

Grange Academy Bulletin

1st February 2021

Cory



Cory McLean, 2H1, smashed his target of running 50 miles in January to raise a whopping £400 for Maggie's Centre cancer support charity. We are all very proud of you!

#responsibility #respect #resilience



Awesome job, Cory!

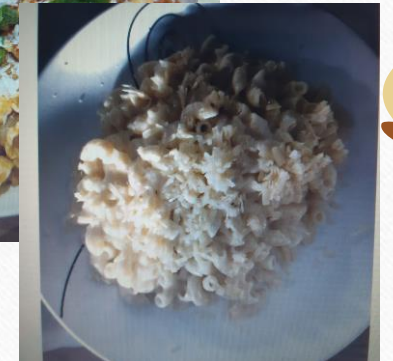
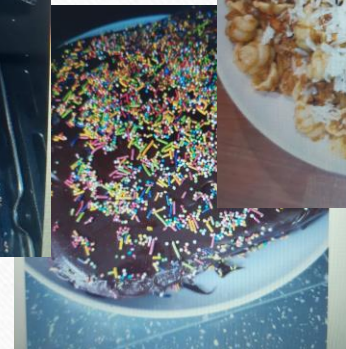
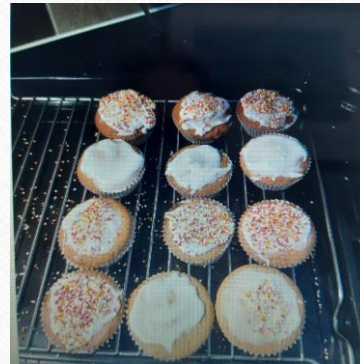
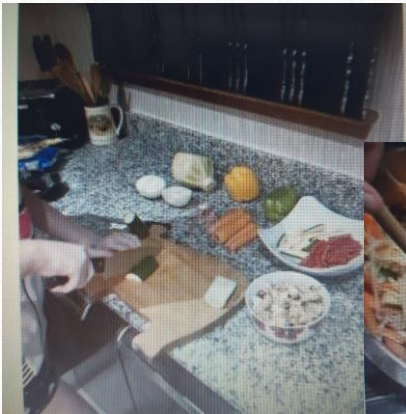
Your Maggie's Glasgow 50 Miles Challenge Progress

So far you have logged activity 12 times for a total of 50.1 Miles.

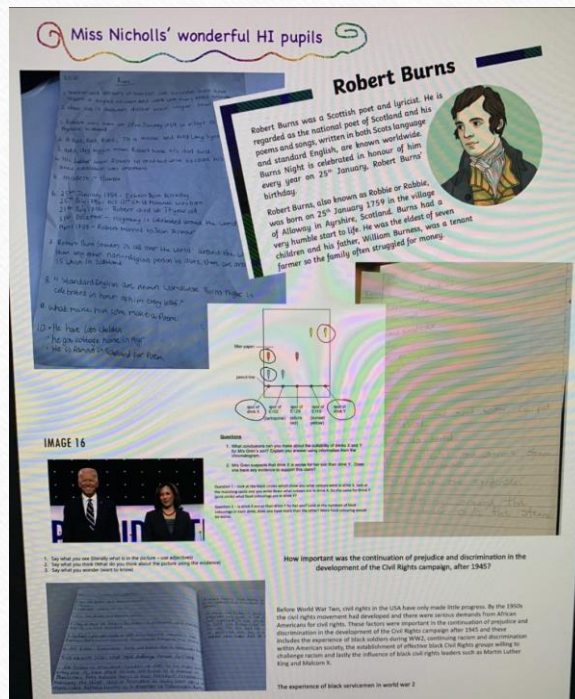
That means you have 0 Miles to go. You got this

National 5 Practical Cookery

Ms. McBride was delighted to see the delicious-looking results of her pupils' practical cookery practice last week. In addition to cooking, they have been tasked with setting the table, doing the dishes, making snacks for siblings and teas and coffees for their parents and carers. Well done, all!



