



POSITIVE NEWS

SEPTEMBER

A MESSAGE FROM MR MILLER

Welcome, everyone, to the Stewarton Academy Positive Newsletter, one of the most positive things to come from the lockdown we experienced over the Spring period. I have been so impressed by the dedication and commitment of the pupils producing this newsletter to support their peers and bringing something positive to the forefront during a difficult period.

I want to pay compliments to you, the pupils, too for your efforts in settling back into school and complying with the guidance in place to keep us as safe as possible. If you have seen the news lately, you will know that Covid-19 is beginning to surge again, and our actions will be crucial to keeping everyone in the Stewarton learning community safe. I urge you to keep following the national guidance on hand hygiene, physical distancing where possible and the wearing of face coverings on school transport and in corridors between classes.

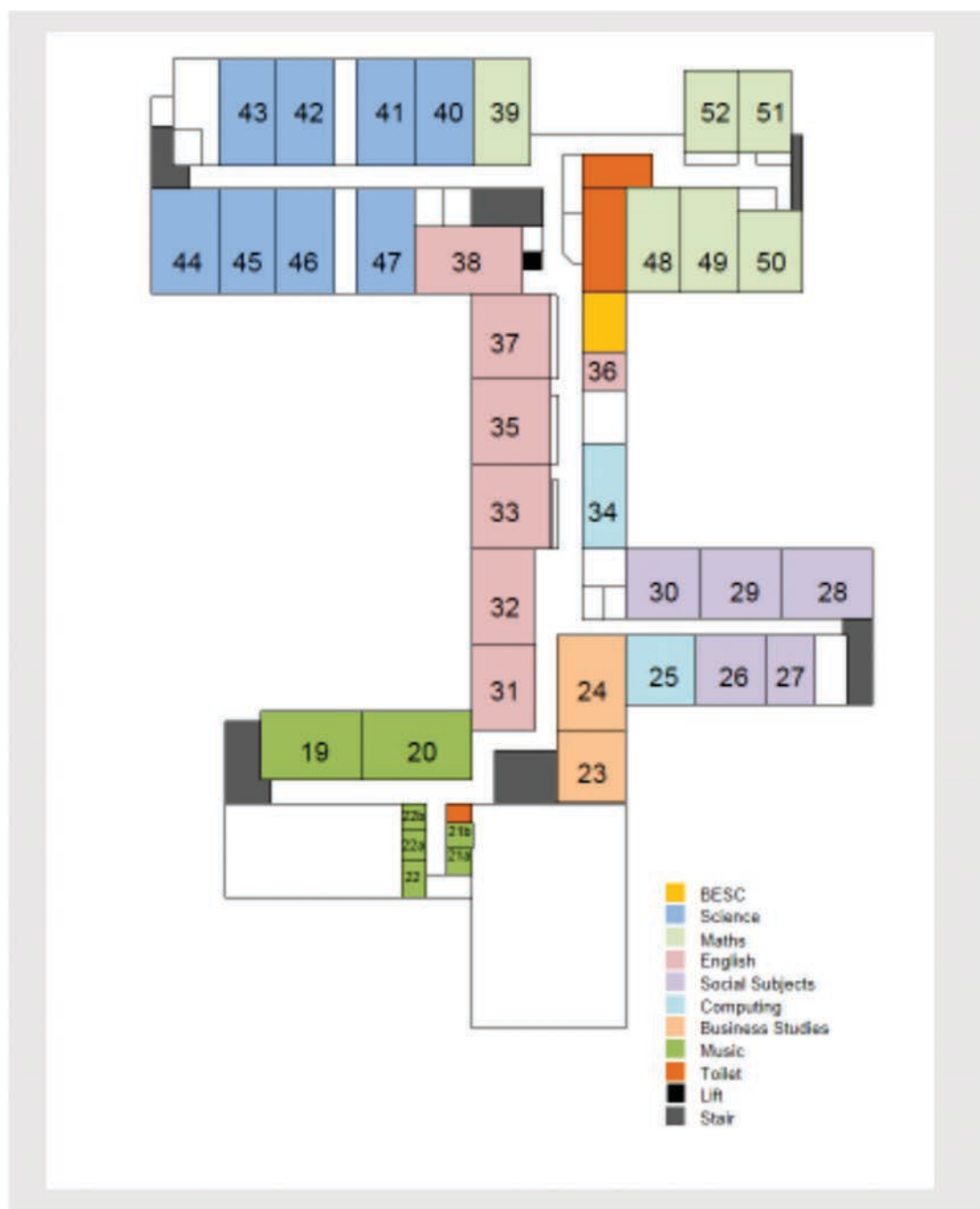
I am so proud of your resilience, patience and ability to take on these challenges with a smile on your face and a positive attitude.

