

# Grange Academy Weekly Bulletin

28<sup>th</sup> August 2023



# Weekly Puzzle

Let's get our brains warmed up with a quick riddle. Can you solve it?

What well-known phrase is represented by the graphic below?



# School App

If you have not done so already, make sure you download the Safer Schools Scotland app – available for free from the Apple Store or Play Store.

Once you have downloaded the app, use the code below which applies to you:



S1 & S2 – 4749  
S3 & S4 – 6971  
S5 & S6 – 1075  
Parents/Carers – 0632



This is our main platform of communication so download the app ASAP to ensure you don't miss any school updates.

# School Photographs

Tempest will be in to do school photographs on **Wednesday 30<sup>th</sup>** and **Thursday 31<sup>st</sup> August**.

Photos will be taken in the **assembly hall**.

In order for the event to run smoothly, can you please ensure the following:

- You are appropriately dressed (eg; have your school uniform and ties with you that day).
- Bring your jackets and bags in case time runs over into the next lesson.
- If you miss or forget your time slot, there will be time during P7 on Wednesday and P6/7 on Thursday to get your photo taken then.
- Please note that family photos will take place at a later date. Information will be sent out regarding this later.
- If you think you won't remember your time slot, take a photo of the following slides.

# School Photographs

## Wednesday 30<sup>th</sup> August

### S4:

P1a (0845 – 0910): 4B1/4B2

P1b (0910 – 0935): 4D1/4D2

P2a (0935 – 1000): 4G1/4G2

P2b (1000 – 1025): 4H1/4H2

### S5:

P3a (1025 – 1050): 5B1/5B2

P3b (1050 – 1115): 5D1/5D2

P4a (1130 – 1155): 5G1/5G2

P4b (1155 – 1220): 5H1/5H2

### S3:

P5a (1220 – 1245): 3B1/3B2

P5b (1245 – 1310): 3D1/3D2

P6a (1355 – 1420): 3G1/3G2

P6b (1420 – 1445): 3H1/3H2

### Day 1 Leftover/Missed Appointments:

P7 (1445 – 1535)



# School Photographs

## Thursday 31<sup>st</sup> August

### S1:

P1a (0845 – 0910): 1B1/1B2

P1b (0910 – 0935): 1D1/1D2

P2a (0935 – 1000): 1G1/1G2

P2b (1000 – 1025): 1H1/1H2

### S6:

P3 (1025 – 1115): ALL S6 PUPILS

### S2:

P4a (1130 – 1155): 2B1/2B2

P4b (1155 – 1220): 2D1/2D2

P5a (1220 – 1245): 2G1/2G2

P5b (1245 – 1310): 2H1/2H2

### Day 2 Leftover/Missed Appointments:

P6 (1355 – 1455)

P7 (1445 – 1535)

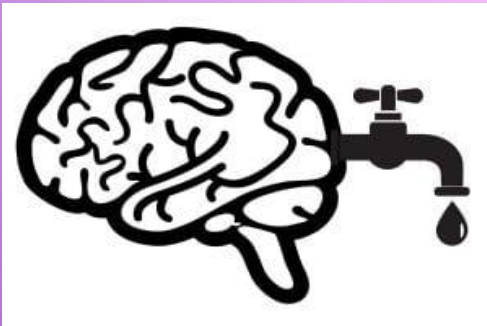
# Why do we need phones off and out of sight?

Many young people believe they are able to multi-task (i.e. use a mobile phone whilst also paying attention in class).

**However, multi-tasking is a myth.**

**Looking at a phone in class is a drain on a human being's limited attention span.**

**You learn less effectively and the chances of retaining information in your long-term memory is greatly reduced.**



**Turn it off**  
so you are not distracted by notifications.

**Out of sight, out of mind**  
Put your phone somewhere you cannot see it.

OR

**Leave electronic devices at home**  
so you cannot be distracted.

Unless it's part of the lesson, and your teacher has explicitly asked you to use it, your phone should be off and out of sight.