Miss. Nicholls' Tutorials

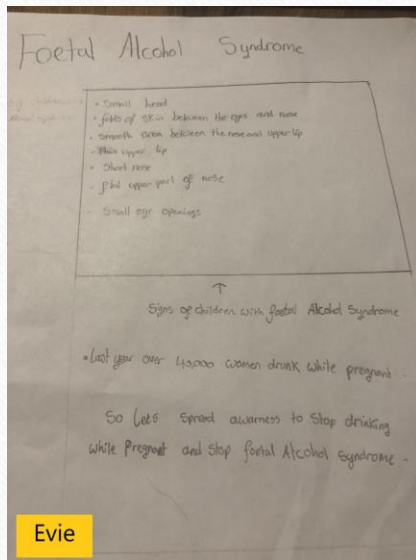


Miss. Nicolls has been very impressed by the range of work her hearing impaired pupils have been producing across the curriculum. Last week included: a Robbie Burns reading assessment, some research on the presidential inauguration, some Lab Skills chromatography and a Higher History essay on civil rights.

Feedback from the Pupil Council last week mentioned how helpful our HI pupils find their support time with our Teachers of the Deaf.

S1 Science

Mrs. Marshall's S1 scientists have been learning about substances that can cross the placenta. The task was to create a poster that could go in a doctors' waiting room.



Chickenpox
Are you protected?

Pregnant women can catch chickenpox from children who have the disease or adults if they do not have antibodies for it. The disease can cross the placenta and affect the fetus.

Symptoms of Chickenpox in Adults

- High temperature (fever), aches and headache
- Spots (**rash**) which develop into small **blisters** and are itchy. They can be anywhere on the body. Spots keep coming out for several days.

STAY AWAY FROM ANYONE WITH THESE SYMPTOMS

Effects on the Unborn Child

Before 28 weeks the fetus can develop Fetal Varicella Syndrome, which although rare, causes severe abnormalities of the skin, spinal cord and brain. This is often fatal.

Treatment

Chickenpox can only be treated with antivirals and treatment of the symptoms.

Prevention

Avoid contact with symptomatic people if pregnant.
Vaccination pre-pregnancy will also help if you have no antibodies.

Brodie

S1 English

We've all heard that you can't judge a book by its cover – but Mrs. Dunsmuir's English class has been doing exactly that.

In their class novel by Rick Riordan, Percy discovers he has awesome powers when he accidentally vaporises his Maths teacher. (Ooops.)



THE SCOTTISH
ATTAINMENT
CHALLENGE

These are all different covers for the same book. Study all the covers and make a note of the things that appear on more than one cover. Without reading any of the words inside, or even the blurb, the consistency of the artwork across all the different covers should help you get an idea of what the story is about. Using your notes, write a short paragraph that outlines what you think The Lightning Thief is about.



S2 English

Mrs. Worrell's S2 English class were asked to recreate a scene from their class text, *The Woman in Black* by Susan Hill. They were given various options on how they might do this. Some used Lego to build a scene and others either drew pictures or created a comic strip.

