

What is exp ?

- I should submit work up to 3 times per week per subject (based on work issued by my teachers)

How will I submit the work?

- By using Showbie – see guide and video (see [school website](#))
- By using GLOW - see guide (see [school website](#))

What if I don't submit the work?

- I will be contacted by the school and my parents/ carers will be contacted

NB: I will also use my revision box

I will check for regular updates on twitter and facebook

If I am really worried about anything or wish to speak to someone, I will contact [CP name and email address](#)

Most importantly, please look after yourself and your family and if you need anything at all, please contact any teacher or your pastoral care teacher

Pastoral Care Teacher email address

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Where can I go for extra help?

Foodbanks

- *Glasgow SE Foodbank , 201 Arden Craig Road*
- *Castlemilk Church Foodbank, 465 Carmunnock Road (opposite Cherry Tree nursery)*
- *Maureen Cope Community Hall, Arden Craig Road*

Local supports

- *Castlemilk Youth Complex* *0141 630 0000 (Facebook / Twitter)*
- *Castlemilk Stress Centre* *0141 630 0111 (Facebook / Twitter)*
- *South East Young Carers* *0141 423 0728*
- *Castlemilk Parish Church* *0141 634 7113*

Other supports

- Childline *0800 1111* www.childline.org.uk
- Police Scotland *101*
- SEE ME Scotland www.seemescotland.org/young-people
- Lifelink www.lifelink.org.uk/how-we-can-help/young-people
- LGBT Youth Scotland *0141 552 7425* (Facebook / Twitter) www.lgbtyouth.org.uk

National 5 and Higher Pupils