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## Weekly Update 18<sup>th</sup> March 2022

The impact of yet another new variant of Covid-19 was certainly felt by #TeamPorty this week! Absences amongst staff created a challenging situation and we are very grateful to centrally-based colleagues from the City of Edinburgh Council who were deployed to school to enable us to re-open fully on Thursday. We will continue to do all we can to minimise the impact on young people, especially those who are undertaking SQA assessments and extend our thanks to the parent body for their continued support.

### Staff Update

A warm welcome to Ms Theresa Graves, who joined us as Business Manager this week ahead of the upcoming retirement of Ms Kirsten Boyd in the summer.

### Celebrating Neurodiversity at Portobello High School



March 21<sup>st</sup> to 27<sup>th</sup> is Neurodiversity Celebration Week, an annual event celebrating all kinds of minds.

The term 'neurodiversity' was first coined by Australian sociologist Judy Singer in 1998 in reference to the wide range of natural neurological variations of the brain that

affect the way that people think, learn and process information.

Many people may be described as 'neurotypical', in that they think and act in ways that society typically expects.

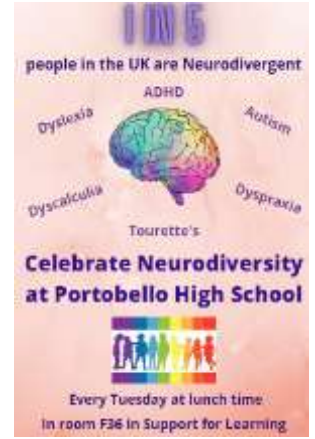
Other people may describe themselves as 'neurodivergent', and this term is commonly used amongst the Autism, Dyslexia, Dyspraxia, ADHD, and Tourette's communities.

1 in 5 people in the UK are neurodivergent, and Neurodiversity Celebration Week celebrates the contribution, innovation, and diversity of all kinds of minds.

## How do we celebrate neurodiversity at Portobello High School?

There will be presentations during Key Adult Group (KAG) throughout the week so that all pupils can learn more about neurodiversity, and there will be an updated display board in the Support for Learning corridor.

Every Tuesday there is a Neurodiversity Group in room F36 in Support for Learning. Pupils and staff can meet up, drop in, find out information, or ask for support.



Thanks to the support of the Parent Council, pupils and staff can also borrow a range of fiction and non-fiction books from the Support for Learning department that have been written by neurodivergent authors.

You can find out more about Neurodiversity and how it is being celebrated around the country at <https://www.neurodiversityweek.com>

## Live-N-Learn

Last week saw our final sessions with Live-n-Learn for our young people in S4, S5, S6 and parents/carers. These had really positive feedback from pupils, staff and parents alike.



Some quotes from our young people:

“This helped me solve the struggles I have with some revision methods”

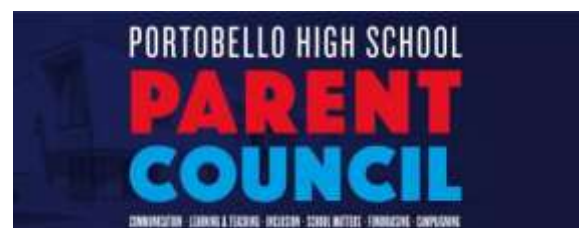
“I will start studying more effectively”

“The session made me feel that I can positively change my life”

The passwords for the student and parent portal will be shared via email to S4-S6 parents and we look forward to working with Live n Learn again in the future.

## Parent Council

The next meeting of our Parent Council takes place on Tuesday 22 March on teams from 7.00 – 8.15pm. A link will be sent home to all parents next week.



## Technologies



Ava, Georgia, Poppy, Miya, Lily, Beth and Isabella from 1A3 decided to join Jennifer who decided to choose “Dancing Queen” as her superhero name as part of the Publisher unit in Digital Literacy in a dance at the end of the period on Thursday to practice Jennifer’s alter-ego superpower.

## S2 RMPS

S2 Students in the RMPS dept have been learning about Red Nose Day as part of their Belief in Action unit this week. Led by Mrs Thornton and S5 Morven Taylor students in the department have created this board to show what they have learned.



## FTT

S2 are learning about food sustainability and have been studying plant-based diets and seasonality. Last week they made Zabzi Dal served with naan breads and this week it was leek and potato soup.



S1 completed their practical assessments this week with very successful Nasi Goreng dishes demonstrating the skills they have learned so far in FTT



S1 in FTT have been looking at healthy eating and this was a fantastic leaflet produced this week.

## Scottish Dietary Goals

| Food/nutrient          | Goals              | Why all this is?   |
|------------------------|--------------------|--|
| calories               | To decrease intake | Most people in Scotland are overweight which is bad for the heart  |
| red and processed meat | No increase intake | Eating too much of it makes it easier to get bowel cancer  |
| total fat              | To decrease intake | In Scotland we eat too much fat and fat has a lot of calories in it which means you could have heart disease |
| Saturated fat          | to decrease intake | Eating too much increases the risks of heart disease and stroke  |
| free (added) sugar     | to decrease intake | too much helps along being overweight which increases some cancers and heart disease                         |
| Salt                   | decrease intake    | too much raises your blood pressure which can give you heart disease or a stroke                             |

Joy Griswood

## EATWELL GUIDE

## HEALTHY SNACKS AND MEALS

### Snacks

- raw nuts and seeds
- celery sticks
- banana
- whole grain bread
- fresh veg
- hummus or beans
- whole grain tortilla
- ground cinnamon
- berries
- fresh avocado
- fresh mint
- grapes

### Meals

- salad
- rice pasta
- sweet potato and broccoli chicken
- bowl of roasted veggies and lentils
- chilli con carne
- chickpea tuna lettuce wraps
- salmon spinach pasta

- water
- tea
- coffee
- orange/apple juice

### Drinks

- Smoothies with veg or fruit and no sugar

## What Not To Do In a Healthy Lifestyle

- Eat late at night
- Skimp on your sleep
- Smoke or vape
- Eat too much of the same type of food
- Stay put doing nothing all day you should exercise
- Eat refined grains - try having intact ones instead
- Unappreciate or get angry at yourself this is bad for you
- eat trigger foods these are foods that you eat a bit of and then get obsessed with eating eg: Doughnuts

This is fantastic by. An amazing booklet well done

## How To Prevent Diabetes

There are 2 types of diabetes:  
• Type one; and  
• Type two.  
Most people who have diabetes in the UK have type 2.

You can manage type two diabetes or prevent it by:

- Eating a wide range of food
- Eating breakfast, lunch and dinner every day without skipping meals
- Keep sugar, fat and salt to very little

## THANKS FOR READING!

