

INCLUSION & WELLBEING SERVICE

MARCH 2021 NEWSLETTER

HEAD TEACHER'S MESSAGE

Finally, Spring has arrived, the sun is beginning to shine and the flowers in our garden are starting to bloom.



This term has been very busy...nothing stops us! Once again, our pupils' have surpassed themselves, as you will see from the many photos and stories contained within this newsletter.

STAYING SAFE : COVID 19

As you are aware, we have many additional rules and regulations due to Covid 19, including social distancing, wearing face coverings, increased handwashing and ventilation. You can play your part in helping us stay protected by reminding your child to follow the rules to keep themselves and others safe.



LATERAL FLOW TESTING

All school staff are undertaking lateral flow testing twice per week and when the secondary pupils' return after Easter, they too will be taking part in this programme. **All secondary pupils have been issued with permission slips and I would ask that these are returned as soon as possible**, so that the testing kits can be issued before we stop for the holidays.

If you have any questions regarding this, please do not hesitate to contact your child's key teacher.

EASTER HOLIDAYS

School stops from Easter on Thursday 1st April and returns on Monday 19th April, with all senior pupils returning on that date - if that is one of their timetabled days.

Can I take this opportunity to remind you of our uniform; black trousers, black shoes, white polo shirt/ shirt and tie and black jumper.



I have issued jumpers, without any branding, to pupils so that you do not have to locate one without a logo. If you haven't received this, can you please let us know and we will make sure you get one before 19th April.

FAMILY SUPPORT

Our family support team will be working over the Easter holidays and will be checking in with families to make sure all is well.

Contact details for the team have been sent out via group call so that you can contact them directly if you require any additional support or information over the holiday period.



I would like to finish off by thanking you for your continued support over what has been a very unusual year. Hopefully, it will not be too long until we can all meet up in person again.

Stay safe.

Aileen Hart

PRIMARY NEWS

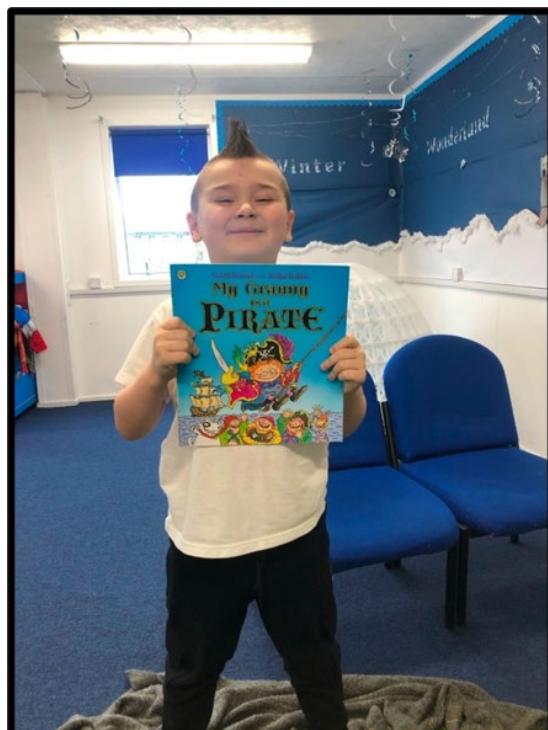
Despite the trials and tribulations of lockdown, Primary pupils have been busy focusing on numeracy, literacy and of course, playing games together.



WORLD BOOK DAY

The pupils celebrated World Book Day on 4th March 2021. Reading for pleasure is the single biggest indicator of a child's future success – more than their family circumstances, their parents' educational background or their income.

This World Book Day saw pupils from Class 1 choose a book from the class library that they wanted to read. Pupils participated in #DEAR with other schools across Falkirk.



NUMERACY

For numeracy, the class have been exploring the four times table and engaging in some active maths by learning about the importance of using a standard unit of measure.



NUMERACY (CONT)

Using cubes, the pupils estimated and measured how tall their friends were.



Pupils have also been learning to tell the time in five-minute intervals, and to tell the difference between analogue and digital clocks.

DIGITAL SKILLS

Since home learning began again in January, Primary pupils have worked hard to improve their digital skills.



Using Microsoft Teams, many of our learners have been accessing work and live sessions both in school and at home.

Teaching staff have been using these live sessions to check in with learners and to maintain connections between staff and pupils.



The sessions have also allowed pupils to develop their skills through logging on and using the TEAMS forum and resources uploaded by staff. A very popular activity during calls has been Bingo. Pupils and staff have participated in regular games and have enjoyed the interaction and shared activity.



Primary pupils have also participated as the presenters in live sessions and have learned and developed new skills through creating and sharing their own quizzes via PowerPoint.

