



# Grange Academy Weekly Bulletin

18<sup>th</sup> 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?**



SP LOST ACE

RESPECT

RESILIENCE

RESPONSIBILITY

EXCELLENCE

AMBITION

**MONDAY 18 MARCH 2024**

**Respect Me**  
**Anti Bullying Cross Campus**  
**working Group will meet today**  
**Monday at Lunchtime in the Library**

# Mock Interviews

Mock interviews for school leavers will take place on the 19<sup>th</sup> and 26<sup>th</sup> of March.

Tuesday 19<sup>th</sup> March: S4/5

Tuesday 26<sup>th</sup> March: S6

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.

# SQA Exams – Important Information

This week in PSE, S4 – S6 pupils will receive a copy of this booklet from the SQA:

It's important that you read it carefully.

Remember to tear out and fill in your Scottish Candidate Number card. You are allowed to have this on your desk during exams.

Please speak to Miss MacKinnon if you have any questions about your coursework or exams.



# Lanzarote Parents/Carers Meeting

There will be a parents/carers and pupil information evening held on **Tuesday 19<sup>th</sup> March** in the school library from 7-8pm.

This will give parents/carers an opportunity to meet the staff taking the trip and ask any questions. Pupils are welcome to attend with their parents/carers.

# Readers Cup 2024



This Friday during S1 and S2 English periods, Miss Cooper will be running the first round of the Readers Cup competition.

She will come round English classes this week to give more information and to collect the names of pupils who would like to sign up.

## S3 Alton Towers Trip

- Thursday 9th May 2024
- Leaving at 4am and returning around 10pm.
- Travelling by coach, full day in the park and then arrive back on Thursday night.
- Cost: £50 (this includes coach and park entry)
- If you are interested in this trip, please complete the form by scanning the QR code. You must fill out the form by **Thursday 28th March** to be considered for this trip.
- Any questions, please speak to Mrs Marshall in Science.





# International Women's Day



A huge well done to everyone who participated in the International Women's Day celebrations on Friday 8<sup>th</sup> March.



We had an excellent turn out, and pupils got involved in creative writing, face painting, biscuit decorating and even a drum circle!



Thank you to all the senior pupils who helped Ms Bonnar to run the event.



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# S6 Yearbook Info

## S6 Pupils:

You can now order and pay for your yearbook on Parent Pay. Please do this by **Monday 25<sup>th</sup> March** to secure your copy. The cost of a yearbook will be £10.

**Don't miss out!!!**

## Photos:

If you have any friendship photos you wish to be included in the yearbook (these do not need to be in school uniform), please send them to the yearbook committee. You can do this via the email address found on your S6 Teams page, or by speaking to a member of the committee.

If you have any photos from school events, such as trips, subject specific events, school volunteering etc, please also send us these photos to be included. This can be from any point during your time at Grange Academy. These can be sent straight to Miss Tattersfield, or to any member of the Yearbook Committee.

*This will be your last chance to get photos included in the Yearbook - be quick!*

# 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 28<sup>th</sup> March.**

Thank you!

# JUNIOR CHOIR S1-S3 TUESDAY AT 1.30PM ROOM F042

Rehearsals are now underway for our Summer term concert. We are looking for soloists and chorus members. Come along and enjoy some singing with a lovely bunch of pupils.

A poster for the musical Matilda. It features a silhouette of a young girl in a school uniform standing with her hands on her hips, set against a glowing blue circular background with musical notes and letters. The text 'ROALD DAHL'S Matilda THE MUSICAL' is written in white and yellow.

ROALD DAHL'S  
**Matilda**  
THE MUSICAL

A poster for the musical Billy Elliot. It features a silhouette of a young boy in a school uniform jumping, set against a white background. The text 'BILLY ELLIOT THE MUSICAL' is written in red and black.

**BILLY ELLIOT**  
THE MUSICAL



# Cielo Matta



Congratulations to Cielo who won the McGill Cup for Cello at the Ayrshire Music Festival

Great work!

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# 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:



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# Charlie Boax



Congratulations to Charlie Boax who won the Chalmers prize for Brass at the Ayrshire Music Festival.

Charlie also won both vocal and instrumental sections for S5/6 pupils at the Ayrshire Federation of Burns Competitions.

Well done!



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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!



