

GRANGE ACADEMY WEEKLY BULLETIN

21st JUNE 2021



**CAN YOU
FIGURE OUT
THE FOUR
TEACHERS
REPRESENTED
BY THESE
EMOJIS?**

***ANSWERS
AT THE END
OF THE
BULLETIN***

A big thank you to our 2020-21 Student Leadership Team of Captains and Prefects. During the most challenging of years their optimism, goodwill, ingenuity and resilience shone through... you're a class act!



This year's achievements included:

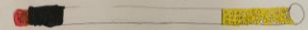
- a hilarious virtual Children in Need**
- touching video messages to our community care homes at Christmas**
- buddying (care and support) of younger pupils**
- research-backed study advice for peers**

All the best to our leavers on their next exciting chapter!

RESPECT RESILIENCE RESPONSIBILITY

Miss Baird's lovely S2 class have been looking into the effects of smoking and created a few brilliant posters.

CIGARETTES CAN KILL



Chemicals in cigarettes

- nicotine
- hydrogen cyanide
- formaldehyde
- lead
- Arsenic
- Ammonia
- Benzene
- Potassium-210
- Carbon monoxide


AVERAGE LIFE span

64

Smoking male

Diseases you get from Smoking

- Lung cancer
- COPD (It's bad)
- Heart disease
- stroke
- Asthma
- Diabetes
- Blindness
- Colon, Cervix, Liver, Stomach, pancreatic cancer



What chemicals are in Cigarettes?

- arsenic
- acetic acid
- hexamine
- butane
- carbon monoxide
- Stearic acid
- nicotine
- ammonia
- methanol
- benzene
- toluene
- acetone
- cadmium

What happens to you lungs when you start to smoke?

Smoking destroys the tiny air sacs, or alveoli, in the lungs that allow oxygen exchange. When you smoke, you are damaging some of those air sacs. Alveoli don't grow back, so when destroyed, they are permanently destroyed. Part of your lungs when enough alveoli are destroyed, the disease emphysema develops.

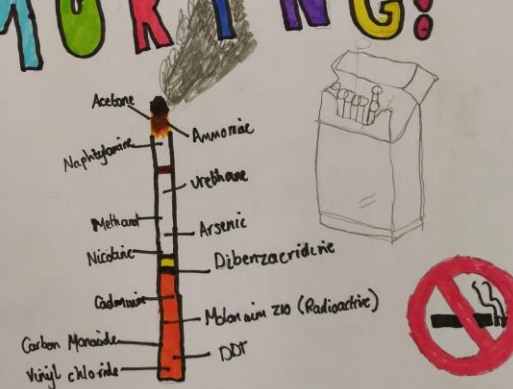
How to Quit Smoking?

1. Think positive
2. Make a plan to quit smoking
3. Consider your diet
4. change your drink
5. identify when you crave cigarettes
6. Get Some Stop Smoking Support
7. Get moving
8. Make non-smoking friends


STOP



STOP SMOKING!

