Pupil Bulletin

Monday 1st February 2021

Assemblies – Remember to Check in with your DHT on TEAMS

Please remember when learning online to stick to your regular class times:

CLASS TIMES MON/TUES/THURSDAY
Period 1 = 8:50am – 9:40am
Period 2 = 9:40am – 10:30am
BREAK = 10:30am – 10:45am
Period 3 = 10:45am – 11:35am
Period 4 = 11:35am – 12:25pm
Period 5 = 12:25pm – 1:15pm
LUNCH = 1:15pm – 2:00pm
Period 6 = 2:00pm – 2:50pm
Period 7 = 2:50pm – 3:40pm

CLASS TIMES WED/FRIDAY
Period 1 = 8:50am – 9:40am
Period 2 = 9:40am – 10:30am
BREAK = 10:30am – 10:45am
Period 3 = 10:45am – 11:35am
Period 4 = 11:35am – 12:25pm
LUNCH = 12:25pm – 1:10pm
Period 6 = 1:10pm – 2:00pm
Period 7 = 2:00pm – 2:50pm

History & Social Subjects Pupils of the Month

Well done to all pupils who were nominated for Dr Wright's History or Social Subjects pupil of the month for January. The winners are:

S1– Zoe M

S2 – Katie B, Emma B, Daniel T

S3 – Drew J

S4 – Lucy Ro, Abbie G

S5 – Abbie C, S6 – Thomas D

Pupil Support Centre – Photography

In PSC we have three wonderful photography classes. Look at some of the fabulous photos they have been taking while out on their socially distanced walks during lockdown.

Science Pupils of the Month

The science department have been impressed with the engagement we have had online with so many of you. It was difficult to narrow down who we wanted to nominate for Digital Scientist of the Month for January 2021. Congratulations to everyone listed below. Keep up the hard work everyone.

S1 Scientists of the Month:
Isla S, Zoe M & Ellie M

S2 Scientists of the Month:
Aiden M, Abbie H & Sophie F

S3 Scientists of the Month:
Tia M, Adam C, Curtis M, Garry C & Drew J

S4 Scientists of the Month:
Liam J, Lyle H, Emma H, Abbie G, Lucy Ro & Leah K

S5 & 6 Scientists of the Month:
Amy S, Craig Mc, Kyle C, Ross C, Emma D & Amy C

Resources:

eBooks and audiobook services, plus homework resources at Renfrewshire Libraries - This is the link: https://sway.office.com/FnWAJXDjW3wqLJjC

Attention all S4 to S6!

Are you S4-S6 living in Renfrewshire?

Would you like to help create a public health campaign working alongside the award winning media company Jamhot?

We might have the project for you!

Active Communities and Create Paisley are recruiting young people to join us in a series of online workshops in partnership with Jamhot to create your very own health campaign and raise awareness of coercive control and unhealthy relationships. The 8 part series will allow you to develop an understanding of running your own campaign, how to manage a budget and so much more.

Your time and contribution will also allow you to get a Saltire Award and a Community Achievement Award SCQF Level 4 and look great on your CV or personal statement.

Contact tina@activecommunities.co.uk to take part or text 07385 744665

Start Date: Wednesday 10th February 4pm – 5.30pm and every Wednesday for 8 weeks

Children's Mental Health Week

1st – 7th February is Children's Mental Health Week and the theme for 2021 is 'Express Yourself'

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Why not try some of these suggestions:

1. **Make a picture montage or short video that expresses who you are as a person**

   This could include your current likes and dislikes, strengths, interests, dreams and passions OR you could challenge yourself to take a photo a day that expresses some aspects of you

2. **Write a Daily Journal in which you write about whatever comes to mind**

3. **Make an Inside-Outside Box**
   Follow these simple instructions:

   - decorate a box with images and words on the outside to represent the qualities you show to the world
   - decorate the inside of the box with images and words that represent the inner qualities, interests and passions that are hidden to most people
   - think why we all do this and what stops us sharing all of ourselves with others.

If you would like more information about how to look after your emotional wellbeing, get support from organisations around Scotland and tips on how to promote a positive mindset have a look at:

https://young.scot/campaigns/national/aye-feel

Parent Bulletin

Monday 1st February 2021

Children's Mental Health Week

1st – 7th February is Children's Mental Health Week and the theme for 2021 is 'Express Yourself'

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

As parents and carers, you play an important role in your child's mental health. There are links to a variety of helpful websites below that could be useful to help support your child, particularly through home learning and lockdown.

https://www.childrensmentalhealthweek.org.uk/parents-and-carers/

https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/

https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19

https://www.barnardos.org.uk/coronavirus-advice-parents

https://young.scot/campaigns/national/aye-feel

We talk openly about Mental Health in school all the time. Currently pupils in S1 and S2 are working through an online programme during PSHE lessons called Living Life to The Full. This interactive programme aims to help young people deal with all the ups and downs life throws at us in a positive way. If you are interested in finding out more about the programme to support your child or to have a go at some of the activities yourself go to: Website : www.llttfyp.com **Access code: ren2487yp**

Our pupils in S3-5 are currently working towards achieving the SQA Mental Health and Wellbeing Award through PSHE. This qualification seeks to address the inaccuracies surrounding perceptions of mental health and, instead, provide accurate information, promote understanding and equip learners with positive coping strategies to improve and maintain mental health and wellbeing. The award aims to:

- reduce stigma surrounding mental health.
- arm young people with healthy coping strategies.
- promote knowledge of the impact of mental health on behaviour.
- dispel myths surrounding mental health.
- promote understanding of positive and negative impacts on mental health.
- help individuals to make the right choices.
- promote understanding of the potential uses and impact of social media and the internet.
- create resilience.

S3 Full Reports - Update

Teaching staff are completing the process of writing your Child's S3 report and we will get these to you at the start of February. Due to the government restrictions, there will be no S3 Parents evening as on our school calendar, but we will provide a method for contacting us with the report card.

Mr McKenna

Resources:

eBooks and audiobook services, plus homework resources at Renfrewshire Libraries -
link: https://sway.office.com/FnWAJXDjW3wqLJjC