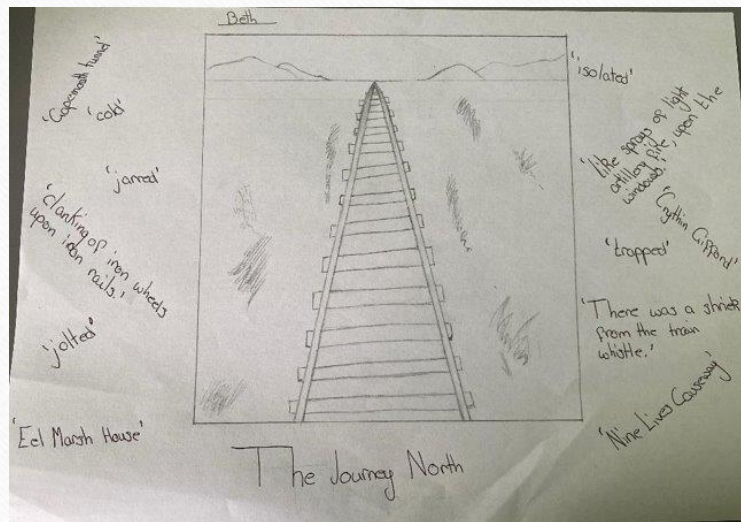


Caiden

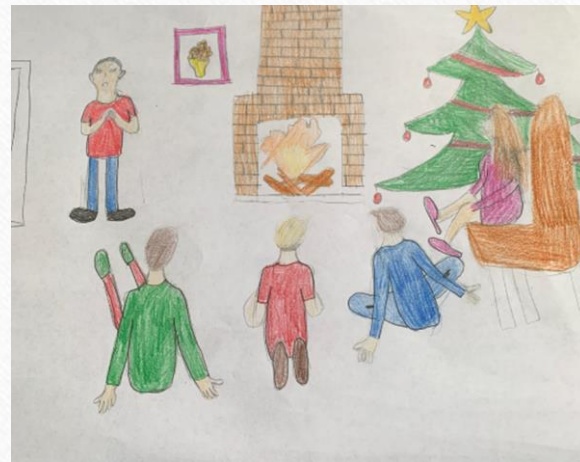


Calum

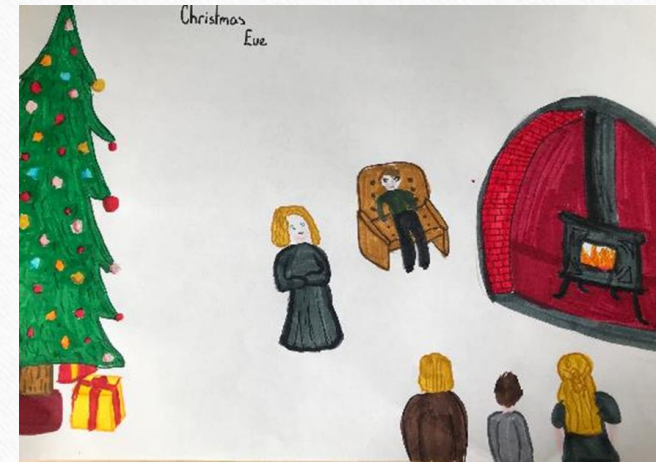
S2 English



“The endless track serves as a metaphor for the endless turmoil Arthur is yet to face.” *Beth*

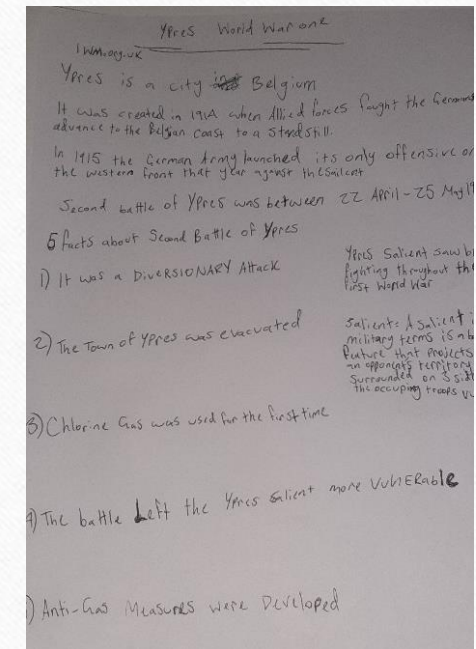
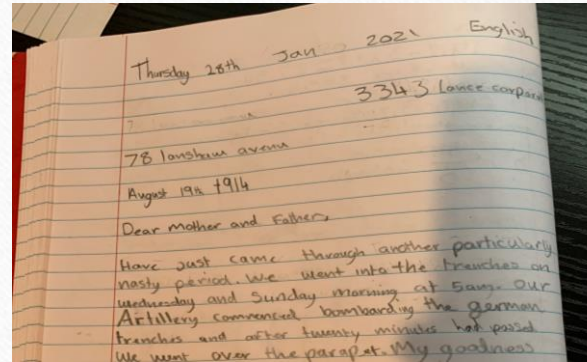