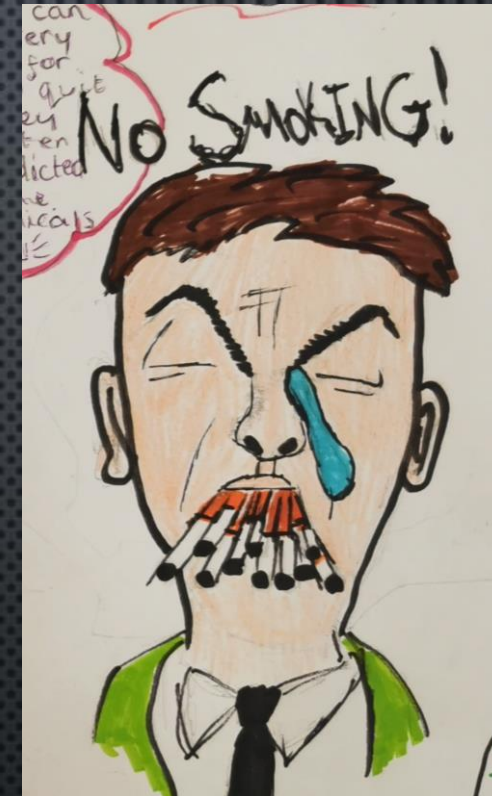
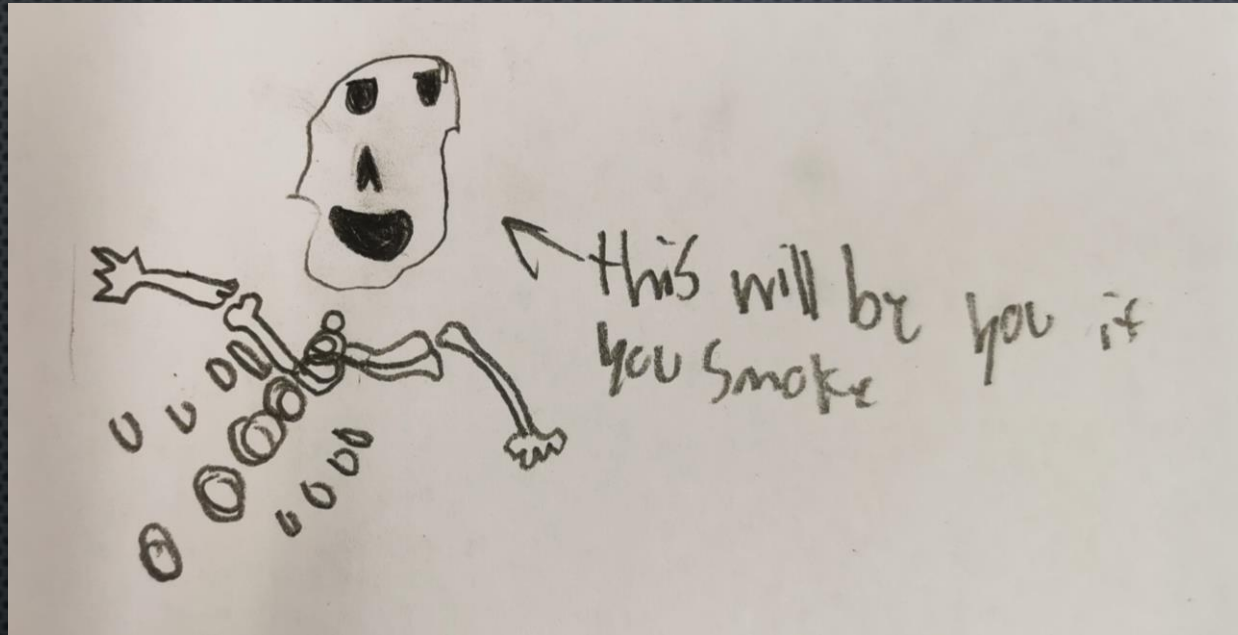


DO NOT SMOKE



Smoking also affects your relationships with family and friends, because they will avoid you.

Two of Mr Smith's favourite bits from those posters!



The final week for us to collect stuff to donate to the local Foodbank.

If you're able to chip in a tin or packet of pasta or some biscuits or jam or something like this, it would be amazing.

Please pass these items onto our home link worker Mrs White (let's see if we can top the 25 carrier bags donated at Easter!)



Memory test.

How many of the previous bulletin signs can you remember?

**How do you sign
“hello”?**

**How do you sign
“sorry”?**

**How do you sign
“how are you”?**

**How do you sign
“thank you”?**

**How do you sign
“goal”?**

**How do you sign
“can I help you”?**

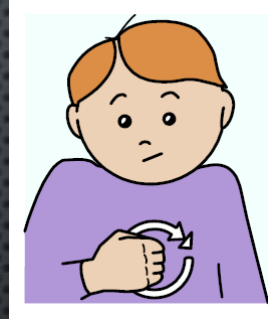
Memory test.

How many of the previous bulletin signs can you remember?

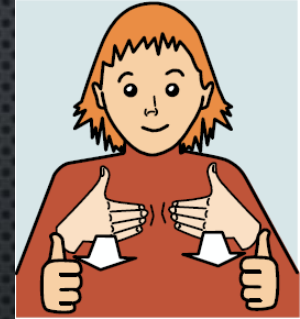
“hello”



“sorry”



“how are you?”



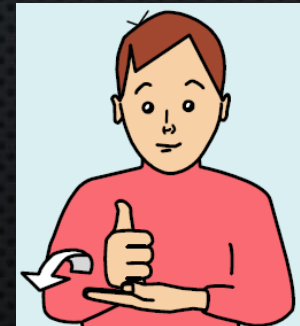
“thank you”



“goal”



“can I help you?”



