



Friday 28 February 2025

This week at Port Glasgow High School



Pupil Subject Choices 2025

It is an important time for pupils in S2—S5 as they consider their subject choices for the year ahead. As a parent you are invited to join your child's Curricular Choice Interview to discuss their options for the year ahead:

S3: Tues 11th & Wed 12th March (9-6pm)

S2: Tues 18th & Wed 19th March (9-6pm)

S4/5: Tues 1st & Wed 2nd April (9-6pm)



SQA Exams 2025—Supported Study

As we move ever closer to this year's exam diet—pupils are encouraged to take advantage of **every opportunity** to reinforce their learning. Our next block of Supported Study began on 24th February and will run until the Easter break. Pupils may be specifically targeted in some of their subjects. This targeting will be based on overall progress and prelim performance and seeks to ensure that pupils make the improvements required to achieve success in final exams. Should your child be targeted for Supported Study, you will receive a direct communication by text or email in the coming days.

We are also offering several **Saturday Schools in selected subjects**—these will be detailed on the Study Timetable which was issued last week to pupils and to parents via email. Extra copies of the Study timetable are available outside Ms Welsh's office.

E-Sgoil Study Sessions Online

Please also encourage your child to use the excellent eSgoil online study sessions and our Achieve programme—both of which are completely free to access and can be used flexibly to fit around your child's school and other commitments.

Please see below the links to the SQA Exam Diet timetable; eSgoil; and Achieve sites.

https://www.sqa.org.uk/sqa/files_ccc/nq-2025-exam-timetable.pdf

<https://achieve.hashtag-learning.co.uk>



SQA Assessments

As we draw closer to the SQA Examination Diet for 2025, many subjects have key assessments and SQA coursework taking place. Attendance in school at this time is absolutely essential to ensure that required SQA work can be undertaken. Please continue to encourage your child to attend each day, on time, and to prepare for required coursework and assessment. Thank you

Modern Languages Key Assessment Dates

All assessments take place during Modern Languages class times



Higher French

Date	Period	Skill
Monday 10 th March	1	Listening
Tuesday 11 th March	6+7	Reading
Thursday 13 th March	5	Writing

Higher Spanish

Date	Period	Skill
Monday 10 th March	6	Listening
Tuesday 11 th March	1+2	Reading
Wednesday 12 th March	3	Writing

NAT 5 French

Date	Period	Skill
Tuesday 11 th	3+4	Reading and Writing
Friday 14 th March	2	Listening

NAT 5 Spanish

Date	Period	Skill
Tuesday 11 th March	6	Listening
Thursday 13 th March	5+6	Reading and Writing

National 5 Administration

The SQA Assignment for National 5 Admin will take place in class on 5th and 7th March

Maths Key Assessments—Nat 5, Higher & Advanced Higher

Music Practical Exams

S4 National 5 Mr Baxter and Mrs Lyons/Mrs McMillan classes:

10th March period 5 (non-calculator)

14th March period 4 (calculator)

S5/6 National 5 Mr Baxter class:

11th March periods 1&2 (non-calculator)

12th March periods 3&4 (calculator)

S5/6 National 5 Miss Dempster class:

12th March periods 5&6 (non-calculator)

14th March periods 5&6 (calculator)

Higher Mrs McMillan class:

11th March periods 1&2 (non-calculator)

12th March periods 3&4 (calculator)

Higher Miss Duncan class:

12th March periods 5&6 (non-calculator)

14th March periods 5&6 (calculator)

Advanced Higher:

12th March periods 5&6 (non-calculator)

14th March periods 5&6 (calculator)

SQA Music practical exams N5 and Higher

Monday 3rd March

Tuesday 4th March

Music Composing assignments completed for all levels

28th March 2025





PE Sportathon

Thank you to all pupils who took part in the **PE Sportathon** last Friday 21 February. Pupils raised over £1300 from the event and these funds will have a great impact in developing the Fitness Suite facilities for our young people.



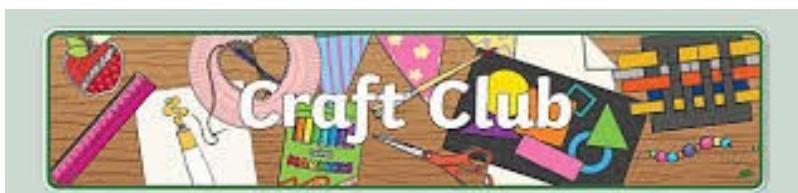
In other PE News:

The S3/4 Girl's Football Team are taking part in Inverclyde Active Schools football festival at Notre Dame on 27th February. Good luck Girls!

