

# Grange Academy Bulletin

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2<sup>nd</sup> November 2020

# Brooke

ACTIVE GIRLS 2020


## BROOKE DUNLOP

**WHAT SPORT DO YOU DO?**  
I COMPETE IN ATHLETICS IN THE HEPTATHLON. I ABSOLUTELY LOVE COMPETING IN THE HEPTATHLON AS THERE ARE 7 EVENTS TO CONQUER. HURDLES, HIGH JUMP, SHOT PUT, 200M, LONG JUMP, JAVELIN, 800M.

**WHAT DO YOU FIND MOST CHALLENGING?**  
THE MOST CHALLENGING PART ABOUT BEING A HEPTATHLETE IS HOW MUCH TRAINING HAS TO BE DONE FOR IT! I TRAIN 6 DAYS A WEEK. ITS ALWAYS SUPER ENJOYABLE BUT SOMETIMES I MISS GOING OUT ON DAYS WITH MY FRIENDS OR SPENDING TIME DOING OTHER STUFF. I LIKE I DON'T GET AS MUCH SOCIAL TIME AS I WOULD LIKE TO HAVE BECAUSE HEPTATHLON REALLY DOES TAKE OVER. ITS NOT ALWAYS EASY!

**WHY DO YOU COMPETE IN THE HEPTATHLON?**  
I COMPETE IN HEPTATHLON BECAUSE IT'S NOT ONLY PHYSICALLY CHALLENGING, IT'S MENTALLY CHALLENGING. IF YOU HAVE ONE BAD PERFORMANCE YOU HAVE TO BE ABLE TO PICK YOURSELF BACK UP AGAIN TO CONTINUE WITH THE REST OF THE EVENTS THAT ARE UP AHEAD. TO COMPETE AND BE GOOD IN 7 DIFFERENT ATHLETICS EVENTS OVER A 2 DAY PERIOD IS EXHAUSTING BUT SUPER REWARDING! NOT ONLY DO I HAVE FUN COMPETING, BUT TRAINING IS ALWAYS FUN TOO! YOU COULD BE SPINNING ONE MINUTE AND THEN WIPED OFF TO LONG JUMP OR HIGH JUMP. THEN FEELING TO THROW. ITS ALWAYS VERY INTERESTING!

**WHAT IS YOUR FAVOURITE PERSONAL ACHIEVEMENT?**  
MY FAVOURITE PERSONAL ACHIEVEMENT HAS TO BE EITHER BECOMING AYRSHIRE CHAMPION FOR THE 100M, 200M AND JAVELIN OR CONTINUING TO BE A NATIONAL HURDLER.



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COMMUNITIES

It's great to see Brooke Dunlop's athletic achievements being celebrated as part of East Ayrshire Council's Active Girls 2020 promotions.

Well done, Brooke!

# Be Safe on Bonfire Night

 Scottish Fire and Rescue Se... · 1d

"Be smart. Be safe. Be kind."  
Young volunteer Aidan Wright, 17, is asking others to consider the impact of their actions this Bonfire Night.



- Never drink alcohol if you are attending a bonfire or setting off fireworks. As well as being highly flammable, remember it is an offence to drink alcohol in a public place.
- Never throw fireworks on bonfires.
- Never leave a smouldering firework or bonfire unattended – it could flare up after you leave.
- Never use paraffin or petrol on a bonfire.
- Don't put fireworks in pockets and never throw them.
- Keep cigarettes away from fireworks.
- Sparklers burn at ten times the temperature of boiling water – light one at a time and when finished, put the hot end in water.

# Our School Captains



This is our excellent team of School Captains.  
They are:

Jamie Fowler (Head Captain), Laura Raeside  
(Head Captain), Adam Craig, Sophie Henry, Sara  
Lazrek, David Klein, Jack Cooper, Tyler Burns,  
Emma Stark, Andrew Macdonald, Melissa Gray,  
Emily Martin

# Children in Need

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Children in Need at Grange will look a bit different this year. There will be no event in the Assembly Hall, but instead, S6 will lead several smaller fundraisers over the next few months.

You'll hear more very soon from S6 but in the meantime...have a wee think about some costume ideas! On 13<sup>th</sup> November, there'll be prizes in loads of costume categories!

# The Survey You Did in PSE

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Could PSE include First Aid, self-defence and how to understand finances?

These are great ideas. Your thoughts have been passed to the Pastoral Support Team (who write and deliver PSE lessons).

Can we have access to the school wi-fi please?

East Ayrshire Council is trying to make this happen for you. The plan is to allow you to connect your own device to the school wi-fi – we'll keep you posted. (At the moment, not even the Head Teacher has the password!)

# The Survey You Did in PSE

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Can we have air-con in changing rooms?

The building was designed with ventilation in the changing rooms. We agree, it would be miles better to have air-conditioning too because the rooms become stuffy over the course of the day when they're heavily used. Unfortunately, we are not in a position to be able to install air-con.

Can we have mock interviews for seniors?

Fantastic suggestion. Passed to DHT responsible for DYW (Developing the Young Workforce) and to SDS (the school careers advisors from Skills Development Scotland).

# The Survey You Did in PSE

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Can we have a school counsellor?

The Scottish Government has provided each Local Authority with money to pay for school counsellors. You will be able to book appointments. You'll hear more about this in the coming months. In the meantime, as always, your Pastoral Support (Guidance) teacher is your counsellor, supported by your House Head. Remember, too, that you can approach any teacher you feel comfortable with to ask for a listening ear at interval or lunchtimes.



# The Survey You Did in PSE

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Can we have gym equipment such as running machines etc.?

We'd love to set this up and the possibility was investigated. Sadly for now, we simply don't have the space in PE or elsewhere on our very busy shared campus to give a room over to this. In addition, the cost of the machines (including ongoing maintenance) is simply beyond the school budget.