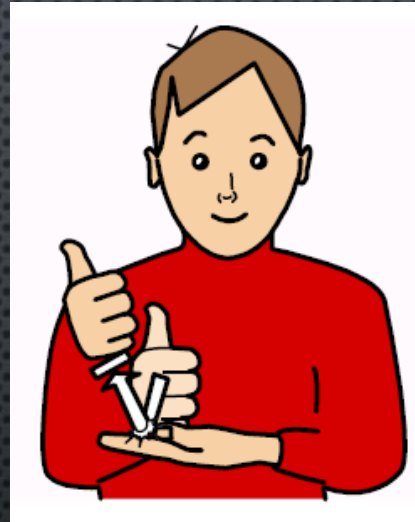
**And here's this week's new signs for us to learn together
(thanks for the suggestion, Antonia!):**

“Have”



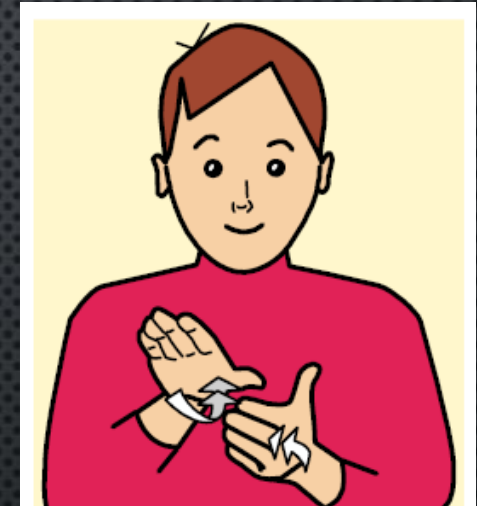
**Hold your hand with
the palm facing up.
Close it into a fist as
you bring it down.**

“Fantastic”



**Hold one hand with
the palm facing up.
With the other
giving the thumbs
up, bounce it up
and off the palm.**

“Holiday”



**With your hands at
right angles to each
other, clap your
palms together
twice.**



Last Monday was hard.

We were all buzzing for Scotland's first big game at a tournament for years and it was amazing watching it in school...but then we were left deflated after the Czech team beat us (scoring THAT goal in the process).

Time for us to show a bit of resilience, eh?

RESILIENCE



Up stepped our former pupil, Billy Gilmour, in the next game.

Billy was fantastic and picked up the Man of the Match award in his first start as our Scotland team earned a draw against England (none of the pundits were predicting that)!

EXCELLENCE AMBITION



There was lots of footage of Scottish fans smiling, partying, singing and boogying but, in case you missed it, here's a couple of photos of true heroes choosing to pick up litter near Leicester Square in London.

RESPECT RESPONSIBILITY



ADAM GRAY MEMORIAL AWARD

Glasgow South Winner
Jamie Houston
Grange Academy



**Massive congratulations to our own Mr Houston who scooped this prize at the Scottish Rugby Community Awards Ceremony!
Amazing stuff from the Rugby/Maths legend!**

EXCELLENCE

Did you get
them all?



MR MCCLUNG (ENGLISH)



**MR MCCLUNG
(ENGLISH)**



**MISS CROSSLAND
(PE)**



**MR MCCLUNG
(ENGLISH)**



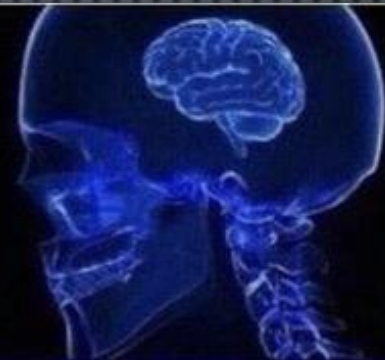
**MISS CROSSLAND
(PE)**



**MRS STRANGE
(MATHS)**



**MR MCCLUNG
(ENGLISH)**



**MISS CROSSLAND
(PE)**



**MRS STRANGE
(MATHS)**



**DR TELFER
(SCIENCE)**



Have a fantastic holiday.



Take care, use the summer to take a breather after a tough year and we look forward to seeing you in August!

Have a great week, Grange!

Work hard.

Be kind.