

6th November 2020



## Arran High School

### NOTE FROM MRS FOSTER

We are now well on our way to winter and the days recently have been very cold and damp.

Unfortunately one of the requirements that are in place as part of our Covid 19 precautions is that classroom windows are opened to allow ventilation. I have attached a link of a powerful graphic that explains the science behind this.

<https://english.elpais.com/society/2020-10-28/a-room-a-bar-and-a-class-how-the-coronavirus-is-spread-through-the-air.html>

Inevitably the classrooms are cooler, so I would like to remind parents and pupils to ensure that pupils are dressed appropriately to deal with this – I recommend school sweatshirts as well as polo shirts and it may be that on some occasions jackets will be permitted. It is yet another hurdle that our young people have to overcome in their learning, and I continue to be very proud of the way that they are coping; in particular I would like to thank the seniors for their compliance with the requirement that masks must now be worn in class.

On a happier note, our Halloween Day was lovely! The seniors went to a lot of effort to make up for the fact that the annual party had to be cancelled; they decorated the school and organised a whole school Inter House quiz. Our staff rose to the occasion too and dressed up in a variety of guises from teachers at Hogwarts to superheroes.

Finally, I want to congratulate publicly our Mountain Bike Club members who achieved their accreditation and the pupil group who participated so actively in the joint Cabinet Meeting this week with councillors and executives from North Ayrshire Council. These are just a couple of examples of achievement in the school beyond the classroom which are taking place in school this term.

Have a lovely and safe weekend.

### NOTE FROM MRS DICK

'The Red Sofa'

My remit is all things to do with people on our campus beyond their academic performance and this leads to a lot of variety in my day from meetings to events and trainings, and lots of conversations.

One of my favourite bits of my remit is the times I spend on our red sofa. Perhaps you have seen it when passing the school or in the car park? It is up on the first floor and looks out over the car park and towards the sea.

Over the course of the day many people find their way to the red sofa; Mrs Foster and I start our mornings there at 7.45 with a cup of tea and are then joined by Mrs Bunting as we talk a bit about our plans for the day or any issues we are having. Later on in the day students or staff who wish to catch up about something will often head to the sofa and we will sit there and discuss, or if someone is feeling unwell or overwhelmed it is also a quiet place to sit, be comfy and read (and a cup of tea of course if required).

One of my favourite times is when a group appear at break or lunch just to hangout and we will check in and leave them to it but that they are bringing friendship to our end of the building.

Sometimes all of us just need quiet and space from the hustle and bustle of school, work or life; where is your 'red sofa' for you to have that space?

### **SQA Update from Mrs Bunting**

Information is now being released by the SQA regarding arrangements for this year. In particular, yesterday saw the publication of the SQA timetable for next Spring which can be downloaded from:

[https://www.sqa.org.uk/sqa/files\\_ccc/exam-timetable-2021.pdf](https://www.sqa.org.uk/sqa/files_ccc/exam-timetable-2021.pdf)

I would urge all pupils sitting Higher and Advanced Highers this academic session to make careful note of the dates.

The proposed diet has been changed and exams will now run from Monday, 10th May to Friday, 4th June inclusive.

Information on content changes and 'optionalities' within subjects are now being confirmed at a subject level along with guidelines on evidence to be gathered by teachers for pupils studying National 5s in the absence of exams.

Although it is still the intention of the Scottish Government and the SQA that the exam diet will proceed this is very much dependent on the public health situation over the Winter. It is therefore of paramount importance that pupils take every opportunity to stay on top of coursework, homework and revision in the lead up to the prelims in late January as these will form a significant part of any teacher estimated grades.

Please can I ask that you encourage attendance at 'in-school' supported study sessions which are running on a Wednesday afternoon. We are now in the fortunate position to include Biology in these sessions with the arrival of Mrs Karen McGrath, who will be with us until Easter, as Recovery Teacher.