Keep going, and together we will come through this.

SCHOOL MAP GROUND FLOOR



SCHOOL MAP FIRST FLOOR



CLASS TIMES

S1, S5 & S6

MONDAY	1	2	INTERVAL	3	4	LUNCH	5	6	7
	8:45	9:35		10:40	11:30		1:10	1:55	2:45
	—	—		—	—		—	—	—
	9:35	10:25		11:30	12:20		1:55	2:45	3:35
TUESDAY	1	2	INTERVAL	3	4	LUNCH	5	6	7
	8:45	9:35		10:40	11:30		1:10	1:55	2:45
	—	—		—	—		—	—	—
	9:35	10:25		11:30	12:20		1:55	2:45	3:35
WEDNESDAY	1	2	INTERVAL	3	4	LUNCH	5	6	
	8:45	9:35		10:40	11:30		1:10	1:55	
	—	—		—	—		—	—	
	9:35	10:25		11:30	12:20		1:55	2:45	
THURSDAY	1	2	INTERVAL	3	4	LUNCH	5	6	7
	8:45	9:35		10:40	11:30		1:10	1:55	2:45
	—	—		—	—		—	—	—
	9:35	10:25		11:30	12:20		1:55	2:45	3:35
FRIDAY	1	2	INTERVAL	3	4	LUNCH	5	6	
	8:45	9:35		10:40	11:30		1:10	1:55	
	—	—		—	—		—	—	
	9:35	10:25		11:30	12:20		1:55	2:45	

CLASS TIMES

S2, S3 & S4

MONDAY	1	2	3	INTERVAL	4	5	LUNCH	6	7
	8:45	9:35	10:25		11:30	12:20		1:55	2:45
	—	—	—		—	—		—	—
	9:35	10:25	11:15		12:20	1:10	LUNCH	2:45	3:35

TUESDAY	1	2	3	INTERVAL	4	5	LUNCH	6	7
	8:45	9:35	10:25		11:30	12:20		1:55	2:45
	—	—	—		—	—		—	—
	9:35	10:25	11:15		12:20	1:10	LUNCH	2:45	3:35

WEDNESDAY	1	2	3	INTERVAL	4	5	LUNCH	6	
	8:45	9:35	10:25		11:30	12:20		1:55	
	—	—	—		—	—		—	
	9:35	10:25	11:15		12:20	1:10	LUNCH	2:45	

THURSDAY	1	2	3	INTERVAL	4	5	LUNCH	6	7
	8:45	9:35	10:25		11:30	12:20		1:55	2:45
	—	—	—		—	—		—	—
	9:35	10:25	11:15		12:20	1:10	LUNCH	2:45	3:35

FRIDAY	1	2	3	INTERVAL	4	5	LUNCH	6	
	8:45	9:35	10:25		11:30	12:20		1:55	
	—	—	—		—	—		—	
	9:35	10:25	11:15		12:20	1:10	LUNCH	2:45	

SENIOR PREFECT TEAM

During the last few weeks the teachers at Stewarton Academy have been conducting interviews and your S6s have taken part in these interviews for the new senior prefect team. After these interviews the conclusion was met that the new roles are allocated as follows:

Head Boy: Max Burns

Head Girl: Rowan McClure



Rowan McClure and Max Burns: "To those of you reading this newsletter I would love to let you all know about how excited we are as Stewarton Academy's new Head Girl and Head Boy. With our new roles in the school I want everyone to know that we intend to be as present as we can be and would really appreciate to hear everyone's thoughts and feelings. As Head Girl and Boy we have lots of ideas we would love to introduce into the school. We want to be someone that you can all talk to and make a real difference in the school during these unprecedented times and feel free to ask us anything when you see us round the school along with the rest of the SPT and Prefects."