“It was a family tradition to tell ghost stories around the fireplace on Christmas Eve. Arthur Kipps reflects on his own true story and leaves the room abruptly.” *Kate and Zara*



S2 English

In the context of World War One, Mr. Barry's S2 English class has been researching some aspects of the conflict before imagining they were a frontline soldier sending a letter home from the trenches.



National 5 and Higher English



Gavin Oattes @gavinoattes · 12m
WOW!! 11,000 of you tuned in to my FIRE-UP sessions on @eSgoil's #LockdownLIVE this week and the feedback has been mind-blowing! 🤯🔥

If you missed out, catch-up here 🖱️
e-sgoil.com/lockdown-live/

And if you want more like that for use EVERY DAY, check out @Tree_Of #TREEHOUSE!



Mrs. Grant's senior English classes were encouraged to tune in to a live 'Fire-Up' session by Gavin Oattes last week. The 30 minute session focused on inspiration and advice about how to stay motivated to learn.

You can see this, and loads more, here: <http://e-sgoil.com/lockdown-live/>

Stomp to Stamford Bridge Challenge

Well done once again to everyone who is giving their best in the Grange 'Stomp to Stamford Bridge' challenge. Everything you are doing is being counted by your PE teacher and added to your individual and class tally. Most importantly, it's helping to keep you healthy and active! Here are some of the Week 2 achievements:

- Mr. Baird's NPA class with 93.72 miles
- Mr. Livingstone's 1G1 class with 39 miles
- Miss. Crossland's 3I class with 38.6 miles
- Mrs. Linton's 3E class with 64 miles
- Mr. Adams' S3 boys class with 96 miles
- Mr. Allan's Higher class with 112.5 miles
- Mr. Allan's NPA class with 141.8 miles

Stomp to Stamford Bridge Challenge

Special mention to the following pupils for their amazing individual achievements this week:

Lewis Allan, Lucas McDonald, Matthew Penrose, Sophie Torrance, Jack Pryce, Anna Lambert, Lois McCreadie, Sami Duran, Olivia Nelson, Freddy Cogswell, Cielo Matta, Bryce McCallum , Max Hill, Cameron McGarey , Rebecca Dunsmuir, Ellie McHoul, Ewan McKinlay , Ethan MacIsaac , Aiden McFadzean, Conor Watson, Jennifer Fergus, Maya McFarlane, Emma Hunter, Robyn Young, Aiden McQuisten, Sam McKellar.

Well done everyone! Remember: physical activity helps to keep your mind and spirit healthy – not just your body!

Languages Week Scotland

This is Languages Week Scotland 2021! This year's theme is *Celebrating Scotland's Languages Landscape* and the aim is celebrate multilingualism and the importance of learning different languages.

Follow the hashtag #scotlandloveslanguages or the dedicated Twitter account @LangsWeekScot to find out what is happening. Watch out for the Daily Challenges set by The Deputy First Minister and join in!