### **Senior Phase Options**

This week has seen the distribution of options booklets and initial expressions of interest subject forms to pupils in S3-5.

This information will allow Mrs Bunting to develop the column structure from which pupils will finally select their options for next year.

She hopes that by gleaning this information at an early stage, she can maximise pupil satisfaction and offer, as far as possible, first choices.

Please note that all pupils must provide two reserve choices.

Forms and booklets have been distributed electronically via email and are available on paper by request from the School Office.

Forms should be handed into the School Office by Wednesday, 11th November.

### **New Staff Member**

We are delighted to welcome Pamela Gaw to the post of Nurture Teacher at Arran High School and Lamlash Primary.

Mrs Gaw will head up our Wellbeing Centre and support Mrs Dick in the wellbeing initiatives from 16<sup>th</sup> November.



## Halloween 2020

Wednesday October 28<sup>th</sup> saw Arran High School turn into Halloween mode by having a Halloween day.

All staff and pupils were asked to dress up in Halloween costume for the day, the canteen did a Halloween Theme lunch and in the afternoon there was a Halloween Quiz for house points.



## Active Girls Day

On Friday 30th October Arran High School celebrated and acknowledged Active Girls day with a series of sporting activities.

Before school, all girls, parent's, and female members of staff were invited to participate in tennis before school at Lamash Tennis Courts. There was 11 people that came along to have a quick game of tennis to start the day.

At interval and lunchtime, we offered Roller Derby/Hockey and 15 pupils took part in this event which was delivered by North Ayrshire Sports Academy pupils.

We also had Zumba on the Astro Turf at lunchtime which was very well attended (approx 30 pupils) to celebrate Active Girls Day.

Many thanks to everyone who got involved on the day.



## S2 Outdoor Cooking

Outdoor Learning for S2's Home Economics involved outdoor cooking last Friday. Pupils enjoyed making Hot Chocolate, Marshmallows, and Sausages in a Roll.



## Scottish Cycling Accredited Level 1 Centre

Arran High School recently became a Scottish Cycling Accredited Level 1 Centre.

Jules Fincham from Cycle Wild Scotland has delivered Level 1 MTB Leader training to six of our senior girls and boys who previously completed their two-day emergency outdoor first aid training with Chris Trail of ABC Arran Training. This is the first time these young people have been in a leadership role in which they blossomed and to be offered the opportunity through a National Governing Body qualification is something the school is proud of.

Many thanks to Mr McNeice for organising and enabling our young people to have this fantastic skill and opportunity to take into the community.



## Joint Cabinet Meeting

Our prefect team and S1 representatives taking part in a joint cabinet meeting with North Ayrshire and promoting the Arran voice in matters that matter to them here on our island.



## Remembrance Day

Here at Arran High School we are marking Remembrance Day this year by creating a collage of images that represent Remembrance to us and our families. We would like to invite members of our island community to do the same. Please consider sending us a photo of something that is symbolic of remembrance to you. Photos can be of anything, whether a picture, a photography, a photo of an article or a sign and these can either be posted below or emailed into us at [arran@ea.n-Ayrshire.sch.uk](mailto:arran@ea.n-Ayrshire.sch.uk) by Sunday 8th November.



## School Equipment

Reminder to all pupils to come to school fully prepared for all lessons. This includes bringing a pen, pencil, ruler, eraser and a calculator.



## **School Trip Applications**

There are 22 students who have applied to go to Japan with the school and applications for this are now closed. Students will be notified shortly, if they have a place on the trip. Over 60 students have applied to go on the ski trip in 2022 and there is still time to put your name down for an expression of interest. There is no limit on numbers for this trip at this time.

## **Lamlash Co-op Support**

Thanks to Lamlash Co-op for supporting the procurement of Art Supplies and Graphic Calculators for Arran High School students. In these difficult times we do not like to see students unable to fulfil their potential due to the lack of access to the resources they need. Art supplies in particular can be expensive so we would like to extend our thanks to Helen at the co-op in particular for making it possible for home art packs to be created. These will be distributed in the coming weeks.

