



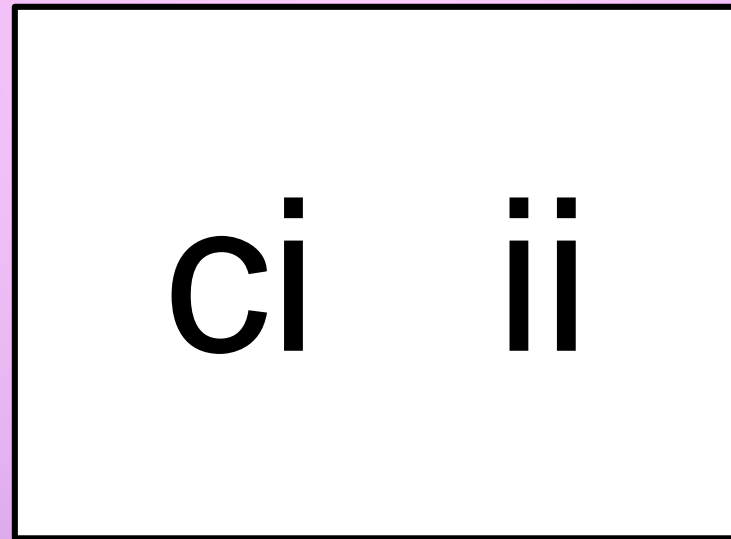
Grange Academy Weekly Bulletin

25th 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

S3 History Trip

Trip to Kelvingrove – Tuesday 7th May – all day

This trip is open to all S3 History pupils.

We will be taking 50 pupils to Kelvingrove Art Galleries for an exhibition on Scotland's role in the Empire and the Slave Trade.

As there are only 50 spaces, we will pull names out of a hat.

If you are interested, please attend a meeting at interval in Mrs McGeary's room (G164) with Ms Bonnar on Tuesday (tomorrow).

Mock Interviews

Mock interviews for all S6 school leavers will take place on 26th of March (tomorrow).

Please ensure you have told Mr. Johnston or your guidance teacher your destination when leaving school e.g. apprenticeship, university, college.

Easter Bake Sale!

S6 Pupils are going to be selling baked goods to help raise money for their leaving prom!

**We will be selling vanilla mini egg cupcakes!
and Easter chick chocolate nests!**



PRICES-

Easter cupcakes- £2

Easter chocolate nests- £1.50

If you would like to buy some, please complete the MS Form fully.
It is for pupils and teachers.
The MS Form will close on Tuesday (tomorrow) and we will give them out on Thursday.

EASTER BAKE SALE



Solo Performance Evening

On **Monday 25th March (tonight!)** 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.

S5/6 Leavers



Staff around the school have been receiving thank you cards and flowers from our wonderfully kind S5/6 Prefects and Captains this week.

Pupils have been showing their appreciation to staff for their support over the past year. What a nice surprise!

Look out for more acts of kindness from S5/6 who are leaving a lovely legacy!

Foodbank Collection

A final reminder about our foodbank collection.

The items will be picked up from the school on Thursday, so please make sure any donations are handed in to Miss Cooper in the library before then.

Thank you so much to everyone who has already donated items!



Easter School

Easter School will run on the 2nd, 3rd and 5th of April.

If you would like to attend, please fill in the form here:



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.





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!

NEGATIVE SELF-TALK



We can sometimes be quite hard on ourselves and can see ourselves in a negative light. Try to challenge this 'inner critic' as best you can

- Replace negative thoughts with more positive ones. For example: "I work really hard and try my best" ... "Everyone has different strengths" ... "I don't need to be perfect at everything"
- Be mindful of perfectionism kicking in!
- Think about what you would say to a friend who was speaking negatively about themselves, and apply the same kindness to yourself
- Think about what others who care about you would say about you – see yourselves as others see you!



YOUR MIND MATTERS

TALK ABOUT IT

Talking about how you feel and what's worrying you can help you to feel better. Find someone you trust and can open up to, and make time to see them.

- You can talk to a friend, parent, relative or teacher
- School Mental Health and Wellbeing Ambassadors
- Consider confidential helplines such as Childline or Samaritans
- You can talk to your GP or ask for a referral to our exchange counsellor
- There may be a waiting list for this so try other things in the meantime



YOUR MIND MATTERS

TOP TIPS



Here are a few extra tips to try if you are feeling overwhelmed or stressed. Sometimes small actions can have a big impact when helping to relax your mind.

Hot Shower / Have a bubble bath

Stretch

Go for a walk / Read a book

Make a list of what you can control

Get a hug / Talk to friends

Have your favourite snack

Colour In / Deep Breathing

Remember 3 things you are grateful for

Listen to music / Dance it away

Look at happy photos / Put on cosy/comfy clothes

Watch a film that makes you laugh

Meditate / Clean something

Push against a wall for 30 seconds



YOUR MIND MATTERS

Holiday



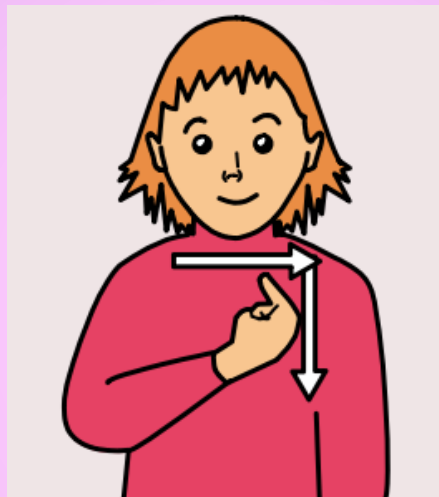
A reminder that school will close for the Easter holiday on **Thursday at 2.30pm.**

Staff and pupils return on Monday 15th April.

Have a lovely break, everyone!

BSL Recap

Can you remember the sign from the last bulletin?



Mandarin

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

BSL Sign of the Week

Happy Easter



Happy

Clap your hands together
twice



Easter

Draw a cross on the back of
your hand with your thumb

Weekly puzzle

Did you get it right?

ci ii

See eye to eye
(c-i... 2-i)

Have a great week, Grange.

Work hard.

Be kind.