SENIOR PREFECT TEAM

Depute Heads

Christie Borland
Alex Adrain



Eva Paton
Sam Speirs



Natalie Smith
Lewis Fulton-Smith



Natalie Smith: "Hi, I am very excited to say I am one of the new Depute heads! I am so excited for this year with all the Senior Prefect Team having lots of ideas to put in place this year."

From behalf of all of this years Senior Prefect Team we hope to work with all years groups and make a real impact and hopefully you will see a video introduction to us all in the short coming weeks.

Natalie Smith on

MENTAL HEALTH

and Self-acceptance

Hiya,

So, every month in these newsletters I am going to be writing about mental health, and maybe some experiences I've had in the past with regards to mental health and wee tips and tricks to maybe just cope with the daily struggles. This month I am going to talk about self-love and learning to love yourself. This is so extremely important to learn to do as quick as possible, as it is easy to fall down a dark path. I would know. I turned to extreme methods to cope with the negative thoughts that were being made towards my body. Its so easy to fall into habits, I did and now I have 4 different mental illnesses, so I'm here to guide you down the right path, so you don't have to go through what I did!

I have always struggled with body image, One of my biggest struggles is doubting my self worth and constantly comparing myself to others it's so easy to fall into the trap, as we do it everyday! But it can become toxic once we start to base our own value to other people's. It's hard not to do this when your sitting scrolling on Instagram or tik tok, and you see all these beautiful strangers, celebrities and influencers, and we are given the idea that we need to look like them with perfect hair, curvy bodies, flawless skin - when this so far from the truth!

The odds of you being born is 1 in 400 trillion. Yet here you are. You could've been anyone or anything in this planet. And you are you. Think about that you are special, no one else in the world is like you. You are unique. So why are we forcing ourselves to fit societies moulds of who they think we should be? You need to find comfort in the things you cannot change. It's a tough one to do and easier said than done, but we are on this earth once so we should enjoy it! Stop pushing to be the "perfect" version of yourself, and just be happy with who you are! Telling yourself that you need to change to feel happy will only lead to insecurities no matter what. If you spend too much time trying to change the person you are, you're never going to be content. It's hard especially when you see these posts on Instagram of models posing and the picture seems flawless, but you don't see the time, effort, make up, lighting, angles, special camera lenses, editing and photoshop that goes into it.

Natalie Smith on

MENTAL HEALTH

and Self-acceptance

All you see is the end product which is quite frankly unrealistic. Point being, yes these people are beautiful and being on a large platform gives more opportunity for them to be noticed but not everyone is a celebrity or influencer, not everyone even has lots of friends to hype their photos or how they look! Regardless of all of that you are beautiful, each one of us is beautiful and unique that is what makes US special. So if your stomach isn't flat, if your thighs touch or you have a gap in your teeth, don't put yourself down, because this doesn't take any of that beauty away from you and if anyone tries to tell you different remember this: YOUR VALUE DOES NOT DECREASE BASED ON SOMEONE'S INABILITY TO SEE YOUR WORTH.

Do not let anyone ever bring you down. Realistically, people will always be mean and will always try and bring you down and attack your confidence and self-esteem, probably because they can see your potential and are intimidated and quite literally are beneath you, so don't let yourself get to their level. Do not let their bitterness and unhappiness drag you down, use their behaviour as an example of how not to behave and be grateful you are nothing like them. After all looks are only skin deep, as they say true beauty comes from within, not some number on a scale but from the number of times that you've made someone smile, not only the way your hips curve but from the way you own them with confidence and comfort, the trick is as long as you know who you are and what makes you happy then it doesn't matter how others see you.

Are you struggling?

Reach out to a mental health charity. A list of mental health charities (as well as organizations to support abuse victims, alcohol and drug misuse, eating disorders, bereavement, relationship support and support for people with learning disabilities) can be found on the **NHS website** (www.NHS.uk)



A Guide to

SELF-ACCEPTENCE

by Natalie Smith

Treat yourself the way you treat your best friend - Picture this you're with your friend and they tell you they feel ugly, overweight and horrible you wouldn't sit back and agree with them you'd do exactly the opposite you tell them how good they look, hype them up point out things that make them feel amazing. If you would do this for a friend do it for yourself! When you hear that voice of doubt in your head, that insecurity, that lack of self-love when it all gets too much turn it around. Instead of saying "I look ugly" say "I'm rocking this there is only one me you go girl". Instead of saying "wow I'm fat" remind yourself that you've got food in your stomach in your health matters more than your appearance and said the pointing at your floors appreciate the good your unique there's only one you so rock it!

