

11th September 2020



## Arran High School

### NOTE FROM MRS FOSTER

It's hard to believe that we have been back in school for five weeks and that the October break is just round the corner.

I think that everyone has settled really well into the new school procedures; in general everyone is maintaining high hygiene standards and mask wearing in the corridors and on the buses is becoming a routine with no fuss.

It would be easy to allow ourselves to get distracted by the impact of the pandemic, but we are now really turning our attention to learning, teaching and achievement in Arran High School.

We continue to make use of IT as one method of communication; all year groups can read up-to-date messages from staff on Microsoft Teams and you can check progress with homework on the "Show My Homework" app.

I am pleased to say that learning is really visible in classes that I have visited and we are continuing with initiatives that will ensure improvement in the attainment of all of our young people.

On that note, I'm delighted that the Mountain Bike Club is up and running again. The photographs from this week's excursions are full of speed, mud, water and most importantly, fun; they are on Twitter, so please follow and see for yourselves. It was also great to see such a great turnout from S1 and the girls-only group. You never know, I might surprise myself and join them one day, but I think I would need to borrow an E bike from Eco Savvy to help me pedal up the hills!

I hope you all have a lovely and safe weekend.

### NOTE FROM MRS BUNTING

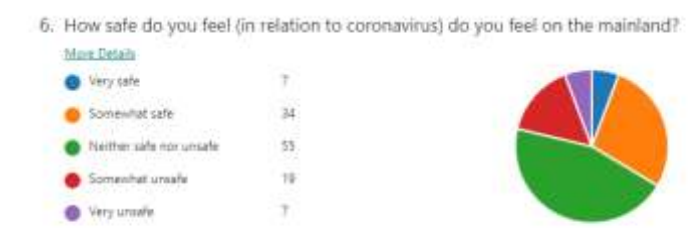
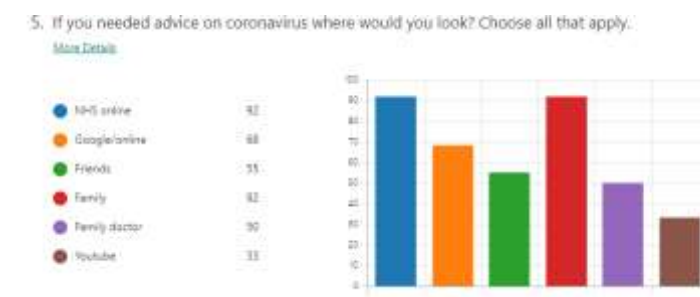
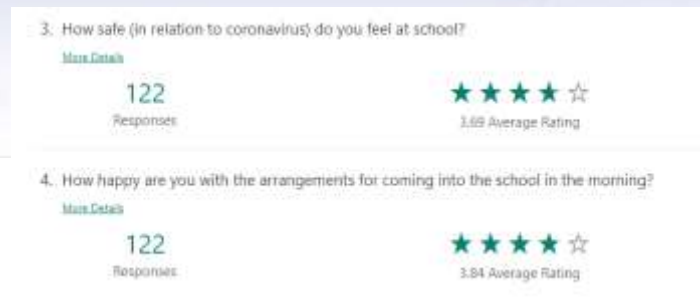
Today I would like to take the opportunity to share with you the successes of our Senior pupils. Four S5 pupils gained 5 Highers at A, namely Abbie Mulholland, Naomi Provan, John McNeish and Rory Currie. In S4, Milo Godwin, Mackenzie Campbell and Callum Haddow were all awarded 6 As at National 5 whilst Cerys Herapath and Freya Campbell were awarded 5 As at National 5 and also gained As in Higher Music. I am sure you will agree with me that this is an amazing achievement.

Supported Study after school has been one mechanism that has traditionally been used to help support students. However, in the current climate that will not be possible. On our return in October, therefore, in-school support classes will be on offer during the S4-6 Wider Achievement periods on a Wednesday afternoon. A finalised timetable will be distributed before the holidays so you will be aware of what is on offer to support our young people with their preparation for the exams next year.

## NOTE FROM MRS DICK

This week we took the opportunity to survey our students on how we, as a school, were doing with regards to our coronavirus response procedures, PPE, and if they had any suggestions on what else we could be doing. The results of the survey you will find here. On the subject of surveys - each year as a school we run a number of surveys with the students to help inform our whole school plans, and helps our curriculum and the opportunities we provide be responsive to the needs of the students each year. These cover a number of areas including academic, mental health, active schools and pupil attitudes and we have also invited Arran Youth Foundation to contribute. Next week (14-18th September) is when we will be doing the surveys, using predominately the time students are in computing and in PSE.

This year I have put the links to the surveys on the year group Teams so that students, if they wish, can access and complete in their own time instead of in class. As a parent you are welcome to have a look at what is asked though we request that you leave your child to complete the survey in their own way/time. At this point in time we are focusing less on academics and more on health and wellbeing and future opportunities. We are still early back post lockdown and now is too soon for measuring progress as a school, though each subject continues to do so as usual. Finally, each year I get asked about how decisions are made when we are dealing with an incident, or identifying when a child needs support. Our updated Health and Wellbeing Strategy (year 3) is on our website.



## Attendance Monitoring

The first round of attendance monitoring will be taking place this week. Following North Ayrshire procedures any pupils with attendance below 90% over a 4-week period will be issued a letter.

Please contact Mrs Macbeth about any support needs, share your concerns about progress/learning missed.

