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| **What is expected of me?**  |
| * **I should engage with learning experiences suggested by my teacher**
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| **How will I submit the work?**  |
| * **By using Showbie – see pupil guide and video (link to school website)**
* **By using Seesaw – see pupil guide and video (link to school website)**
* **By using GLOW - see pupil guide (link to school website)**
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| **What if I don’t submit the work?**  |
| * **My parent will be contacted by a member of staff and support will be offered**
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|  **NB: 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**  |
| **Where can I go for extra help?****Foodbanks*** ***Glasgow SE Foodbank , 201 Ardencraig Road***
* ***Castlemilk Church Foodbank, 465 Carmunnock Road (opposite Cherry Tree nursery)***
* ***Maureen Cope Community Hall, Ardencraig 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**](http://www.childline.org.uk)
* **Police Scotland 101**
* **SEE ME Scotland** [**www.seemescotland.org/young-people**](http://www.seemescotland.org/young-people)
* **Lifelink** [**www.lifelink.org.uk/how-we-can-help/young-people**](http://www.lifelink.org.uk/how-we-can-help/young-people)
* **LGBT Youth Scotland 0141 552 7425 (Facebook / Twitter)** [**www.lgbtyouth.org.uk**](http://www.lgbtyouth.org.uk)
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***Primary Pupils***