Three little things- Three little things is a trick which basically means every time you pass a mirror, look at yourself and point out 3 things you like about yourself! Don't say there isn't any, because there is, it could be your eyebrows, eyes, smile, hair or your outfit! And by hopefully doing this repeatedly, in future when you do walk past mirrors you will see your true beauty! It may take a while to see this, but hopefully it brings you a little closer to doing so.

Surround yourself with good genuine people- We are all very easily influenced, you become most like the 3 people that you are around the most. So, hang about with the people that make you laugh or make you feel loved. Surround yourself with positive people that push you to be better. No drama or mess. Just higher goals and good vibes, fun times and positive energy. No jealousy, hate or competition. Simply bringing out the absolute best in each other!

If anyone feels as though they are struggling and need any advice or just someone to chat to, about anything my glow email is gw09smithnatalie@glow.sch.uk

LEAVING LOCKDOWN

May McLaughlin

On 23rd March 2020 the whole of the UK went into lockdown as a safety measure to combat the global pandemic of the COVID-19 virus. School children and office workers alike had to work remotely at home, whilst most companies shut their doors and put their businesses on hold. It has only been in recent weeks that these restrictions have been lifted and the country has been allowed to move away from full lockdown.

But what does “leaving lockdown” mean for local businesses and the community in general?

When re-opening after lockdown, businesses had to adapt their way of operating. This included many cafes and restaurants having to reduce the number of tables they had on the premises to allow for social distancing. Waiting staff had to wear their masks. Customers had to sanitise hands on entry and exit and leave contact details for the government’s “trace and protect” scheme. This has had a huge impact on local eateries as they do not have as many customers as pre-lockdown so therefore profits are reduced.

Likewise, local shops have had to adapt too. Speaking to Tina Sloan, owner of The Wee Art Shop in Kilmaurs she says “I now have to limit the number of people in my shop. I have sanitiser at the door, and I ask people to wear a mask. I was a bit concerned that people would not wear a mask and I would have to confront them, but most people are very compliant. Business has pretty much been the same as before lockdown, but I am concerned that if another lockdown is imminent, I may go out of business permanently”.

Rendezvous Café in Kilmaurs had similar concerns as they had to get rid of their indoor service in order to comply with government guidelines. This resulted in a new take away service and giftshop to still retain profits. Much like The Wee Art shop, Rendezvous has put in a number of safety precautions including two metre distancing, sanitising on entry and exit and of course wearing a face mask, to ensure customers and staff feel safe when in the shop. Speaking to the owner of Rendezvous, she mentioned that her main concern opening back up that customers wouldn’t come in and that business would be very quiet. “Business certainly isn’t as busy as it was before lockdown, possibly because I’m doing something different now”. However, remaining positive they continued to say “Everybody has been really supportive, really helping out and I am extremely grateful for the support the community has given me after opening back up”

As we head into the winter months, where restrictions may tighten even more and local businesses may begin to struggle, we appeal to you to support your local businesses and cafes to keep our community spirit thriving.

WE NEED YOUR HELP

We want to know what you want to see in the newsletter.

Is there a specific issue you want mentioned? Anything you need help with? Upcoming events? A hard-working individual that deserves recognition?

Please email us

StewartonPositiveNews@gmail.com

Thank you!

THANK YOU

We are so thankful for everyone who has taken the time to read this month's newsletter. We are so glad that we are able to continue with Positive News as it was a great source of positivity during the uncertain times of lockdown, and with uncertainty of the future rising, it is essential that we all play a part in spreading positivity.

Please have hope and look forward to the future, but most importantly, enjoy the present.

Stay Positive.

By James Leitch, Natalie Smith, Rowan McClure, May McLaughlin, Eve Thomson and Abigail MacLeod