Our Senior football team has two games next week:



Monday the 3rd of March AWAY to Inverclyde and also a HOME Match against Notre Dame High on Wednesday the 5th March

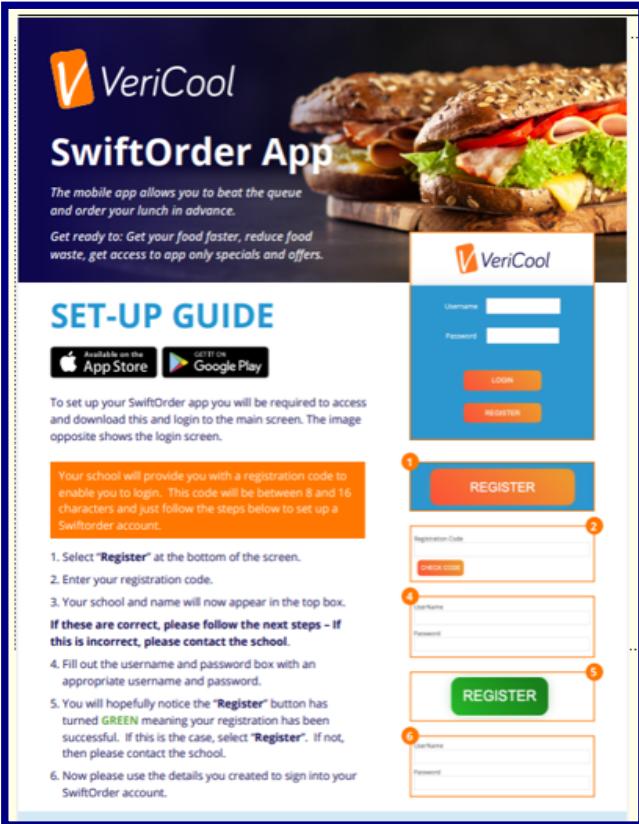


Well done to Eilidh (S3), Rosie(S3), Isobel (S1)and Aaron (S1) who have completed their February Fabric Hearts sewing project

Mrs Barclay is very impressed!!



Pre-order Lunch App



The mobile app allows you to beat the queue and order your lunch in advance. Get ready to: Get your food faster, reduce food waste, get access to app only specials and offers.

SET-UP GUIDE

Available on the App Store | GET IT ON Google Play

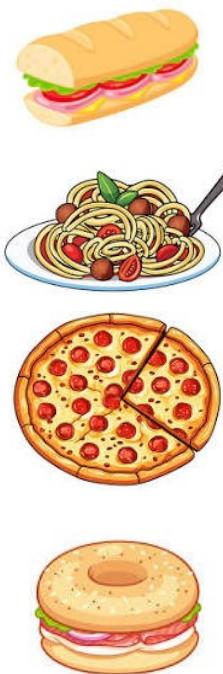
To set up your SwiftOrder app you will be required to access and download this and login to the main screen. The image opposite shows the login screen.

Your school will provide you with a registration code to enable you to login. This code will be between 8 and 16 characters and just follow the steps below to set up a Swiftorder account.

1. Select "Register" at the bottom of the screen.
2. Enter your registration code.
3. Your school and name will now appear in the top box. If these are correct, please follow the next steps - if this is incorrect, please contact the school.
4. Fill out the username and password box with an appropriate username and password.
5. You will hopefully notice the "Register" button has turned GREEN meaning your registration has been successful. If this is the case, select "Register". If not, then please contact the school.
6. Now please use the details you created to sign into your SwiftOrder account.

Please use this time in registration to download the App and register. Please follow the set-up guide.

- Download the SwiftOrder app.
- Your registration teacher will give you your unique code.
- Choose an appropriate and memorable username and password to register under.
- The register button should turn green, if not then select register.
- Now sign into your SwiftOrder account and order lunch!



News from around school



The Maths department will be running **Saturday School** on the 1,8,15,22,29 March 930am—1230pm. Attendance will give you every chance of maximising your potential.

S1 and S2 Maths classes have been working extremely hard and progressing well through courses. S1 will be assessed this week on the skills they have learned in the Coordinates and Symmetry topic and S2 will be assessed on their Fractions knowledge. Well done Maths pupils!



Emily H is this year's winner of the **Junior Conservatoire Colin Currie Young Percussionist Award**. Colin Currie is a world famous multi award-winning virtuoso percussionist who judged the competition on Friday at the RCS. This is an amazing achievement and we are all very proud of her.