# Why do we need phones off and out of sight?

## 6 Reasons to Put Your Phone Away

by @Inner\_Drive  
www.innerdrive.co.uk

- Lowers Concentration**  
Having your phone out while doing homework or revision has been shown to reduce performance by 20%.
- Increases FOMO**  
Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.
- Increases Stress and Anxiety**  
Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.
- Warps Your View of Reality**  
Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.
- Reduces Memory**  
Instant messages are distracting, which often leads to forgetfulness.
- Makes You Sleep Worse**  
Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

RESPECT

RESILIENCE

RESPONSIBILITY

EXCELLENCE

AMBITION



# Why do we need phones off and out of sight?

## Want more information?

- ▶ **The Myth of Multi-Tasking:** <https://youtu.be/tMiyzuO1qMs>
- ▶ **Distracted by your phone—the research**
- ▶ **University of Texas research study 2017:**  
<https://news.utexas.edu/2017/06/26/the-mere-presence-of-your-smartphone-reduces-brain-power/>
- ▶ **UNESCO reports:**  
“Even just having a mobile phone nearby with notifications coming through is enough to result in students losing their attention from the task at hand. One study found that it can take students up to 20 minutes to refocus on what they were learning once distracted.”  
<https://www.unesco.org/en/articles/smartphones-school-only-when-they-clearly-support-learning>

# Aidan Wyllie



Last week, Aidan (3G1) competed in the North East Open Karate championship in Durham, where he was narrowly beaten in the final and received a well-earned **silver medal**.

Also, during the school holidays he won **gold** in the Cumbria Open in Penrith!

He is now training hard for the Scottish Grand Prix next month and the Irish International in October with kid Senjokai/JKS Scotland karate club.

Aidan was also awarded the Talented Athlete Award by East Ayrshire Council.

Congratulations on these fantastic achievements, Aidan – we can't wait to hear about your future accomplishments!

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TAKE A BOW

# CLASSES

2023 - 2024

## MUSICAL THEATRE

## DANCE

MONDAY 5.30PM - 6.30PM : P1-3 MUSICAL THEATRE

MONDAY 6.30PM - 7.30PM: P4-7 MUSICAL THEATRE

MONDAY 7.30PM - 8.30PM: SENIOR MUSICAL THEATRE

TUESDAY 5.30PM - 6.15PM: PRE 5 MUSICAL THEATRE

TUESDAY 5.30PM - 6.30PM: P1-7 MUSICAL THEATRE

WEDNESDAY: 5-5.30PM: PRE 5 DANCE

WEDNESDAY 5.30PM - 6.30PM: P1-3 DANCE

WEDNESDAY 6.30PM - 7.30PM: P4-6 DANCE

WEDNESDAY 6.30PM - 7.30PM: P7+ THEATRICAL DANCE

WEDNESDAY 7.30PM - 8.30PM: P7+ COMMERCIAL DANCE

WEDNESDAY 8.30PM - 9.30PM: P7+ LYRICAL DANCE

## ACTING VOCAL

MONDAY 6.30PM - 7.30PM: P1-3 ACTING SKILLS

WEDNESDAY 5.30PM - 6.30PM: P4-7 ACTING SKILLS

MONDAY 5.30-6.30PM : VOCAL STARS

## CONFIDENCE BUILDING

TUESDAY 6.30PM - 7.30PM: FAME



[TAKEABOWDEVELOPMENTTRUST.CLASSFORKIDS.IO/](https://takeabowdevelopmenttrust.classforkids.io/)

## Take a Bow Classes

Take A Bow Opportunity Centre in New Farm Loch have an exciting **sponsored scholarship opportunity** for a few pupils who have an interest in musical theatre or dance, but who may not have the opportunity to access such classes.

They have a range of classes running every Monday, Tuesday and Wednesday evening. Pupils would be working towards a staged production in November or December 2023.

If you are interested in getting involved, speak to Mr Ramsay in Music for more info.

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# Opportunity for S5 and S6 pupils!

Morgan Stanley are offering successful students the opportunity to spend a week at their offices in Glasgow from the 16<sup>th</sup> to the 20<sup>th</sup> of October (during October break).

