

# Hillhead High School

## PARENT COUNCIL

### Hillhead High Parent Council newsletter May 2023

Welcome to the May 2023 newsletter. It has been a while since we sent one, so hopefully you will find it interesting.

We would love to hear more from parents of the Hillhead High school.

To join our mailing list and/or to give us your feedback / ask a question please email [HSS Parent Council](#).

#### In this newsletter we will cover:

- [Parent Council Fundraising activities for school minibus](#)
- [Additional Support Needs \(ASN\) Update](#) from Kiki - our parent council member on work she has been doing with school as well as information about an informal coffee chat event for parents with ASN children
- [Vaping](#) - the rise of vaping in our young people, the environmental impact & some useful links.
- [Support for parents with English as Additional Language \(EAL\)](#) - we need your help - please read on to help with this work
- [Respect Me](#): Anti Bullying information from school
- [Mental Health](#) and Wellbeing information from school
- [MCR pathways](#) - mentoring opportunities that are available for parents
- [Amazing achievement from HHS former pupil](#)
- [Upcoming school events](#) that might be of interest

#### School minibus fundraising

Many of you will know that for a while now we have been trying to raise awareness and funds for a new school minibus. It is a challenging and

substantial fundraising activity for our school but an important one.

Hillhead High School needs a new minibus. The current minibus was bought in 2008 with help from the Tom Hunter Foundation and unfortunately is no longer road worthy. The minibus is critical for the school to be able to provide free transport to a wide range of learning, sporting and extra-curricular activities which enriches the school experience and learning for the pupils.

Free transport is so important. Despite its location in Glasgow's West End, 35% of Hillhead pupils receive free school meals and the cost of living crisis is also affecting everybody to some degree.

The school works hard to ensure that the cost of the school day is kept as low as possible. Space is limited at the school and many planned activities are too far away to be accessed by foot and so the minibus plays a vital role in ensuring no pupil is excluded from opportunities due to cost reasons.

## **How you can help**

We are organising a silent auction event. It will be held in September starting on a date to be finalised and will be open for 48 hours for people to bid online. We know from other schools that this can be a very effective way to raise money. 100% of the contributions to the auction would go to the minibus fund.

But we need your help! Could you provide donations for this auction which might generate interest from the school and local community and encourage people to bid? These could be high quality offerings such as jewellery, art or similar items or it could be a voucher for a restaurant or theatre performance. Are you someone who might be willing to donate their time as an 'item' for auction eg. gardening, sewing, bike repair, cooking? Are you or do you know a public figure, author, singer or actor who might be willing to offer a lunch/coffee/drinks together, some memorabilia or a ticket to a gig? The more innovative the ideas the better!

We also have a letter which explains why we are doing this fundraising event - <https://blogs.glowscotland.org.uk/gc/public/hillheadhigh/uploads/sites/7656/2023/05/19072859/HHS-Parent-Council-Silent-Auction-Letter-for-donations-16.05.23-1.pdf>. You can use it to reach out to people / organisations for donations.

## **Other ways to support fundraising campaign**

### **GoFundMe**

You or your family / friends can give a one-off donation via our GoFund me page - <https://www.gofundme.com/f/fundraising-for-a-new-minibus>.

## **Easyfundraising**

Want to raise money for Hillhead High without any additional effort or cost to yourself? Well you can through [easyfundraising.org.uk](https://www.easyfundraising.org.uk)! Easyfundraising partners with over 7,000 brands which donate a percentage of what you spend to a cause of your choice at no extra cost to you. Here are just a few examples of how you could be raising money for the school as you do your online shopping.

Every time you shop, the brand will donate a percentage of your spend (which varies by brand) to the school. There is no extra cost to you – you were shopping anyway and the school gains. On bigger spends eg. holiday bookings, this can represent a sizeable donation. A booking of £500 on booking.com, for example, would generate a £20 donation. But it doesn't just have to be big spend – very small donations from regular shopping will soon add up!