## **Active Schools S3 Leadership**

4 Days to go until applications open! What will the 6 week programme include?

- Intro to Active Schools
- Session planning
- Event management
- Promotion work
- Learn to coach sport

Please, ask your S3 child to speak to their Active Schools Coordinator for more information

## **TV Opportunity**

Do you live in Scotland and want to break into high-end TV? This is a great opportunity for you: The highly popular show #Outlander is recruiting for trainee positions across a number of departments from December 2020.

Read more and apply: <https://mailchi.mp/75d2362f5984/otpseason6>

## **Note from Ann Reid – School Nurse**

I was at LIAM training (Introducing anxiety management) over the last couple of days. It is an 8 session course for pupils looking at supporting low level anxiety management and prevention, which I will be looking at beginning to gradually deliver in the school going forward, as part of the continuation of partnership working and personalised support in the high school

## Parental Employability Fund

Ceis Ayrshire have secured funding from North Ayrshire Council to deliver a new programme called Parental Employability Support Fund.



Are you a parent currently in employment but  
on a low income?

CEIS Ayrshire can support you if you are;

Lone Parents	Parent with a Disability	Parent with 3 + Children
Parent from Ethnic Minority Background	Parent with youngest child under 1	Parents under 25

We can support you with;

- Career Progression — funding for training to help you improve your skills
- Support you to address barriers such as childcare
- Exploring other employment opportunities
- Support you with CV's, interview skills, application forms
- Advice and support with any financial issues

If you are interested please contact our advisor Jacqueline on  
[jacqueline.stevens-gray@ceisayrshire.co.uk](mailto:jacqueline.stevens-gray@ceisayrshire.co.uk) or 07960 145419

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## Coming up....

Anti Bullying week is nearly upon us and our Peer Mentor Team are organising a number of activities including a change of dress day.

The main focus will be on LGBTQI activities which will support us achieving the Charter Mark for the school by the end of this academic year.

Ask your child to watch Microsoft Teams for more information.

## **Christmas Hamper**

Arran High School are looking to put together a Christmas Hamper to help raise funds for the school.

We are looking for any donations towards the hamper. If you would like to donate, please drop your item into the school office or send it into school with your child.

Tickets will go on sale via Parent Pay shortly and the lucky winner will be picked on Friday 18<sup>th</sup> December.

## **Pupil Support Update**

Today the secondary pupil support group had their fortnightly faculty meeting where we discuss the students in the school and what support each student is getting as an individual.

Sometimes this is overt in terms of time within the personalised support base, attending supported study or taking part in one of the school of sports.

Sometimes it is support from outside agencies and sometimes it is less obvious - just us noting that someone was looking a bit down for a few days or that there has been a relationship break up and we just keep half an eye on them from afar.

This system has been in place for two years now and is part of our gradual move from the idea that personalised support in our school is for a few, when actually our aim is for everyone in our school to have personalised support to help them succeed while they are with us.

## **Just for Fun !!!!**

How many words can you make out of **Arran High School**

There is an unbelievable 959 words (3 letters or more) with the longest word having 10 letters.

Give it a go and see how many you can identify ... Answers in the next newsletter !!!

## **The nights are closing in and we are into a long stretch of term for us all. So let's end today's newsletter with a joke. Happy weekend! Mrs Dick.**

Three dinosaurs were out hunting together when they came across a lamp. Out popped a genie who gave them a wish each. The first one wishes that it would rain sausages. Alas, the three dinosaurs find themselves in a storm of sausages. The second dinosaur thinks for a while and, to outdo his friend, asks for it to rain steaks. And so, they find themselves bombarded with steaks of all kinds. The third dinosaur thinks really hard because he really wants to outdo the other two. After a while, his face broadens into a grin and he says, "I'd like a meatier shower"