

Nurture News



First edition: January-February 2024

Welcome to the first edition of our newsletter for The Welcome Room at Lourdes Secondary.

We are delighted to share some of our young people's work, and some of what we have been up to inside and outside of school so far in 2024.



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Important dates:

- + S5/S6 Parents Night: 27th February 2024
- + Last day of term: March 28th 2:30pm
- + Good Friday 29th March 2024, Easter Monday 1st April 2024
- + Schools return Monday 15th April

Young Carer's Corner by Dagmara

- *Daily reminder to be grateful for the good things in life.*
- *Thank your loved ones for being there for you.*
- *Even the smallest achievements can make a big difference.*
- *Take a few moments each day to do something for yourself.*
- *Set yourself a small, achievable daily goal.*

Icelandic Visit *by Kai, S2*

We hosted visitors from Iceland in The Welcome Room. They shared some information about schools in Iceland and about their weather and the type of food they enjoy. We gave them some Irn Bru and short bread and told them about horse riding, skiing, fishing and our holiday activity camp. They also spoke about Scottish football which was quite nice. The man (his name is too difficult to write or say so he said to call him Oggy) knew a lot because he used to live in Glasgow. They said they would have loved to go to school in Glasgow!

They described how they saw a volcano erupting when they were on their way to the airport to fly to Scotland. They showed us pictures of the volcano from the sky. It was amazing.

The lady teachers were nice even though they were head teachers! They spoke very good English and they tried to get us to pronounce their names but it was too difficult. We learned some Icelandic words before they came so that we could welcome them. We said 'velcominn' and 'viltu beyglu?' which means welcome, do you want a bagel?

I enjoyed the experience because it's nice to meet new people from different countries. I would like to go to Iceland to visit them- so long as there isn't an exploding volcano!



The Feast of Our Lady of Lourdes

On February 9th, we helped to organise the Big Breakfast to celebrate

Our Lady's Feast Day. We enjoyed flipping pancakes ... and eating them!



Whitelee Wind Farm

We visited Whitelee Wind Farm to learn more about renewable energy. We enjoyed learning though fun experiences and produced persuasive writing pieces (see page 4).

We also presented to other pupils on the importance of caring for the environment.

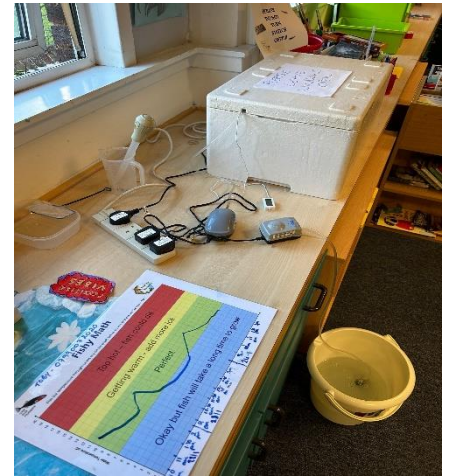
Clyde in the classroom

In January, we began our journey with Clyde in the classroom with a trip to Glasgow Science Centre. The project involves following the lifecycle of brown trout by looking after the trout as they grow from eggs to alevin to fish.

Our trout eggs arrived to the Welcome Room safely on 22nd January. By Day 7, some of the eggs had already hatched into alevins.



Special thanks to Mrs. Leitch who even came to school at the weekends to check the water temperature. Toby, our Scientist comes for weekly visits to check in with us and showed us a technique (below) for studying the trout closely.



On Thursday 29th February, this project will come to an end as we release the trout into the White Cart Water at Linn park.



Persuasive and Creative writing from our S2 English class

Global Warning by Jacques, S2

Global warming is a significant threat that we all need to do a lot more about.

It is proven that all the evidence points to global warming there is no denying it is happening.

The environment is being affected by climate change because of the pollution on our planet.

The environment is being affected by climate change but we really have to do something about it. The environment is being affected by climate change so we need to stop or we will become extinct like the dinosaurs.

There are lots of consequences of not contributing to the fight against climate change such as drought, wild fires, ice - bergs melting and lots more. If you have seen the news you would know about the worst wild fires in Canada's history with 29 million acres were engulfed in flames and it will keep happening if we do not stop and think about how we use resources.

We need to all work together as we only have one earth and we cannot throw it all away! We can and have to try and if not we might just die and that is your one and only global warning.

The Day The War Came

by Brodie, S2

The day the war came I was in class, occasionally making small glances at my iPad - waiting for the class to end. But the normal bell was replaced by an explosion. I passed out as the rubble fell on my head. I woke up as a soldier lifted it off my head. I felt the blood on my head and it was painful as I limped away to a place the war couldn't find me.

I knew my friends and family everything and everyone who mattered to me were no longer there- the war had taken them from me.

I walked for days and I saw people's lifeless bodies on the streets where I used to go for sweeties for a movie night with my family. It pained to see little kids crying into their parents' lifeless arms. I wanted to take them with me but the gunfire and bombs made it impossible for them to hear me. I went for days, holding onto the back of trains, sitting on the roof of a truck. soon I was on a boat, barely holding on I saw people fall into the cold, dark water of the ocean. I felt helpless. I couldn't do anything to help.

I knew I needed to go on- as selfish as it is- I had to think of myself at this time. I knew that soon I'd find somewhere to be. I knew I would be thrown away like a worthless banana peel by some, but I also knew that somewhere out there was a place I could call home.

Outdoor Learning *by Rhian, S4*

My personal experience with outdoor learning has helped me overcome some of my anxiety, helping me be much more social than I was originally. I used to stay away from a lot of people, but I have started to get to know them much better, meaning I feel more comfortable being with them. This can really impact children's lives in a great way.

One example of outdoor learning that has helped me and that I enjoy is Horse riding, it was one of the first outdoor things I have been to constantly throughout the years. It helps me relax and not only that, I learn new skills that can help me when riding horses. Secondly, another favourite activity of mine is skiing. skiing is a fantastic way to get some fresh air and give you some good adrenaline to finish off the day it teaches you to take risks in life, although you fail or fall you can try again until you get it right.

My honest favourite was fishing at the time we did it, we learned how to set the rods up and how to cast our lines and how to reel it back and we even got to learn how to put the bait on. It was really refreshing getting to go out seeing the sun reflect on the water waiting for a fish to fall for the bait. We did let all the fish go but we always took photos of the fish some were much larger than we expected. I have enjoyed all these activities and I have made more friends with the people that also go out, it has really boosted my confidence and even helped me feel more comfortable around those people.

Outdoor learning opened my eyes to the joy of education. It could open doors for many others to engage in their learning too.

Bearsden Ski Slope

This term, we were lucky to have a block of ski lessons at Bearsden Ski Slope. Pupils showed resilience, supported each other and grew in confidence each week.



Love Teach Care

A big well done to all pupils for taking part in wider achievement opportunities and outdoor learning so far this year. Big thanks to our partners for making these experiences possible.