



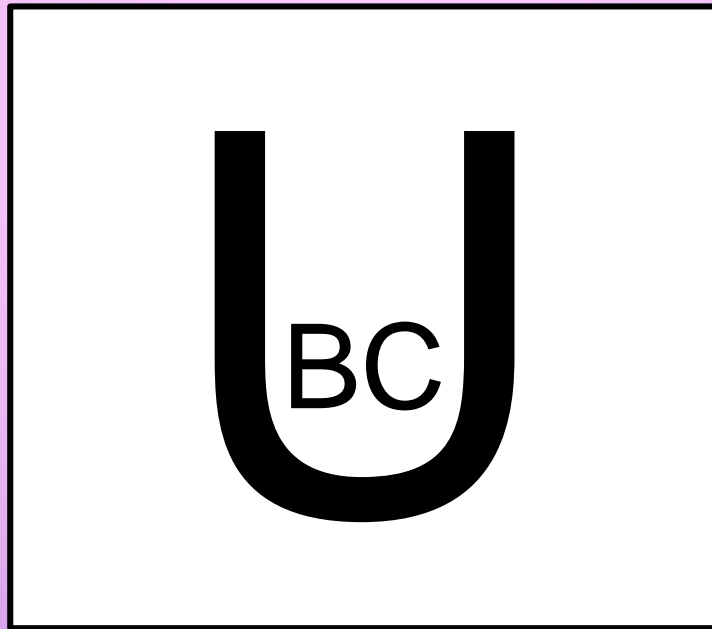
Grange Academy Weekly Bulletin

11th March 2024

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?



RESPECT

RESILIENCE

RESPONSIBILITY

EXCELLENCE

AMBITION

NEXT HOUSE CAPTAIN MEETINGS

IN THE LIBRARY AT THE START OF LUNCH



~~Tuesday 20th February 2024~~



~~Tuesday 27th February 2024~~



~~Tuesday 5th March 2024~~



Tuesday 12th March 2024



Please bring your lunch along

S5 Gold Duke of Edinburgh



All S5 pupils who have signed up for (or are interested in) the Gold Duke of Edinburgh award should attend a short meeting today at 1.30pm in the PE games hall.

Thank you

REMINDER FOR TODAY
ALL HOUSE CAPTAINS & PREFECTS
S1-S6
SHOULD ATTEND THE
PUPIL IMPROVEMENT PLAN
MEETING @ LUNCHTIME IN THE
ASSEMBLY HALL

Inter-House Table Tennis: Results

Well done to everyone who took part in inter-house table tennis last week. The results were as follows:

1st Hamilton - 34 wins
2nd Graham - 16 wins
3rd Bruce - 14 wins
4th Douglas - 7 wins



RESPECT

RESILIENCE

RESPONSIBILITY

EXCELLENCE

AMBITION

Inter-House Points

The inter-house points table now looks like this:

House	Points
Graham	110
Hamilton	95
Bruce	80
Douglas	65

We will have Badminton, Netball and Athletics before the end of the year.

School Leavers

On Thursday 14th March, during period 3 (S6 PSE) there will be an assembly for **all S6 pupils and S4/5 pupils that plan to leave at the end of this year.**

This assembly will provide you with more information on how the mock interviews on the 19th and 26th of March will run.

If you are S6 or an S4/5 who is planning to leave at the end of this year, please ensure you have told Mr. Johnston or your guidance teacher your destination when leaving school e.g. apprenticeship, university, college.

DRESS DOWN DAY

FRIDAY 15TH OF MARCH

We are asking pupils to donate items in one colour dependant on their house.

These items will then be put together in hampers and raffled. The house colours are:

- BRUCE - BLUE
- GRAHAM - YELLOW
- DOUGLAS - RED
- HAMILTON - PURPLE

All items should be unopened and in date at the date of the draw - there are some suggestions in the photo.

Please bring items into school on Friday the 15th of March and hand them into you period 1 class teacher

Tickets available on ParentPay from 15th of March, will close 26th of March 3pm.

The winning draw will take place Thursday 27th of March.

Tickets will cost £1 each. Numerous tickets can be purchased.



