
Weekly Update 1st April 2022

Basketball Champions!

Huge congratulations to our Open Girls Basketball team who became Scottish Champions yesterday after defeating Wallace High School from Stirling 67-31 in the final. Not only are they a very talented group of young women but they are a credit to our school in terms of attitude, effort and coming together collectively to achieve success. They are fantastic representatives of #TeamPorty and have certainly been #AchievingTogether !

Thanks to everyone, particularly in the PE Department, who has helped develop such outstanding individuals both on and off the court and very well done to the team.



Dyslexia Parent Information Evening

Unfortunately, as a result of staff illness, we will have to postpone the Dyslexia Parent Information Evening which had been planned for Tuesday 5 April. A new date will be shared as soon as possible.

Easter Revision Classes

Young people in S4-6 and parents and carers of this group have been sent details of our free Easter Revision classes which will be taking place in the school holidays. Bookings should be made by Tuesday 5 April noon. We are grateful to our staff volunteers for offering such a wide range of sessions during their holiday period and encourage young people to take advantage of these where possible.

Ramadan 2022

Ramadan is the ninth month in the Islamic calendar. It is an especially holy period of prayer, fasting, charity-giving and self-accountability for Muslims around the world. Ramadan is predicted to begin in the UK on the evening of 2 April and is predicted to end on the evening of 1 May, though the actual date depends on the sighting of the moon.



Many Muslims in the United Kingdom fast during the daylight hours in the month of Ramadan. It is usual to have a meal known as the *suhoor* just before sunrise and an evening meal – *iftar* - after sunset. People of Islamic faith are also encouraged to read the Qur'an and attend their mosque every night of the month. During the month of Ramadan many Muslims donate to charities and participate in voluntary activities.

To support our Muslim young people through the month of Ramadan we have put the following into place:

- A quiet space to rest and pray is available at break and lunch for girls in room G47 (Ms Jouve's classroom) for boys in room G38 (Mr McCulloch's classroom).
- Washing facilities can be found nearby G47 and G38

- Young people wishing to pray can bring their prayer mats, topis and prayer TT and leave in them in G47 or G38.
- Those young people on free school meals can pre-order their food which can be taken away to eat after sunset.
- Any Muslim young people not fasting, for example for medical reasons, can go to Mrs Aslam's classroom in social subjects at break or lunch for their comfort.
- Young people who are fasting can participate in PE, but may need to reduce their level of activity. PE staff will be aware of this, but if a young person feels they need to rest, they should let their PE teacher know.
- If a young person is taking an SQA assessment and they feel dehydrated, have a headache or feel drowsy, they should let the teacher know as soon as possible. If need be we can also contact home to discuss how best we can support you.

Ramadan ends around the 1 May depending on the sighting of the new crescent moon (Shawwal). Eid or Eid al-Fitr marks the end of Ramadan and kick-starts the month of Shawwal, which begins with a feast to end the period of fasting.

Young people or their families can contact the school if they want to discuss or share anything regarding their children fasting - please contact your Pupil Support Leader if this is something which we can help with.

Physical Education

U18 Rugby - Congratulations to our U18 Rugby team who had a fantastic 35-8 win against PAC High School, Colorado last Friday afternoon.



Medicine Taster Day - Edinburgh Student Surgical Society (ESSS)

This event is targeted at any student, especially S4, S5, and S6, who would like to pursue a career in medicine. As a medical-student-run society, we understand how tricky getting any medical-related experience can be, so this event aims to give students an insight into a day in the life of a doctor as well as an opportunity for some hands-on workshops including surgical skills, anatomy and emergency medicine. The event is entirely free and would be held in person at the Royal College of Surgeons Edinburgh on Saturday 9th April, 14:00-17:30.

Any interested students can get tickets at the following Eventbrite page: <https://www.eventbrite.co.uk/e/esss-medicine-taster-day-tickets-299053556237> in order to sign up.



Spring Concert

With current restrictions meaning that we were unable to hold our Spring Concert in front of our usual audience of family members, we were very keen to find a way for our many musicians to perform as this is a great experience for them and a key part of their learning. As a result young people in S1 lucked out and were treated to a fantastic afternoon's entertainment yesterday. Once again, audience members were astonished by the range and scale of musical talent on display. A big thank you and well done to everyone involved!