Monitoring will continue on a four-week cycle. If attendance remains below 90% a second letter inviting you to a meeting will be sent and so on. We aim for attendance of 97%

## Come to School Prepared

Reminder to all pupils that they should be well prepared for school in all lessons and remember to bring relevant equipment and books for their lessons every day.

Students need to bring a pen, pencil, and ruler!! A scientific calculator is required for Maths.

Apologies for those that have purchased that have purchased a calculator through Parent Pay ... we are still waiting for stock to come in.

## Reports & Parents Evenings

It is our intention to email to parents/carers any school reports for this coming session. This helps us comply with Covid Regulations with regard to paper handling. To enable us to do this please could you ensure that the school office is kept up to date with any email address changes.

We are also looking at how we can hold Parents Evenings for this coming session. We have looked at dates for parent consultations and these will be as follows:

S1 – Tuesday 24<sup>th</sup> November 2020 - 7pm – 9pm

S2 – Thursday 18<sup>th</sup> February 2021 – 4pm to 6pm

S3 – Monday 11<sup>th</sup> January 2021 – 7pm to 9pm

S4-S6 – Tuesday 23<sup>rd</sup> February 2021 – 4pm – 6pm & Wednesday 24<sup>th</sup> February 2021 7pm – 9pm

In what format these will take place has yet to be decided due to Covid Regulations.

The Senior Leadership Team (Mrs Foster, Mrs Dick and Mrs Bunting) will be holding SLT Drop in sessions throughout this coming academic year. The dates for these sessions are as follows:

Thursday 24<sup>th</sup> September 2020

Thursday 19<sup>th</sup> November 2020

Thursday 22<sup>nd</sup> February 2021

Thursday 17<sup>th</sup> May 2021

They will take place between 4pm and 6pm on these dates by telephone appointment (for the time being).

The first drop in telephone appointment will be Thursday 24<sup>th</sup> September. Should you wish to have an appointment for a discussion please contact the school office.

## Arran High School Expedition

If you go down to the woods today, or up a mountain, or into the jungle or across a desert...then you'll be on an expedition with Arran High School in summer 2022.

We are anticipating the expedition to be open to our current S3 and S4 and to take 10-12 participants.

Check out here to begin the journey and watch out for further information in the very near future...<https://www.outlookexpeditions.com/destinations>

## Online Training

Two free online trainings you may be interested in:

The first, on autism, is 10 modules and is a certificated course. The modules cover what it is to mask, how to get under that mask, adjustments that are made at a school level and the next steps of 'Stop, Start, Continue, Change'

<https://elearning.creativeeducation.co.uk/courses/understand-autistic-masking/#learndash-course-content>

The second, on wellbeing, is delivered by Parent Network Scotland and is the Wellbeing Toolkit. The course covers the importance of self care and an understanding of emotional flooding. It will discuss how to form closer relationships in families that are nurturing and healthy and the challenges of managing difficult emotions.

<https://www.parentnetworkscotland.com/wellbeing-toolkit-2020>

## Mobile Phone Usage & Pupil Illness

Now that there is improved phone coverage many pupils now have a good signal strength in and about the school.

It is important that pupils do not interrupt their learning by using their phones.

Phones should be kept on silent whilst in class. If a pupil becomes ill during the school day they should follow procedures and inform the school office who will if necessary, contact parents/carers. All emergency calls should go through the school office and not directly to the young person's phone.

Please could you reiterate to your child that they **MUST** always report to the office if they are sick ... they **MUST NOT** be ringing parents themselves using their mobile phones and arranging to go home ... this is even more important because of Covid regulations as a member of office staff needs to know pupil symptoms for recording their absence. It may be that the pupil may need to quarantine until being picked up.

It is also important that the school office is contacted first thing in the morning of any pupil absences for that day.

## Arran Outdoor Activity Centre

Following some productive discussions with the outdoor centre staff, we are delighted that from next week, the Higher and N5 PE classes will be taking part in outdoor activities with the centre as part of their assessed course work.

We are delighted with the opportunity this presents to our students, including the chance to go abseiling from the blue rocks in Sannox.

Additionally, the outdoor centre staff will be joining us in school next Tuesday, Wednesday & Thursday to run team building activities with the S1 to partially make up some of the time they didn't have at the centre due to lockdown.

Many thanks to Ian, Darryl and the team at AOEC!

## Sleep & Nutrition

Research has shown that teenagers need to have 9-9 1/4 hours sleep each night. It is important to encourage them to take responsibility for their sleep as part of a healthy lifestyle. If you think that your child has displayed any of the behavior's listed below, they may not be getting enough sleep:

- Difficulty waking up in the morning, sleeping through the alarm
- Inability to concentrate or focus at school
- Falling asleep spontaneously during quiet times of the day
- A low mood, depressed, excessively anxious or stressed
- Predisposed to greater emotional outbursts
- Impulsive or erratic behavior
- Irritability late in the day
- Complaining of fatigue or loss of energy
- Poor motor coordination
- Accident prone
- Excessive use of computer games, mobile phones or TV after going to bed
- Sleeping for extra-long periods on the weekends

It is also important for your child to eat a healthy diet as this will help them focus and do their best at school. Try to discourage them from eating lots of sugary snacks, as these can actually stop them from concentrating. Please ensure that they drink plenty of water. It will help them stay alert.

## Show My Homework

Show My Homework allows you to see details of the tasks that your child has been set at any given time.

The High School has been using this particular online tool for a number of years now. All S1's and new pupils for this session should come to the office and collect a letter along with login details on Monday.

Should any other parent require their child's log-in details reissued, please contact the school office and this will be arranged.