### **What do you have to do?**

Sign up at [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and select “Hillhead High School Parent Council” as your charity cause. You then either go to your online shopping site via the easyfundraising page or you can install a browser extension which will tell you every time you go onto a site which will give a donation and one click takes you there. Then shop as normal and the donations will start coming in!

Please consider doing this. Signing up is very easy and it really is a very effective way to fundraise. Imagine if even 200 families across the school shopped online every week generating only £1 in donations that would be £200 every week coming into the school funds. And there is so much more potential than that!

## **Summer Fayre**

Visit our stall at the school summer fayre - you can make a donation (we accept cards), learn more about our silent auction event and we are planning to do a 50:50 game - more information to follow.

**Finally, just give us a shout if you'd like to help with fundraising or have some ideas.**

## ASN parents network would like to hear from you!

As a body representing parents and carers at the HHS, the Parent Council is aware that there are diverse needs amongst our children that need to be addressed to make their school experience meaningful and enjoyable. We are also aware that sometimes it can feel difficult to ask for and obtain appropriate support, which can be frustrating and confusing. The Parent Council is hoping to start a more open dialogue about how we can facilitate an environment that helps our young people and families with ASN (additional support needs), whether it is diagnosed or undiagnosed neurodiversity, disability or health related needs, cultural diversity including EAL (English as an additional language), and any other type of support needs.

We are at a stage where we are finding out what is most needed, and would welcome any thoughts and questions, ideas and requests, about what we as a Parent Council should be focusing on. Kiki is the Parent Council contact person for this network and she would like to hear from you if you have ASN children at school, or would like to be involved in facilitating the network. You can email her on [asn.hillheadhighparentcouncil@gmail.com](mailto:asn.hillheadhighparentcouncil@gmail.com)

## **ASN parents get together**

We would love to meet and chat with parents with ASN kids. Our idea is to meet at the Offshore cafe (Gibson street) on the 23rd May 2023 just after the start of the school date (from around 9.15 for an hour or so) to meet and speak and just get to know each other.

If you are around and would like to join - Kiki will be at the Offshore.

## The rise of vaping in young people

We all know that vaping has become a real issue for young people, the Scottish Government's Health & Wellbeing census 2021/22, 10.1% of 15 year olds & 4.3% of 13 year olds regularly use vapes. This is a significant increase on the 2018 figures.

Vaping & e-cigarettes were initially promoted as a route to stop smoking, but are now sadly a route into smoking for young people with the World Health Organisation stating that young people who use e-cigarettes are 3 times as

likely to start smoking.

Of real concern is how vapes are marketed, with bright coloured packages, flavours akin to popular sweets & fizzy drinks and the wide availability of vapes in corner shops, supermarkets & ice cream parlours. Though the legal age for buying an e-cigarette is 18, many packages & flavours do look like they're aimed at younger people.

Environmental concerns are now emerging re e-cigarettes, with the Scottish Government considering a ban on disposable vapes as they increase litter & contain batteries which should not be disposed of in general waste.

The long term health impact of vapes has not yet emerged but studies are emerging stating that e-cigarette use can negatively impact heart health, cause respiratory issues and affect oral health.

The school has been working with our young people, looking at the issues of e-cigarette use, encouraging discussion and looking at vaping as part of wider health & well being messages.

## **So what can we do as parents?**

Educating ourselves, so we know what to look for, some vapes look like USB sticks and can be easy to conceal. Open up a conversation about vaping, giving information & stats can offer work better than simply saying they're bad for young people & are forbidden. Signing petitions on the banning of disposable vapes & writing to your local elected members about your concerns around vapes.

## **Some useful links / information on what you can do**

[Current and previous Members of the Scottish Parliament \(MSPs\) | Scottish Parliament Website](#): email your MSP and ask them to take action - search for your MSP by postcode

[Committee Information - My Councillor \(glasgow.gov.uk\)](#): email your local councillor and ask them to take action - search by postcode

[Ban Disposable Vapes - Scottish Greens](#) - Sign Scottish Greens petition calling for a ban on disposable vapes.