News from around school

Cooking Classes

One of our S6 pupils—James K—is working with Primary pupils at Kilmacolm Primary on weekly cooking classes.

Here's a photo of James with some of the Primary 7's last week—he did a wonderful job of cooking a vegetarian noodle dish with them.

Kilmacolm Head Teacher, Mrs McCreadie said “*We are so grateful for James' support and we look forward to seeing what tasty recipes he creates with our pupils over the coming weeks*”.



The Higher Chemists this week were down in the home economics kitchen investigating how different cooking methods effect the retention of flavour molecules in our foods.



Our Higher Geography students recently took part in a field trip to Glasgow to gather data on differences between the urban zones. They look like they were very busy!



Skills Development Scotland

February update

One week until #ScotAppWeek25!

There's only one week until Scottish Apprenticeship Week from 3 to 7 March.

This year, employers, business organisations, schools, learning providers, Scottish Government and many other partners will be getting behind the campaign to highlight that apprenticeships are **Made for Business**.

For colleagues in schools, the Apprenticeship week campaign will show that apprenticeships are made for business, people, and Scotland's economy.

Scottish Apprenticeships are created in partnership with employers, for employers, making skilled individuals that benefit their businesses.

Apprenticeships are critical to help grow and expand the nation's workforce, giving people skills to thrive.

There are currently around 12,000 apprentice employers in Scotland, investing in approximately 40,000 apprentices. Foundation, Modern and Graduate Apprenticeships are available in Scotland's key sectors, providing opportunities for people to get the skills employers want.

Businesses say that Modern Apprentices help boost productivity and enable them to benefit from staff retention, with 9 in 10 qualified apprentices still working with the employer they started their apprenticeship with.

Modern Apprentice achievement rates are high, and research shows that their wellbeing is higher than the general population. Employers of all sizes across Scotland are investing in apprenticeships to find talent and diversify their workforce.

Over 90% of Modern Apprentices highly rate their training from learning providers and employers.

For more information about Scottish Apprenticeships, help to recruit or the latest vacancies, visit www.apprenticeships.scot



DYW

Developing the Young Workforce

Parents & Carers Voice 2024/25

Skills Development Scotland (SDS) would like to find out how you talk to your child about careers and your awareness and use of our services. Your feedback will help us to understand your needs and how we can improve our services.

We are particularly interested in finding out about your eldest secondary school age child's experiences. Please answer the questions with this child in mind.

The survey should only take 10 minutes and it will be open to responses until Friday 30th May 2025. See link here >>>>



Are you thinking of leaving school in June 2025?

If so – you must see Mr Hart, Mr Rhodes, or Ms Welsh **ASAP** to receive important information about leaving school.

To qualify as a leaver, you must be aged 16 or older BEFORE 30 September 2025.



https://sds.qualtrics.com/jfe/form/SV_7aD1pVrshfWIIUW



Confidence

Equity

Respect

Learning

Ambition

February is Sleep Awareness Month

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

1. Set a consistent sleep schedule – 8-9 hours
2. Create a relaxing bedtime/pre-bedtime routine.
3. Keep your room cool and comfortable – optimum temp 65 degrees.
4. Dim the lights after dark.
5. ...unplug technology an hour before bed.
6. Steer clear of stimulants late in the day – caffeine, sugar, chocolate..at least 6 hours before bed.
7. Avoid foods that can disrupt sleep - citrus fruits, spicy food, fatty or fried food, and heavy meals are all tough on the digestive system and can trigger indigestion.
8. Get regular exercise. Studies find that a regular exercise routine can help contribute to improved sleep.



Health

You Matter.



ILF Scotland Transition Fund



The Transition Fund provides money to support young people with a learning disability or impairment. Disabilities can include:

- autism
- ADHD
- dyslexia
- physical disabilities
- mental health (e.g. anxiety or depression)
- hearing or visual impairments.



Independent
Living Fund
Scotland

Did you know you can order free period products to be sent discreetly to your house?



See the posters around the school and in the toilets for a QR Code or visit www.inverclyde.gov.uk/freesanitaryproducts



SCAN ME



Inverclyde Warm Spaces in Winter

Supporting activities during the cold winter months that provide adults and young people with access to spaces, resources, and advice as temperatures plummet and prices rise. Inverclyde's Warm Hand of Friendship 2024/25.



Scan me!