Morgan Stanley is a multi-national financial services organisation that operates in many different areas. The week with them would focus on their Technology Division.

If you are interested, follow the link below to apply. Entrants must be aged 16 or older, and on track to achieve 4 Highers at a B grade or above.



**SEE WHO WE ARE  
AT MORGAN STANLEY.**

EXPLORE THE OPPORTUNITIES.

WE ARE  
Morgan Stanley

<https://morganstanley.tal.net/vx/mobile-0/brand-2/candidate/so/pm/1/pl/2/opp/16262-2023-Morgan-Stanley-High-School-Insight-Week-Technology-Division-Glasgow/en-GB>



# S1 School of Football Trials

**Trials for the new S1 School of Football group will take place this week.**

Trial 1 will take place this Wednesday, 30<sup>th</sup> August – periods 6 & 7

Those successful at trial 1 will then move forward to the final trial which will take place after school on Friday 1<sup>st</sup> September.

To take part in the trial you must sign up. Pupils can collect a form from the main school office and hand it back in at the same point.

Forms must be handed back to the office by Wednesday interval at the latest.



# Police Scotland Youth Volunteers

Police Scotland Youth Volunteers are recruiting young people aged 13 – 16.

In the past, groups have volunteered at numerous local fairs and fetes across the country. They have also attended and assisted Police Scotland at many high profile events including:

- The Wickerman Festival
  - T in the Park
  - The Open Golf
- The Royal Edinburgh Military Tattoo
  - The Scottish Airshow



Scan here to view a YouTube video about PSYV



The range of duties completed is great. It offers Police Scotland a chance to engage with Scotland's young people.

**If anyone is interested in finding out more or joining PSYV please speak to PC McPike and your details will be forwarded on.**

**An information evening will then be arranged. This is the opportunity for young people to come along and find out what PSYV is all about.**

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# Last Year's Paris Trips



**Calling all S3 pupils who went on the Paris trips last year!**

If you went on Paris Trip 1, please come to the PE department at the start of lunchtime on Tuesday 29th August (tomorrow).

We are having a wee treat (pizza and juice) with a slideshow to show some memories of the trip, and it would be great if every pupil could make it!

Paris Trip 2 will meet the following week on Tuesday 5th September.



# Radio Opportunity



There is an opportunity for interested pupils (aged 16) to be trained in how to use professional radio broadcasting setup. You would then contribute to hospital radio in a slot at Crosshouse on Sundays between 1pm and 3pm!

Speak to Mr Ramsay if you would like to pursue this.

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**EXCELLENCE**

**AMBITION**



# Grange Academy Young Musician Competitions

## Advanced Notice for Instrumentalists and Vocalists

These competitions will take place on Thursday 2<sup>nd</sup> November.  
The level of piece you perform will determine what competition you will take part in.

Junior competitors will perform either at a lunchtime event or after school on  
Thursday 2<sup>nd</sup> November.

Senior performers will participate in an evening competition (19:00).  
If you are unsure which competition to enter, speak to your music teacher.  
**All participants must give their names to Mr Ramsay by completing the MS Form.**

The instrumental and vocal winners of the senior event will represent Grange Academy at the Kilmarnock & District round of the Rotary Club Young Musician competition.

The overall winner will represent Grange Academy at the East Ayrshire round of the Music Education Partnership Group competition.



Scan here to  
sign up, or  
speak to Mr  
Ramsay for  
more details.

# Handball Course

This course is open to Grange pupils aged 16+  
There are only 10 spaces left available.  
(All Active Schools Leadership Academy pupils have  
automatic entry onto the course)

The course will begin on Friday 1<sup>st</sup> September at 1.30pm in  
the PE department.

If you're interested, please scan the QR code to  
complete the form:



# Grange Clubs

Art &  
Design  
Club

Sign  
Language  
Club

Lego  
Robotics  
Club

Lots of extra-curricular clubs are starting within the school over the next few weeks. (So many, in fact, that there isn't enough space to list them all in the bulletin!)