**E A S T E R
R A I N B O W
H A M P E R
R A F F L E**



British Science Week

The British Science Week 2024 poster competition is open now!

S1 - S3 PUPILS:

The theme this year is **'Time'**

Students could create a poster showing how a certain type of technology has changed over time, or even the advancement of time-telling technology itself.

Budding poster makers could also go futuristic and show us how they think the world might look in years to come, or perhaps look at nature – lifecycles, lifespans, evolution and hibernation – nature is full of timely topics!

The deadline is **Wednesday 27th March** to be handed to your science teacher.

The top 5 will be submitted for entry.



Career Opportunities

All pupils welcome to attend
Over 60 employers from the following sectors attending:

- Aerospace
- Air Traffic Control
- Animal Care
- Apprenticeships
- Armed Forces
- Beauty
- Built Environment
- Business Services
- Career Advice & Guidance
- Engineering
- Finance
- Further & Higher Education
- Health & Social Care
- Hospitality
- IT/Software Development
- Languages
- Law & Real Estate
- Local Authority
- Property
- Recruitment
- Renewables
- Rural Economy
- Structural Design
- Third Sector Organisations
- Training Providers
- Trades
- Uniformed Service



DYW AYRSHIRE
Developing the Young Workforce

East Ayrshire
COUNCIL

Pathways to Careers

Thursday 21st March
6pm - 8pm

Register:



RESPECT

RESILIENCE

RESPONSIBILITY

EXCELLENCE

AMBITION

Solo Performance Evening

On **Monday 25th March** there will be an evening of solo performances from senior pupils SQA examination programmes.

Please come along to support.

Any S4/5/6 certificate music pupils, please speak to Mr Ramsay ASAP if you'd like to perform.

Foodbank Collection



As always, in the last few weeks before the Easter holiday, Miss Cooper will be collecting donations for the local foodbank.

If you can spare anything – even just one item – please take it to the library. All items will be collected by the foodbank on **Thursday 28th March.**

Thank you!

Open Mic Night

Band Night - Open Mic Night - Thursday 18th April

If you are in a band and would like to perform, or if you are a singer who would like to perform a song in a rock/pop setting please give your name to Miss Brown or Mr Ramsay.



What is Ramadan?

Ramadan is the **ninth month** of the **Islamic calendar**, when observant Muslims **fast** during **daylight** hours.

This means that they are **not allowed** to **eat** or **drink** anything at all during **the hours of daylight** during the month of Ramadan.

They are also expected to **abstain** from other things during Ramadan such as **smoking** and **swearing**.



Ramadan is about more than fasting; it is also a time of **reflection, prayer, charity, community** and **kindness**.

Not all Muslims fast. Some can't fast for a variety of reasons including health, pregnancy and old age. However, they might still get involved in the charitable, spiritual and community aspects of Ramadan.

There is no set age to begin fasting, but many choose to start at around the age of 12-13.

This means that there are pupils here in Grange Academy who will be observing Ramadan in the coming weeks.