<https://youtu.be/qtUTYgnayel> - watch this really useful YouTube film for Parents & Carers on E-cigarettes & vaping

[Young people and vaping | ASH Scotland](#) - learn more by accessing information & resources from ASH Scotland for young people on vaping.

[Environmental impact of single-use vapes - gov.scot \(www.gov.scot\)](#) - Scottish Government considering the environmental impact of vapes.

## Support for EAL parents - help needed

Each school has a FISO - Financial Inclusion Support Officer. The FISO project offer welfare rights advice, assist with debts, energy - this can be assisting with gas and electricity debt or fuel top ups for people who have pre-payment meters and also financial capability. Both parents/carers and pupils can self-refer to the school or can be referred by someone within the school. The school offers both telephone and face to face appointments.

We can also access interpreters.

### **We need your help**

We want all families in the school to be aware of the FISO and are supporting the school to have an event for EAL parents, English as an Additional Language, introducing them to the FISO and how they can help. We want to provide information in the top 10 most commonly used languages by families in the school.

We need help from parents who speak these languages to translate an information leaflet and/ or come along on the day to help translate and meet parents.

In these tough financial times for families we want to make sure everyone has access to all the information they need.

If you can help please email [HSS Parent Council](#)

Languages that we need your help with are:

- Arabic
- Mandarin
- Cantonese
- Kurdish

- Farsi
- Ukrainian
- Portuguese

The event will take place on the 9th June - 10.00-12.00.

## Very helpful resources for parents from our school

- Respect Me: Anti bullying - tips and a guide for parents to help children - <https://blogs.glowscotland.org.uk/gc/hillheadhigh/parent-zone/advice-and-support/anti-bullying/>
- Mental health and wellbeing - a range of tools and support materials available to all parents covering a variety of topics - body image, emotional literacy, loneliness and isolation, sleep, resilience - <https://blogs.glowscotland.org.uk/gc/hillheadhigh/parent-zone/advice-and-support/mental-health/>

## Opportunity to apply to become MCR Pathway Mentor

The Young Glasgow Talent Programme is run in collaboration with MCR Pathways. MCR Pathways was founded in 2007 to address the gap in life-chances and educational outcomes between young people who have experienced disadvantage and their peers.

The MCR Charity was established to support young people, including those who are care-experienced or who have been recommended by their school as being able to benefit from the programme, to help them realise their full potential through education. This is enacted through our school based mentoring programme – matching young people with a fully trained volunteer mentor.

For more information please

see <https://blogs.glowscotland.org.uk/gc/hillheadhigh/partnerships/mcr-pathways/>

## Amazing achievement from HHS former pupil

Our former pupil, Ahmed Alhindi (S6 2022) and the founder of the Our Grades, Not Visas campaign, together with help from Maryhill Integration Network and JustRight Scotland succeeded in getting the eligibility for tuition fee funding extended following a campaign.

Please read this article to learn more:

<https://news.stv.tv/scotland/scottish-tuition-fee-funding-to-be-extended-to-migrant-and-asylum-seeking-students>

In addition, his work as part of the Maryhill Integration Network is up for a charity award and you can vote here:

<https://scvo.scot/scottish-charity-awards/vote/2023/community-action/maryhill-integration-network>.

## Upcoming school events you can visit

There are several events coming up before school year finishes at the end of June:

1. P7 parents & carers - 31st May 2023 - 18.00-19.30 - welcome & information evening
2. Welcome to S6 - 1st June 2023 - 18.30-19.30 (Assembly Hall) - parents of new S6 to cover opportunities available in S6
3. School Summer Fayre - 3rd June 2023 (Assembly Hall) - 10-12 - open to everyone in our community
4. EAL event - 9th June 2023 - 10.00-12.00 - parents with English as Additional Language
5. The school music concert - 13th June 2023 - 19.00

We hope you find content in this newsletter useful. Please get in touch if you have feedback / questions.

Best wishes

Hillhead High School Parent Council