Scan
the
QR
Code

Household Finance and Benefits
Mental and Physical Health
Work and Social Skills
Home Energy Advice
Digital Skills
0141 303 3131 (option 8)



PORT GLASGOW
HIGH SCHOOL

SUCCESS FOR ALL

Information

01475 715 200

@PortGlasgowHS

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Women's Health Event

Friday 7th March
Beacon Arts Centre
10am-2pm



Meet local services for women including:

- Healthcare
- Social opportunities
- Physical activity
- Mental health and wellbeing
- Free Period Products



Come and celebrate
International
Womens Day 2025
with us!

Guest speaker sessions for:

- Menopause
- Womens heart health
- Equality

Refreshments provided

This session we have 12 Menstrual Wellbeing Ambassadors supporting period dignity in PGHS. They have been attending workshops, listening to Pupil Council members to help create a care cupboard, improve accessibility to sanitary products, held a stall at our open night and are creating a lesson for younger peers.

On the 7th March they will be attending an **International Women's Day Event** at the Beacon which will have a variety of speakers & activities to inspire. This free event is open to anyone who is interested.



Lunchtime and After School Clubs

M

Lunchtime - Games Club with Mr O'Donnell S040

Lunchtime - ICT Club with Miss Hooper F087

After school - Futsal club, basketball

TU

Lunchtime - SI Coding Club with Dr Chen F086

Lunchtime - Games Club with Mr O'Donnell S040

After school - Fitness, Girls football

W

Lunchtime - Craft club with Mrs Barclay S039

Lunchtime - Games Club with Mr O'Donnell S040

After school- Football, Badminton

TH

Lunchtime - S2 Coding Club with Dr Chen F086

Lunchtime - Games Club with Mr O'Donnell S040

After school - Netball

F

Lunchtime - Diamond Painting Club

with Miss Hussain F094



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Senior Pupil Leadership Team

2024-2025

School Captains



Anna D



Aimee H



Stacy R



Jack K

House Captains



KINGSTON

Emma B & Lana H



LITHGOW

Emily H & Emma W



GLEN

Emma McL & Connie M



FERGUSON

Ava O & James K



S6 Ambassadors

Mental Health

Devon W



Health & Wellbeing

Cara McM



S6 Lead Prefects

Sam McG



Logan V



2024-2025 School Calendar

August 2024						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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25	26	27	28	29	30	31
				13		

September 2024						
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				19		

October 2024						
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					18	

November 2024						
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December 2024						
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				15		

January 2025						
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February 2025						
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			18			

March 2025						
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April 2025						
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27	28	29	30			1

May 2025						
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		19				

June 2025						
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29	30					
30				20		

July 2025						
Su	M	Tu	W	Th	F	S
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20	21	22	23	24	25	26
27	28	29	30	31		



School Closed/ Holidays



Teacher in-Service Day (no school for students)



School Open



Contact Details

Name	Details	E-mail
Senior Leadership Team		
Mrs G Carroll	Head teacher	gillian.carroll@portglasgow.inverclyde.sch.uk
Mrs F Craig	Depute Head Teacher S1 - S2	fiona.craig@portglasgow.inverclyde.sch.uk
Mrs L Fitzharris	Depute Head Teacher S3 - S4	lisa.fitzharris@portglasgow.inverclyde.sch.uk
Ms S Welsh	Depute Head Teacher S5 - S6	suzanne.welsh@portglasgow.inverclyde.sch.uk
Pastoral Team		
Mrs K Brown	Head of Ferguson House	kirsty.brown@portglasgow.inverclyde.sch.uk
Mrs L Greenlees (Mon to Wed)	Head of Glen House	loredana.greenlees@portglasgow.inverclyde.sch.uk
Mr Goodfellow (Thurs & Fri)		stuart.goodfellow@portglasgow.inverclyde.sch.uk
Mrs A Rae	Head of Kingston House	amanda.rae@portglasgow.inverclyde.sch.uk
Miss Robinson	Head of Lithgow House	lydia.robinson@portglasgow.inverclyde.sch.uk
Mrs K Wilson	Principal Teacher Support for Learning	office@portglasgow.inverclyde.sch.uk
Mrs K Fraser	Principal Teacher Health & Wellbeing	kirstin.fraser@portglasgow.inverclyde.sch.uk
Careers Team		
Mr N Rhodes	Skills Development Scotland School Careers Advisor	Nicol.Rhodes@sds.co.uk
Mr C Hart	Principal Teacher Developing the Young Workforce	craig.hart@portglasgow.inverclyde.sch.uk

