well as ideas for home learning and additional resources you may wish to refer to at home.

Broadly speaking, each year group's lessons will be based on the resource as follows (reflecting the gaps created by the pandemic)

Year group	Level	Summary of school learning	Suggestions for home learning
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S1	Second level	Second level school summary	Second level home learning
S2	Third level	Third and Fourth level school summary	Third and Fourth level home learning
S3	Third level progression and some fourth level	Third and Fourth level school summary	Third and Fourth level home learning
S4	Fourth level progression and some senior phase	Third and Fourth level school summary	Third and Fourth level home learning
S5	Senior Phase	Senior Phase information	

RAF Virtual Event



Explore the roles of the RAF within an immersive hangar with an opportunity to discover information on key roles, as well as chat live with a specialist RAF recruiter. All from the comfort of your own home.

- Find out more about life in the RAF
- An immersive, interactive 360° experience
- Find your force - discover a role for you
- Download role specific information
- Chat live with an RAF recruiter - have your questions answered

BOOK YOUR FREE TICKET NOW!

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FTT

It's been a very busy week in FTT with more than 40 students completing their Practical Cookery Prelim. Pupils have to produce a 3 course meal for 4 to recipes set by the SQA and in under 2.5 hours. They worked incredibly well under the pressure.

On the menu: Haggis Bon bons with Mushroom Sauce

Beef and Potato Bake and Chocolate and Orange Gateau.



The S3 Practical Cookery class have been making vegan foods over the past two weeks as part of their unit on Veganuary. This week it was bean burgers, which proved to be a big hit.