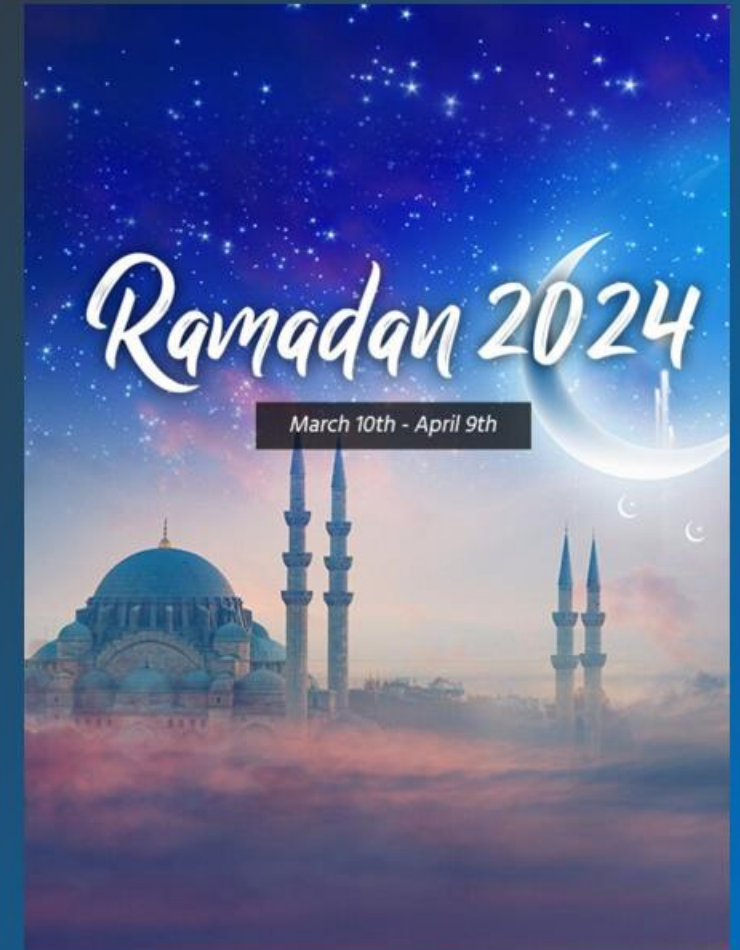


What to expect

from those observing Ramadan in Grange Academy:

People who are fasting during Ramadan :

- May sometimes have less energy /feel tired
- Will not be having a snack at break or eating lunch!
- Will not have any drinks (including water) during fasting hours
- May be quieter during fasting hours to conserve energy
- Will be enjoying taking part in Ramadan which is challenging but very rewarding





Grange Academy's Mental Health and Wellbeing Ambassadors have been working on a range of resources which will give you strategies and tips for helping to deal with stress, anxiety and negative thoughts.



We will be sharing these with you over the next few weeks in the bulletin. This can also be found on notice boards around the school – keep a look out!

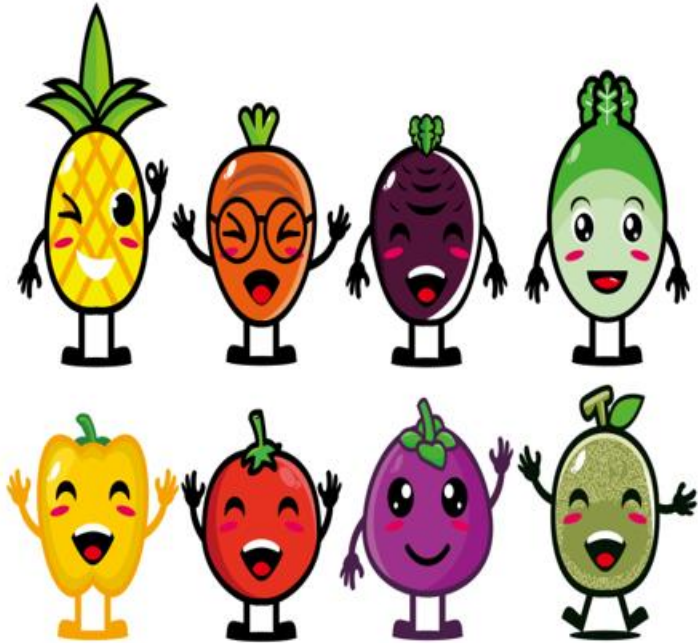
NUTRITION



Putting the right fuel into your body can be helpful in maintaining good energy levels and positive attitudes.

So keep it simple:

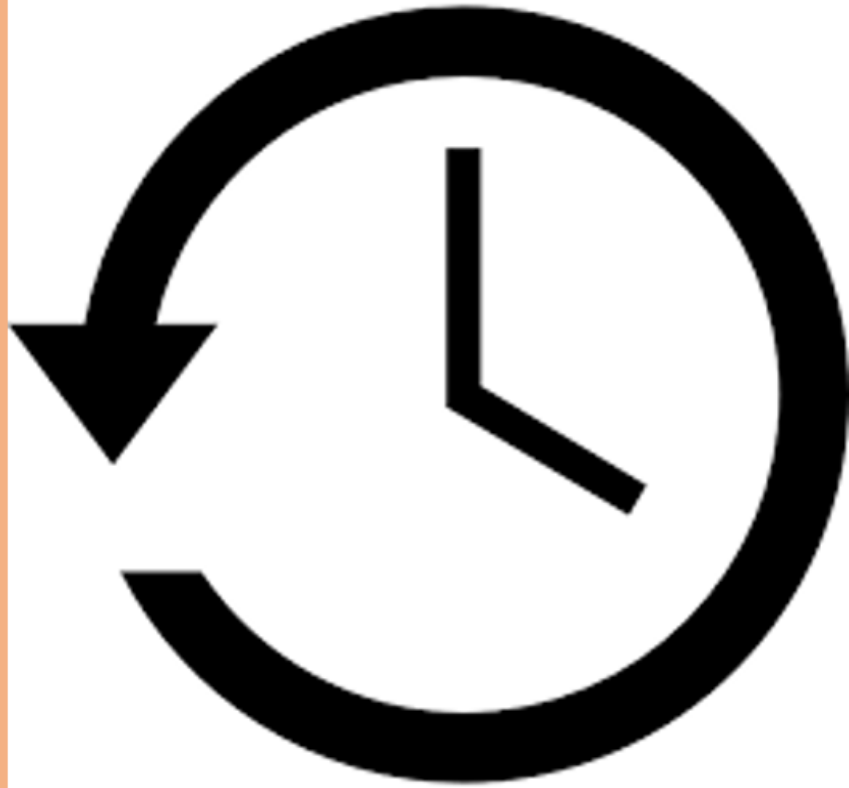
- Drink lots of Water
- Cut down on sugary snacks and drinks
- Eat at least 5 portions of fruit and veg a day



YOUR MIND MATTERS



Screen Time



Phones are a great addition to our lives and enhance it in lots of ways. But **too much screen time is bad for you** - it's just a fact.

- Set healthy screen time limits - and stick to it. Sit less. Move more.
- Monitor the **quality** as well as the **quantity** of your screen time. Avoid spending too much time on sites that make you feel bad about yourself, where you are making unhelpful or unrealistic comparisons with others and delete negative social media influencers.
- Avoid getting caught up in friendship issues online (even if you are directly involved)
- Avoid screen time at least 1 hour before bed - you will sleep much better for it.



YOUR MIND MATTERS

EXERCISE



Exercise is very important for improving mood and reducing anxiety levels. It releases '**happy hormones**' called endorphins that make us naturally feel better.

- As a minimum, go for a walk for at least half an hour 3-4 times a week.
- Build in other activities you enjoy such as after school clubs, fitness classes or going to the gym.
- Consider taking up a new physical activity to get you moving more.



YOUR MIND MATTERS



Space School 2024

S5 Pupils Only



University of
Strathclyde
Glasgow

About the Scottish Space School

- The Scottish Space School is an exciting initiative supported by the international space community to inspire and motivate young people to study science and engineering and consider careers in these areas.
- It is hosted by the University of Strathclyde, Department of Electronic and Electrical Engineering along with NASA in the United States.

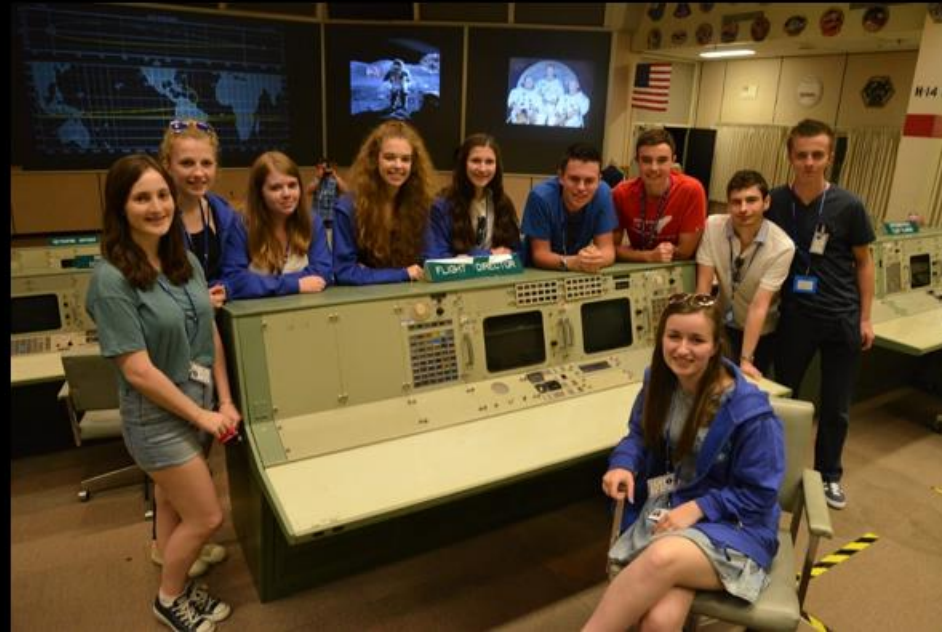
What Is Space School?