Movie Clubs  
- More than  
one!

Circus  
Skills Club

If you would like to see what clubs are on offer, **check the school app** (in the news section) for a full list of what's on offer.

Podcasting  
Club

Come along and get involved in as many clubs as you like – we would love to see you there!

Science  
Club

Table-Top  
Games  
Club

Pipe  
Band

Junior &  
Senior  
Choirs

Football,  
Handball,  
Volleyball,  
Badminton...  
So many sports!

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# Music and Vocal Groups

Please see below for details on some of the clubs you can get involved in with the Music/Drama departments:

## **Vocal Group/Music Theatre**

**Tuesday &/or Thursday 15:35 - 16:35**

Enjoy singing? Come along to the Performing Arts Faculty on a Tuesday and/or Thursday after school where we will be preparing for many exciting opportunities to perform including concerts/shows and more.  
All year groups welcome.

## **Junior Choir**

Tuesday lunchtimes in F042

## **Grange Academy Concert Band**

Do you play a brass or woodwind instrument?

Come along to the band which will rehearse in the Assembly Hall every Wednesday morning at 08:00



## MONDAY

LUNCHTIME VOLLEYBALL S1-S6  
3.40-4.40 AFTERSCHOOL NETBALL S1-S2  
4.30-5.30 AFTERSCHOOL NETBALL S3-S6  
AFTERSCHOOL RUGBY S2-S6 BOYS



## TUESDAY

AFTERSCHOOL BADMINTON S1-S6  
AFTERSCHOOL RUGBY S1 BOYS + S1-S6 GIRLS



## WEDNESDAY

FOOTBALL TEAM MATCHES



# PE Extra-Curricular Timetable

Here's a reminder of the various clubs and activities you can get involved in within the PE department.

There are also additional classes in the pipeline:

- Anyone interested in Girls Football should give their name to Mrs Linton
- Dance, Boxing, and Learn to Swim are in progress

Keep an eye on the PE noticeboards for updates about these classes!

# Drama Club



This club takes place every Thursday lunchtime - please come along with your lunch.

The drama club will be led by pupils Harry Hunter and Lyvia Kelly, as well as drama teacher Miss McConachie.

**RESPECT**

**RESILIENCE**

**RESPONSIBILITY**

**EXCELLENCE**

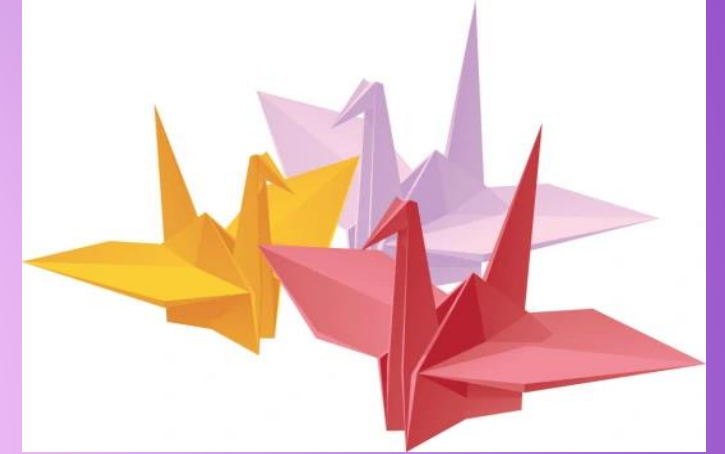
**AMBITION**



# Chinese Lunch Club



Welcome to Chinese Lunch Club to play Mahjong, Chinese chess, origami, try Chinese tea and watch some videos about Chinese food and culture.



Wednesday 1:15 - 1:50  
@G158 - Mrs Jiang



# Weekly puzzle

Did you get it right?

**Ban ana**

**Banana Split**



# BSL Sign of the Week

## Photograph



Hold your pointer fingers and thumbs up near your eyes, like you're holding a camera.  
Move your right pointer up and down as if pressing a button to take a photo.



Have a great week, Grange.

Work hard.

Be kind.

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