

11 March 2022

Dear Parent / Carer

It has been another busy week at Rosshall. We have enjoyed the brighter weather, confirming to us that spring is hopefully almost here!

### *Congratulations!*

Congratulations to Claire Hamilton who has been appointed PT Drama at Bearsden Academy. Claire is a highly valued member of our staff team who has made an enormous contribution to our school community through her work in Drama, Dance and as PT raising Attainment. She will be with us until the end of April and until then we will make the most of having her here as part of our team!

Congratulations also to our Support for Learning Workers Colby Finlay and Rebecca Docherty who were successful in their applications to study the PGDE in PE and Drama respectively starting later this year. They are both wonderful members of the support team and hopefully we may be lucky enough to welcome them back as teaching staff at some point in the future! In the meantime, we look forward to continuing to work with them until June when they will leave us.



### *SQA Scenario 2 Guidance*

The SQA have now provided updated information and study guides for most subjects as we move towards the final exams. You will find some of this useful and for several subjects it includes guidance of what will / will not be included in the exam. You can access the information on the [Ushare](https://www.ushare.org/) website which also contains links to a variety of open learning resources that support SQA's qualifications.

### *S4 - S6 Supported Study*

We have an extensive supported study schedule running for all pupils in S4 – S6 as they progress towards their final exams. Sessions are running before school, at lunchtime, after school and on Saturday mornings. We would expect all pupils to take up the offering we have in place to help in their exam preparations. Further information will be provided soon on our Easter school offering. You can view the full supported study timetable and the numerous other study supports we have for our young people [here](#).

### *Ukraine Fundraising*

Miss Henssge is currently organising a raffle and an end-of-term non-uniform day (Friday 1 April), and Mrs Rankin is working with a group of senior pupils to plan a bake sale in the last week of term to raise funds for Ukraine.

## *Nutrition Top Tips: 5 Reasons for Having Your '5 A Day'*

1. Fruit and vegetables contain a variety of very important vitamins and minerals including Vitamin A, Vitamin C and potassium
2. They are a good source of fibre which helps to maintain a healthy gut and reduce the risks of bowel cancer
3. They help fill you up so you are less likely to snack on high fat and high sugar foods
4. They contribute to a healthy, balanced diet as they are low in fat and calories
5. They can be used in hundreds of ways and there are so many varieties to choose from!



Try to choose fruits and vegetables that are in season to help the planet:

- This month's seasonal vegetables are carrots and potatoes
- This month's seasonal fruit is rhubarb

## *Supporting Positive Mental Health*

The exam preparation and assessments taking place for our senior phase students, and the learning and high expectations daily for our BGE pupils, together with the challenges of teenage life, can result in mental health being a concern for many parents and carers. It is important that all of our young people look after their mental health and we regularly discuss this in school together with the importance of talking to someone if they feel they are struggling. Here are some tips to help parents / carers support positive mental health:

- Talk openly about mental health at home
- Encourage some time away from screens and social media every day
- Encourage your child to get active and participate in hobbies and clubs
- Encourage your child to talk to you about their day, what went well, and any worries they may have
- Ensure your child makes time to switch off from school and studying
- Ensure your child gets plenty of sleep and eats regular healthy meals
- Take note of any changes in your child's behaviour or mood



If you are concerned about your child's mental health:

- Let them know you are concerned
- Start a conversation with them about how they are feeling
- Make time to listen and empathise
- If you continue to be concerned – talk to your GP or your child's Pastoral Care teacher

### ***Mental Health Guides for Parents / Carers:***

- **Young Minds** A-Z guide [here](#)
- **Mental Health Foundation** guide [here](#)



## *Active Girls Day*

On 23rd February our PE Young Ambassadors organised and led an Active Girls Day for our S2 cohort. This was an all-day event where the girls participated in a variety of activities including:

- Camogie
- Football
- Trampolining
- Gymnastics
- Dodgeball

The Young Ambassadors demonstrated great leadership throughout the day. They wanted to plan something special for the afternoon as this was one of the first events we have been able to organise since COVID-19 and they managed to organise a silent disco which was the highlight of the day with everyone singing and dancing! Thanks to our fantastic PE staff for supporting the Young Ambassadors in their role.



## *Dance Showcase*

Our Dance Showcase took place on Tuesday evening. It was a wonderful display of the talent and creativity that we have here in Rosshall and it was fantastic for the young people to have the opportunity to perform to a live audience again! We were treated to a wide variety of excellent performances by our S2 and S3 Dance classes and our Senior Phase Dance students. This was a great opportunity for our N5 and Higher students to perform ahead of their practical exams which take place over the next few weeks. Thank you so much to Mrs Hamilton, Ms Lamont and our Dance Leaders for their amazing work with all of our dancers.



## *ParentPay Reminder*

From today, all meals in school must be paid via ParentPay. Catering staff can no longer accept cash or Q cards. All pupils were issued with a card on Wednesday that should be used at Fuel Zone when buying meals. Young people with free meal entitlement will also need to use their new card. Please ensure that your child keeps this card safe and please also ensure that the card is not altered in any way, e.g. holes punched, stickers etc, as this can affect how the card operates.

If you have not yet activated your ParentPay account and are unsure about how to do this, please contact the school office.

## *Uniform*

We are delighted to see the continuing improvement in uniform – thank you very much for your support. We would be grateful if you could continue to encourage your child to arrive at school in their uniform every morning, including on PE days.

- ✓ White school shirt and Rosshall tie
- ✓ Black trousers / skirt (no joggers please)
- ✓ Plain black jumper / hoodie or the purple Rosshall hoodie

Please contact me or your child's Pastoral Care teacher (see below – please note temporary changes to Harris House) should you have any concerns about your child's wellbeing or learning. Our priority is always to support families to ensure a happy, safe environment, and a great learning experience for every young person. I hope that you have an enjoyable and relaxing weekend and look forward to seeing your child in school on Monday.

House	House Head	Pastoral Care Teacher
Barra	Mr Higgins	Mrs Cawley
Harris (S4 – S6)	Mr McGarvie	Mr Mackenzie
Harris (S1 – S3)	Mr McGarvie	Ms Edward
Iona	Mrs King	Mr Sherry
Lewis	Mrs Guile	Mr Simpson
Skye	Mr Murphy	Mrs Hanley

Yours sincerely



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