- This years Space School programme will take place at Strathclyde University from Monday 10 - Friday 14 June 2024.
- Pupils should be able to make their own way there each day, to Strathclyde University Campus and take part in a series of workshops from 9am-5pm.
- There will also be an evening session - a Public Lecture with NASA Astronauts - 5.30pm-7pm on Wednesday 12th June which successful applicants will be expected to attend.
- The programme will provide attendees with an opportunity to learn from some of the world's leading figures in space travel, including NASA astronauts and engineers.
- There are only 80 spaces available.



NASA – Johnson Space Centre Houston, Texas.

- For the best performing students at summer school there will be the added incentive of a 7-day study visit to NASA's Johnson Space Center in Houston, Texas in October 2024.
- 8 pupils will be selected for this fantastic opportunity.



Former Pupils who went to Houston



Zoe Parker excelled at the Summer School and was successful at securing a place to go to Houston in October 2012.

In 2010, Rachael McAughtrie also went to Houston, Texas.

In 2014, Andrew Chapman was one of the lucky ones to go to Houston.

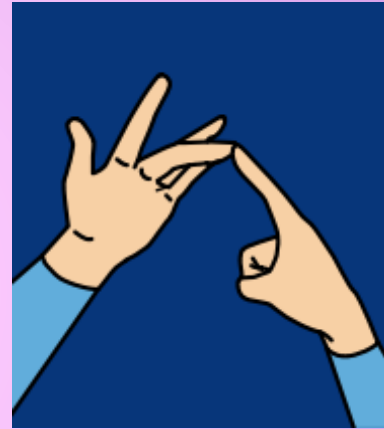
To Apply

- You must be in S5 in the current school session studying Maths and Science subjects at Higher level.
- You must also have an interest in potentially studying engineering after leaving school.
- If you are interested in applying for Space School 2024, please see Ms Bell (Biology, S023) for more information.
- **The closing date for entries is Monday 18th March 2024.**



BSL Recap

Can you remember the sign from the last bulletin?



H.I. (Hearing Impaired Department)

H

Hold one hand flat with your palm up, and slide the other hand along the palm.

I

Point to the middle finger of your other hand.

BSL Sign of the Week

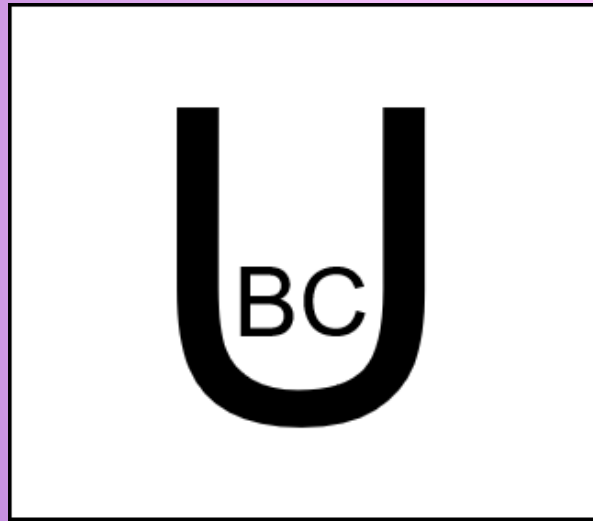
History



Move both your hands in a circle motion, over your right shoulder.

Weekly puzzle

Did you get it right?



Be Seeing You
(BC in U)

Have a great week, Grange.

Work hard.

Be kind.