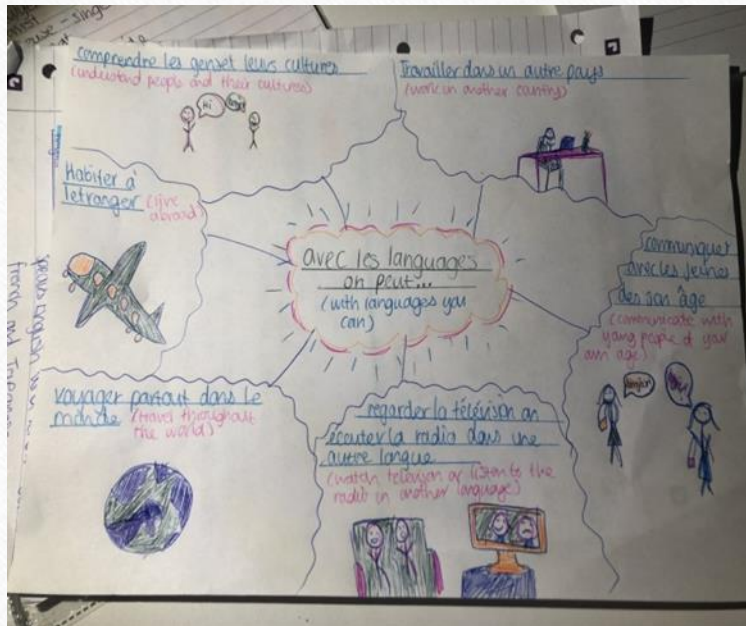
The Modern Languages Department here at Grange will be playing their part too.

Languages Week Scotland

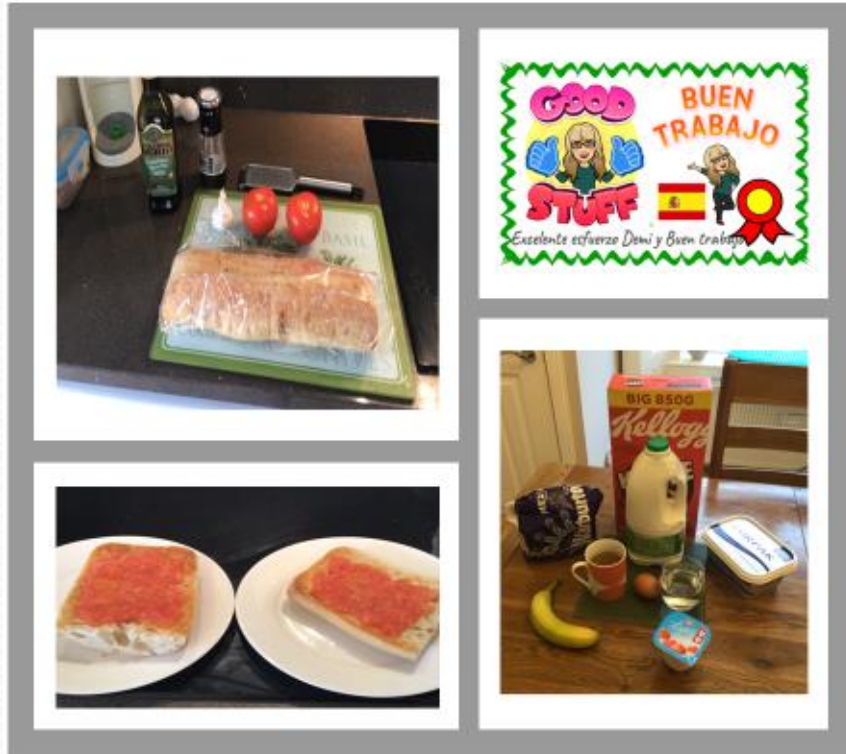


Languages Week Scotland

S3 linguists have been creating posters advertising languages. Here are two examples from Emily Dippie and David Gear.



Languages Week Scotland



S2 Spanish classes have been learning how to talk about breakfast food. They've completed a breakfast treasure hunt and have been learning how to make “pan con tomate y aceite”, a typical Spanish breakfast dish.

Well done to our “Star Baker” Demi!

Grange Academy Linguists have been putting extra effort into their language learning recently by using Duolingo to brush up on their vocabulary!

Plus a shoutout for our Senior linguists!