KEEPING CALM

Lockdown has been quite stressful for everyone. With the changes that have accompanied this period, it can lead to a great deal of anxiety for our young people.



Pupils have been supported to practise and develop regulation strategies, this helps pupils to examine and reflect on how they are feeling.

Making use of a variety of strategies is important as this can help pupils to relax and feel calm.



Sensory equipment such as putty or playdough, tangles or stress balls can help to relieve anxiety and maintain focus.

Repetitive activities such as counting cards or sorting activities can also support pupils when regulating their behaviour.



CLASS TOPICS

For our topics we have been learning about plants and people who help us.

The Primary 4 and 5 pupils have chosen to learn about people who help us and to focus on emergency services such as the Police, Fire and Ambulance crews.



WATCH US GROW

Pupils have created an indoor garden and planted runner beans, cress, sunflowers and tomatoes. They are experimenting what conditions are best for them to grow and are excited to see how they turn out.



EGG-CELLENT LEARNING

The class have also been engaging with active activities to maintain connections with their classmates and to practice turn taking.



We are looking forward to continuing to learn about Spring and Easter and have already made paper bunnies.

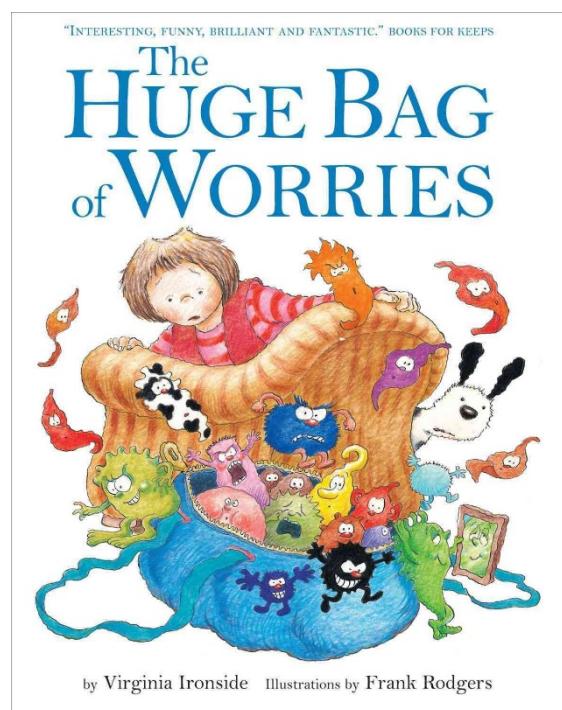
BACKPACK OF WORRIES

Pupils have spent time this term focusing on worries – and for good reason! The class wrote them on a backpack and related this to the feeling of anxiety weighing you down.



Children who learn how to understand emotions in themselves begin to regulate their own responses to strong emotions.

The book 'The Huge Bag of Worries' can be used to encourage children to open up about their fears and anxieties to help manage their feelings.



SECONDARY NEWS

As ever, it has been a very busy term within Secondary and we thank teaching staff and pupils for their efforts in keeping each other safe.

WATER HORSES

Miss Gemmill, our hardworking Inclusion Support Worker has been encouraging pupils to explore beyond the classroom walls this term.



As our outdoor expert, Miss Gemmill has been keeping the pupils physically active and promoting outdoor learning. A recent visit to the Kelpies, saw pupils learning about Scottish mythical creatures as well as proving to be a great exercise opportunity.



CARTMORE HEROES

Huge thanks to Cartmore Building Supplies for donating materials to help us build our new greenhouse!



A great example of local firms helping community and educational projects move forwards.

As pupils return to school, they are delighted to see the garden come to life. The spring bulbs that they planted are now giving us a lovely splash of colour.



We are all looking forward to better weather and it is now time to plan.

The new greenhouse should be ready by the Easter Holidays and pupils have already started planting seeds in the potting shed in preparation.

FAMILY SUPPORT

The Family Support new parent Garden group will also hopefully start up after the Easter break.



The parents have been fantastic helping with the upkeep of the garden area which is an important part of the school environment as it is often used by pupils looking to relax and regulate their emotions.



If you would like to come along, help out and get your hands dirty, please contact Joyce or Gail from the Family Support Team.

16+ ASPIRATIONS

Senior pupils are beginning to prepare themselves for leaving school on 31st May 2021.



They are completing Forth Valley College application forms and revising for training courses such as the CSCS, which will allow them to access employment in the construction industry.

CATCH IT.

BIN IT.

KILL IT.