# TAKE A BREAK



If you feel you are working or studying all the time and never doing anything fun, then it's time to take a break.

- Spend time doing things you enjoy with people you like, especially at weekends
- Make time for family as well as friends to build a sense of connection
- When studying, give yourself designated time slots and take short breaks
- Listen to music, chat to friends, watch TV - Make time for the things you enjoy



## YOUR MIND MATTERS

# SLEEP



Not getting enough sleep not only makes us tired, but it can worsen feelings of stress and anxiety, and can make problems feel bigger. Get into good sleep routines to maximise your energy levels.

- Get out into the sunlight during the day as this helps sleep patterns
- Ensure you don't eat or drink too late as this can disrupt sleep
- Use up physical energy during the day (see exercise section)
- Avoid screen time before bed (see screen time notes)
- Listen to a mindfulness meditation an hour before bed - just before you turn your phone off
- Reading a book before bed can help you unwind



**YOUR MIND MATTERS**

# MINDFULNESS



When we are feeling stressed or anxious, we can sometimes think too much about past events or worry too much about future events. Using mindfulness techniques for as little as 10 minutes day can help to reduce feelings of anxiety. There are lots of mindfulness apps out there such as:

- Stop, Think, Breathe
- Calm
- Mindfulness Daily
- Simple Habit
- There are also lots of clips on YouTube you could try out



**YOUR MIND MATTERS**

# KPMG Virtual Work Experience

Applications for KPMG's Virtual Work Experience Day Programme are now open. This virtual work experience will take place during the Easter Holidays on Thursday 4th April from 10am - 4pm on Zoom. It will be a fantastic opportunity for pupils to pick up some incredible experience at a Big 4 Accounting Firm!

You will learn key employability skills, such as how to communicate your message and build your personal brand. You will also meet KPMG colleagues to hear about their career journeys and even complete a business pitch challenge. The team will also explain the different career paths into their firm and how you can gain a leg up into their prestigious company.

This is a fantastic opportunity to gain valuable insights into the world of work and build your professional network, not to mention a great addition to your CV. You will also get a professional reference for your CV as well as a certificate of completion at the end of the day. This goes a very long way for your own personal career development and prospective opportunities.

Scan the QR code to apply.

If anyone needs help with the application they should see Mr Johnston.



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**A career in the  
dairy industry  
might be more  
than you  
expected...**

**think  
dairy**

**Love caring  
for animals?  
think dairy!**

**Picture yourself  
in a laboratory?  
think dairy!**

**Want to work with  
cutting-edge tech?  
think dairy!**

**Got a good head  
for numbers?  
think dairy!**

If you would like to explore first hand the type of opportunities available, email [info@dywayrshire.com](mailto:info@dywayrshire.com) at DYW.

Keep an eye on the Digital Dairy Chain website for more **think dairy** events and activities!



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We're looking for...

# Apprenticeships at QTS

## What we will give you:

- Competitive salary package
- Company Pension
- 25 holidays per year *plus bank holidays as standard*
- + more great benefits

## Apprenticeship opportunities:

- Apprentice Plant Mechanic - *Rench Farm, Drumclog*
- Apprentice Auto-Electrician - *Rench Farm, Drumclog*
- Apprentice De-Veg Operative - *Linby, Nottinghamshire*
- Apprentice Plant Mechanic - *Linby, Nottinghamshire*

**Hours:** Full-Time

**Base:** Drumclog/Linby

## Equal Opportunities Employer:

Diversity & Inclusion : Bring Your Whole Self to Work

QTS is committed to creating a diverse environment and is proud to be an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, colour, religion, gender, gender identity or expression, sexual orientation, national origin, genetics, disability or age.

To apply please email [earlycareers@qtsgroup.com](mailto:earlycareers@qtsgroup.com)



**QTSGROUP.COM**

RAIL ENGINEERING, INFRASTRUCTURE,  
ELECTRIFICATION & TRAINING

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# BSL Recap

Can you remember the sign from the last bulletin?



**History**

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

# BSL Sign of the Week

## Mandarin



Draw an imaginary line with your right pointer finger from your right shoulder to your left then down your left side.

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# Weekly puzzle

Did you get it right?

SP LOST ACE

Lost in Space

Have a great week, Grange.

Work hard.

Be kind.