# The Survey You Did in PSE

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Could the library reopen at lunchtime?

Request granted! It has been closed at lunchtime and interval since August because we are trying to control where groups of pupils gather at social times (for Covid reasons). However, following your request, we will open for small groups – more details will follow in a future Monday bulletin.

# The Survey You Did in PSE

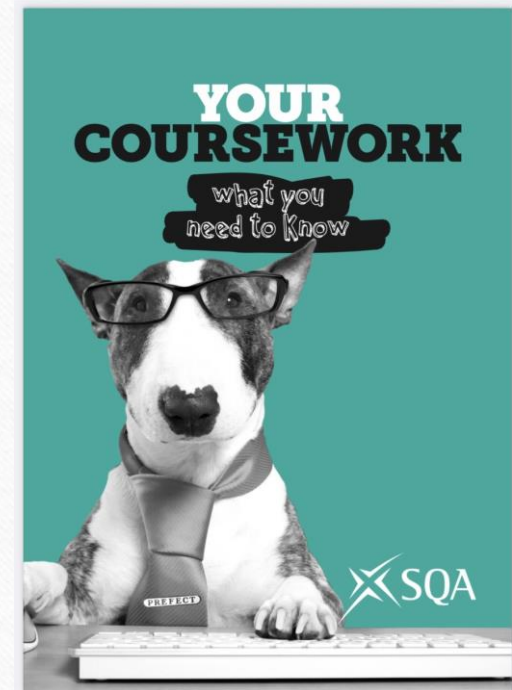
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Could courses slow down to include in-class study time?

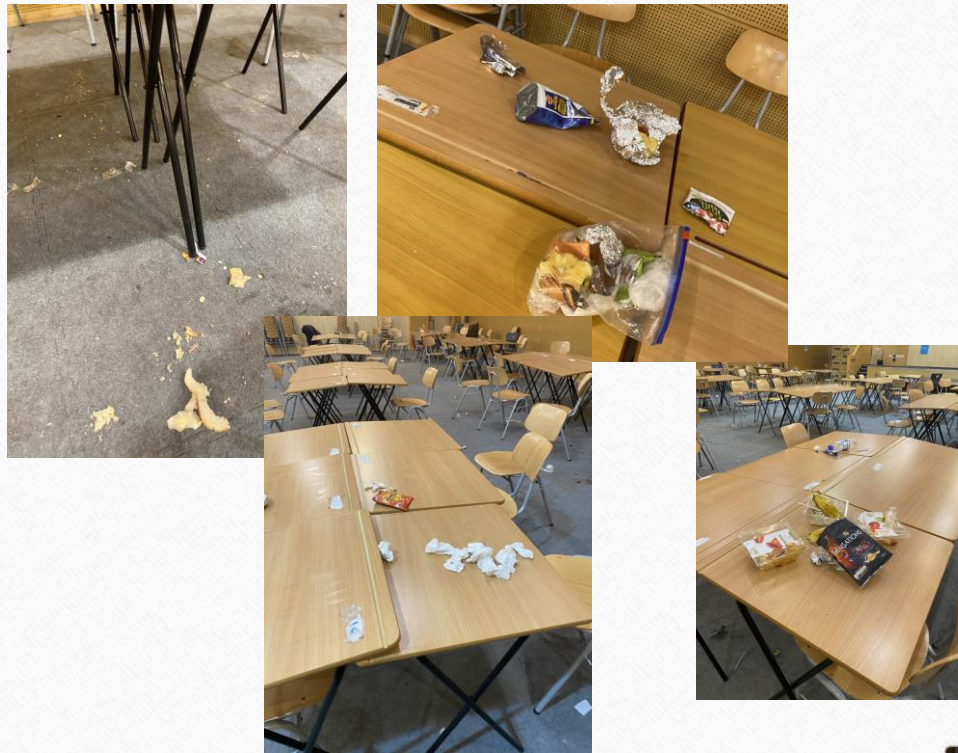
Yes, having time to pause and absorb new learning is a crucial step before moving onto the next new thing. (Remember our 4 steps! See school website for a reminder.) This request has been passed to all teachers so we can reflect on the pace of courses and whether we are building in enough in-class study time. Please note, though, that for some S4-6 courses, there is such a lot of exam content to cover that a significant proportion of your study time needs to be at home.

# Your SQA Coursework

If you are in S4-6, are you still keeping up with the SQA information being published on Teams? Make sure your notifications are switched on please. See Ms Cooper in the library if you need technical help. Last week, SQA published this booklet – it explains the rules you must follow when you are completing your coursework at all levels. If you have any questions, please ask on your year group's Teams group or see Miss MacKinnon in The Street at intervals or lunchtimes. Thanks.



# Deliberate Hygiene Breaches



Your parents and carers are sending you into school every day assuming that you are learning in a clean, healthy, safe environment. They know that cleaning routines are stepped up because of Covid. Imagine how shocked they'd be if they could see the result of your lunchtime littering and food fights. Stop this immediately. It's deeply concerning behaviour during a pandemic in which cleanliness is key.

# Face Coverings – S4, 5 and 6

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You may have seen on the news that the Scottish Government has updated their guidance on the use of face coverings in schools. As of today, S4, S5 and S6 pupils – as well as all adults in the school – must wear face coverings in all areas of the school, including classrooms, The Street and the Assembly Hall.



# P.E.

There have also been some Scottish Government changes to the rules about PE. Some of your lessons may now take place indoors, subject to particular safety conditions. Your PE teacher will keep you updated – please be sure to follow their instructions to the letter because there are still various Covid rules in place.



Have a Good Week, Grange.

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Work hard.

Be kind.