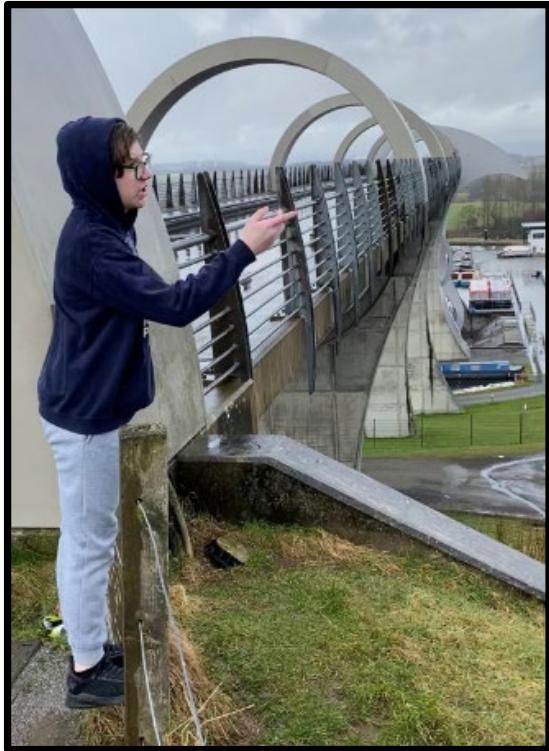
MATHS

Huge congratulations go to Joci who has recently passed National 5 numeracy, the department's second N5 maths unit of the year.

Elsewhere, Kieren and Damon have both passed National 3 Maths units this term. Well done to all and of course Mrs Field for her excellent work.

WALK & TALKS

During the lockdown period, our Inclusion Support Worker team of Miss Gemmill, Mr Ross, Mrs Cruse, Mrs Gardner and Ms Anderson have been out and about with our pupils.



The team have been engaging with pupils from across the service, ensuring they have safe opportunities to exercise, talk about how they are coping and catch up on the latest news.



All 'Walk and Talks' have taken place in the local area and have allowed pupils to explore, learn and find out new things.

UPCYCLING

Pupils within the BGE department have been learning how to 'upcycle'. Upcycling is the activity of making new furniture and objects out of old or used things or waste material.



The class are currently upcycling various pieces of furniture under the guidance of Miss McLean. After careful inspection and cleaning, the furniture was given a coat of paint. It will be exciting to see how this enterprise project develops.



DYNAMIC YOUTH AWARD

Miss Gemmill our Inclusion Support Worker has been working with one pupil to achieve his Dynamic Youth Award.

With a challenge of developing independent living skills, Declan has been learning to plan and make various meals and lunches.



Although not quite as tasty as Miss Gemmill's usual fish-based lunch, Declan made a very tasty ham and cheese sandwich for his snack after planning out the ingredients and tools he would need. Well done!

EVEREST CHALLENGE

IWBS are going higher and higher! Pupils and staff are working together to climb Mount Everest during lockdown.



Every stair climbed and step we take, will be counted to see how far we can climb!

BIKE ACADEMY

IWBS would like to sincerely thank Mr Polockus who generously donated four bikes to our Bike Academy.



These bikes will provide a valuable learning opportunity for our pupils who will develop their technical knowledge of bike maintenance.

BGE ENGLISH

The BGE S1 class created their own bookmarks for World Book Day and contributed to creating a reading corner in the classroom.



The class have been working extremely hard in English and are currently studying the novel, 'Light on Dumyat' by Rennie Mcowen.

P7 TRANSITION

P7 Pupils have been experiencing life in Secondary by joining Mrs McQuillan and Miss McLean's BGE class.

The focus has been on building relationships, learning and of course, having fun. Supported by Miss Kiernan and staff from Primary, the pupils have been involved in lots of varied activities.



Pupils have been developing their online digital skills, cooking in Home Economics, exercising with Miss Gemmill and sampling S1 topics in a range of academic subjects. The class even found time to make Mrs McQuillan's 'magical biscuits' as a little treat!



BGE WELCOME

P7 pupils have also been helping to decorate their classroom space.



Recently the pupils helped Mrs McQuillan and Mrs Kaur create a special welcoming door for their classroom and decorated the classroom windows with the help of Art teacher, Mr Farndon.

ART DEPARTMENT

In Art this term, groups have taken the first steps towards our print making project, learning to paint simple shapes and explore colour themes and variations.



We will be doing potato prints very soon and moving onto Lino printing and marbling as part of our project to explore all aspects of printing.

ART (cont)

We will be using repeat patterns such as fruit, or simple animal shapes to repeat across a surface.



This might form the basis for a textile design, wallpaper, computer art, or just provide a springboard towards other ideas in Art.



With S2 onwards we are doing monster mugs in clay.



The mugs will be designed and hand made by students learning the basics of clay techniques, from coiling, slabbing, glazing, hand-building and on the potting wheel to arrive at highly colourful monster mug for their favourite hot drink.



Mr Farndon is hoping for big things this term now we are back and is looking forward to pupils getting their hands on some real clay and being creative.