



Barrhead High School



Dear Parent/Carer,

We have enjoyed having some of our learners back in the building this week. Following on from the Scottish Government briefing, we are hoping that all our S4/5/6 learners will return on 15th March. Although we are uncertain regarding the arrangements, it sounded positive. We will keep you updated on any future briefings and will continue with our planning. Let's hope all our learners return after the Easter break.

Calendar of events

- Parent Council- Monday 1st March 2021, 7pm
- S4 Tracking Report-Monday 15th March (posted to all)
- S5/6 Tracking Report-Monday 28th March (posted to all)
- S5/6 Parents' Meeting- Tuesday 30th March (details TBC)

Remote/blended learning

Engagement of learners continues to be high, 96% of our learners are completing online work and accessing learning. We continue to visit and call families who require support.

Thank you to the S4/5/6 practical learners and parents for your patience and support to ensure learners attended school for specific periods this week. Keeping everyone safe is a priority and learners have complied with all the additional measures.

Schools Asymptomatic Testing Programme

Reminder to complete the consent form for your child to participate in testing when they return to school.

https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKYRvq4UN_phBIXSZ6chdpnFUQjhTN0hNUDk0VjILREFWWVZNTDRVN1c3MS4u

SQA

We will continue with our plans to assess S5/6 learners when we return. No course content will be assessed that we have not covered. We will share a calendar with specific assessment dates ASAP. S5/6 learners will have a further opportunity to provide evidence in May. S4 learners should continue to prepare for assessments after Easter.

'Why the pandemic may make us better parents'.

I was reading an article at the weekend, the advice was that small changes would help our children and make being a parent easier in the long term. I thought I would share the changes with you:

'Avoid moaning about towels on the floor-catch them being good'. (I am struggling with this one!)

As parents, we're wired for negative tracking e.g. 'why does your room look like a scene from a zombie movie' or 'you've only dried half the dishes'. The advice is to aim for a 3:1 ratio of appreciation to criticism. Instead, we should thank them for doing things to help, even tiny things we may not normally acknowledge.

Set realistic academic expectations for now and post-Covid.

It is important that we separate our own goals and expectations from the reality of who our child is. The advice is that children are not mini-mes, and we will hold them back if we try to mould them in our image.

Teenagers might need to eat alone sometimes.

There is no question that teenagers are suffering right now. Don't minimise it when they vent. They need space.

Move from fixer to consultant

The message, now and post- pandemic is to support with instruction, encourage them to try, and guide them to look at what happened when they make mistakes, so they don't repeat. The pandemic has meant most of us are stuck in fixer mode because it is quicker and easier to get through the day. However, being fixers for too long will create anxiety and low self-esteem. Help them to develop grit.

Keep routines

Create structure. This is crucial during a time of uncertainty. If that means switching off the internet at night to stop the gaming or removing phones or play station, do it!

Finally... Parents have to look after themselves first

It is in our DNA to put our children first. However, it is a bit like putting on your oxygen mask on before your child's. Self-care is child care!

Apparently after 3 months our parenting style and child will be transformed.
Let me know if it works 😊

Best wishes,
Fiona Johnston
Head Teacher
Tel: 0141 577 2100
Email: schoolmail@barrhead.e-renfrew.sch.uk