- Hannah M (French)
- Grace M (Spanish)
- Shann C (Spanish)
- Summer G (Mandarin)
- Hannah J (Spanish)

S1 Leaderboard Update:

	French	Spanish	Mandarin
1 st	Mateusz S 1308 xp	Jamie B 10404 xp	Ricardo C 103 xp
2 nd	Mille N 1184 xp	Ethan C 2365 xp	Cameron M 76 xp
3 rd	Leon B 977 xp	Andrew S 879 xp	Lauren S 56 xp

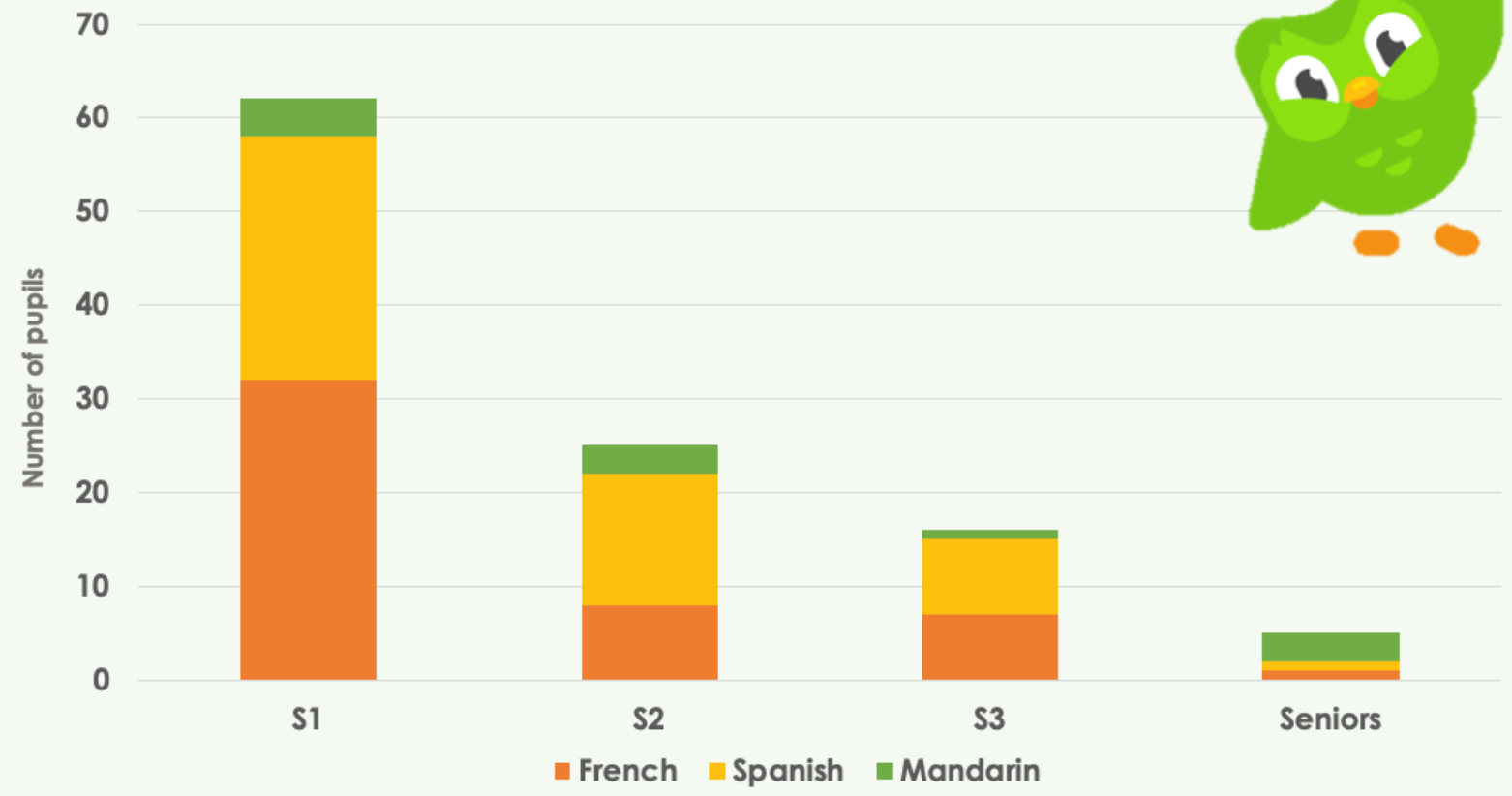
S2 Leaderboard Update:

	French	Spanish	Mandarin
1 st	Kate R 1534 xp	Roxanna R 876 xp	-- 0 xp
2 nd	Blaire H 68 xp	Olivia D 490 xp	-- 0 xp
3 rd	Martin B 67 xp	Kayden P 212 xp	-- 0 xp

S3 Leaderboard Update:

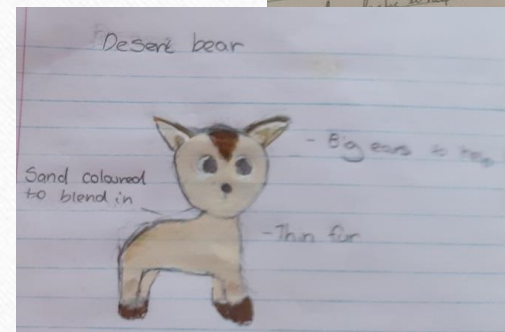
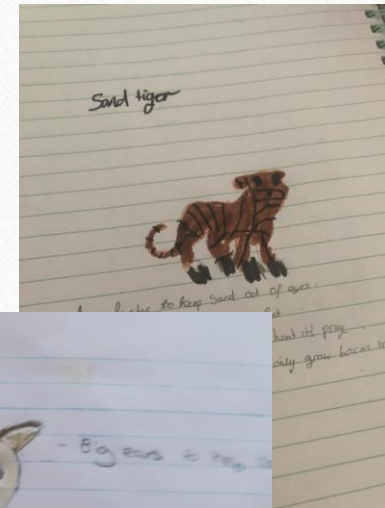
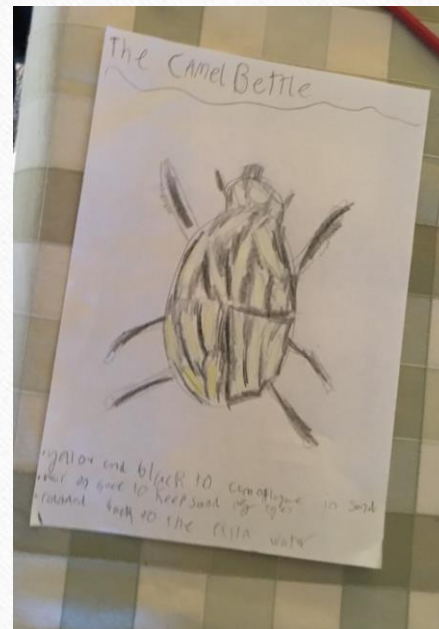
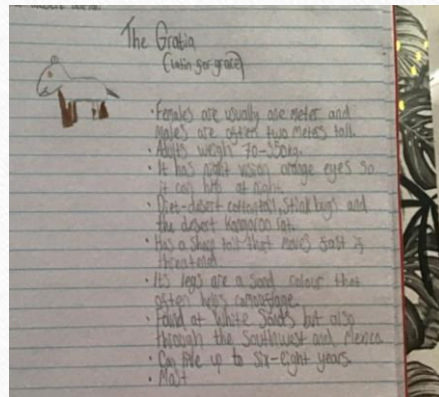
	French	Spanish	Mandarin
1 st	Charlie P 511 xp	Cielo M 1437 xp	Katie D 57 xp
2 nd	= Cielo M = Daniel W 415 xp	Charlie B 509 xp	-- 0 xp
3 rd	Sophie T 283 xp	Charlie P 394 xp	-- 0 xp

The Grange Academy Duolingo Challenge



S1 Geography

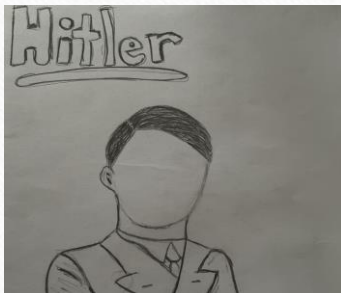
Ms. Bonnar's S1 geographers have been studying deserts and designing their own animals with adaptations to allow them to survive in desert conditions.



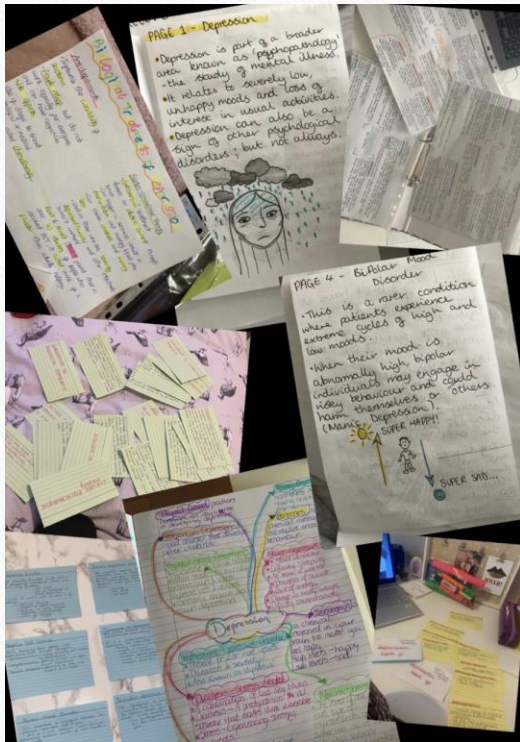
S2 History

Miss Mora's S2 historians have been studying propaganda - trying to understand how the Nazis were able to manipulate and brainwash the German public into supporting them.

A special mention must go to Raymond Jeffries who sent in a "radio broadcast" and said the whole thing in German! Amazing!



Higher Psychology



Miss Barrie's Higher Psychology classes have been thinking about different revision techniques and making study notes for their Depression topic.

4 Tips for Learning at Home

TIP 1

Make and use a schedule. Follow your school timetable as far as possible. We also recommend regular times for bedtime, getting up, screen breaks and exercise. Remember to include something you enjoy every day. Doing something kind for someone else is also great, as it's scientifically proven to lift your mood.

4 Tips for Learning at Home

TIP 2

Set up your workspace. Agree with your parents and carers a specific place to work that is as comfortable and free of distraction as possible.

If you have a busy house, headphones can be useful to minimise external noise – but don't use them to listen to music when you need to concentrate. Research has shown you can't multitask. Unless you're using it for work, put your phone away. Organise the materials you need for remote learning such as a laptop or tablet, pens, paper, and spectacles or overlays if you need these. Contact us via the School App if you need help getting materials.

4 Tips for Learning at Home

TIP 3

Turn up!

Ensure you can access Satchel One (Show My Homework) to keep track of daily classwork, deadlines and any important assignments. Check you can log into Glow. If there is a problem, contact your Guidance Teacher via our School App Information Tab.

Try to follow your timetable, attend any live lessons and keep in touch with your teacher by submitting work and asking questions.

Feel good that you're developing independent learning skills. These will benefit you in now and in the future.

4 Tips for Learning at Home

TIP 4

Be forgiving!

You may normally enjoy school and be on top of coursework but it is more difficult without the face-to-face support of teachers and daily routine of school attendance. Don't be too worried if you sometimes feel less motivated than usual. Not engaging with school isn't an option, but be forgiving of yourself - and your parents and carers. Remind yourself of all the things you are getting right and all the things you are grateful for. Talk to your pals, your carers and your family about how you are feeling, or message your teacher: a problem shared is a problem halved. Many young people are using mindfulness to help them with their wellbeing.



Have a good week, Grange.

Work hard.

Be kind.

Stay safe.