



Friday 14 March 2025



This week at Port Glasgow High School

Women's Health Event

In celebration of International Women's Day, our PGHS Menstrual Health Ambassadors attended the Women's Health Event on Friday 7th March, hosted by The Beacon Art Centre. During this event, the ambassadors took time to speak with many different professionals in Inverclyde, including NHS nurses, Mind Mosaic Counselling and Therapy, Inverclyde Women's Aid and the representative for Period Dignity Inverclyde. There were informational talks given on Menopause, Women's Heart Health and Young Women's access to Healthcare in Scotland. Some students even signed up to advocate for young women and girls health as part of the Scottish Government's Women's Health Plan Steering Group.

Well Done to our Menstrual Health Ambassadors for being professional and representing the school at this event.

If you need access to free period products and have these delivered discreetly at your door, visit inverclyde.gov.uk/freesanitaryproducts.



Curricular Choice Programme

Our 'Curricular Choice Programme' is underway!

S2 & S3 pupils should now have returned their initial option form & interview slip to Mrs Craig. Guidance Teachers will now be in touch to confirm exact interview times.

S3 Interviews will take place on 11th & 12th March.

S2 Interviews will take place on 18th & 19th March.



S4 and S5 pupils will receive Options and SQA Information at Assemblies in the coming week:

S4 Wednesday Period 2

S56 Tuesday Period 5

Guidance teachers will then arrange Options interviews as required.

Please contact your child's Guidance teacher if you would like to attend an interview.

S3 Work Experience

Our S3 Work Experience is due to take place from the **12th-16th May 2025**.

Port Glasgow High School has seen a lot of success from pupils in previous years during their work experience placements, and this is a fantastic opportunity for pupils to gain experience of the world of work in an industry that interests them.

It is expected that pupils taking part in Work Experience are to secure their own placements, by contacting relevant employers, or perhaps family businesses or contacts, **that are linked to their career pathway**.

Pupils who do not wish to participate should attend school as normal.

The deadline for return is Friday 21st March.



Careers Event

Please join us from 255pm on Thursday 20th March to meet with local employers and organisations in our Campus Careers Event. All parents and pupils welcome from 255pm in the Main Hall on the Port Glasgow Campus.

**COME SPEAK
WITH...**



University
of Glasgow



Glasgow Caledonian
University



University of
Strathclyde



BAE SYSTEMS



DEVELOPING PEOPLE & BUSINESSES



James Walker



& MORE!



**CAREERS EVENT
ASSEMBLY HALL
THURSDAY
20TH MARCH**

S4 - 1:40 - 2:00PM

S5 - 2:20- 2:40PM

S6 / OPEN ACCESS

2:55 - 4:30PM

DYW | Developing the
Young Workforce



Supported study

Supported Study attendances are looking good for the last 2 weeks
– Well done everyone - keep on going!



261 sessions attended by S4 pupils across subjects. Top attenders are:

Evie McB Lucy D Rob McN

S5 pupils have attended 119 sessions. Top Attenders are:

Isla McD Skye McL Kara W

S6 Pupils have attended 50 sessions. Top attenders:

Anna D Ava O Keira S

Support study timetable

Supported Study Block 2: February – April 2025: S4-6

[Port Glasgow H.S.](#)

Week 1	Sat	Week 2	Sat	Week 3	Sat	Week 4	Sat	Week 5	Sat	Week 6
24 – 28 Feb	1 Mar	3 – 7 March	8 Mar	10-14 Mar	15 Mar	17 – 21 Mar	22 Mar	24 – 28 Mar	29 Mar	31 Mar-4 Apr

DAY										
MONDAY	Nat 5 Modern Miss Sanderson Mr Kretowicz Week 2,4,6	Higher Modern Miss Sanderson Mr Kretowicz Week 1,3,5	Nat 5 English - Week 1,3,5 Mrs Barclay Miss McWhinnie		Higher English Week 2,4,6 Miss Ormiston Mr O'Donnell		Art – Theory – All Levels Miss Montgomery		S4 Nat 5 Maths Mrs McMillan Week 2,4,6	
WEDNESDAY	Nat 5 Chemistry Mrs Angiolini	S56 Higher Maths Mrs Duncan	S4 Nat 5 Maths Mr Baxter class only	Higher French Mrs MacLennan	Nat 5 Geography Week 1,3,5 Mr Cultrera	Nat 5 History Week 1,3,5 Mr Dahlstrom	Nat 4/Nat 5 Admin Miss Hooper	Higher Business Management Mr Burns	Nat 5 Drama Week 1,3,5 Mrs Miller	
	Higher Chemistry A Price Week 1,3,5	S5/6 Nat 5 Maths J Dempster			Higher Geography Week 2,4,6 Mr Cultrera	Higher History Week 2,4,6		Higher Computing Week 3,5 Dr Chen		Higher Drama Week 2,4,6 Mrs Miller
THURSDAY	Nat 5 Biology Mr Black	Higher Maths Mrs Lyons	Nat 5 Physics Mr Ferguson	Higher Physics Miss Robinson	Higher Administration Miss Hussain Ms Welsh	Nat 5/Higher Spanish Miss Paton	Nat 4/Nat 5 Music Mrs Fraser	Nat 4/5 Practical Woodwork Mrs Brown Mr Starling	Nat 5 French Mrs Hart	
	Higher Human Bio Mrs Burns	Advanced High Maths Mr Baxter								
FRIDAY	Art – all levels – practical – K Ward			Nat 5/Higher Design & Man G Starling						
SATURDAY	National 5 Biology 1,15 & 29 March Mrs C Burns		Higher Human Biology 8 & 22 March Mrs C Burns		National 5 Chemistry Mrs Angiolini 1,8,15 & 22 March		Nat 5, Higher, AH Maths Mr Baxter – Sat 1 March, 8 March, 15 March; 22 March, 29 March		National 5 Physics Mr Ferguson 29 March	

Please sign up in advance with the relevant teacher. If signed up – you must attend your session during the week or on Saturdays. Saturday school runs from 930am – 1230pm.

Remember – extra study sessions could make all the difference to your exam results this year

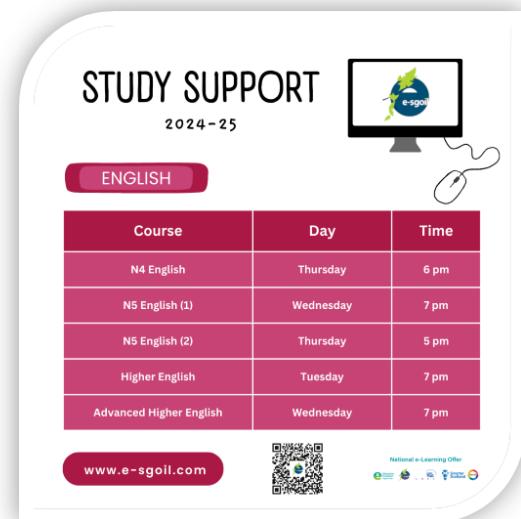


E-Sgoil Support Study

51 live online webinars each week, covering 27 subjects, ranging across levels from N4, N5, Higher and Advanced Higher.

To view the full Study Support timetable and find out how to register, scan the QR code below or visit the e-Sgoil website:

www.e-sgoil.com/senior-phase/study-support/



MONDAY		
Time	Subject	Level
5pm	Maths	N4
	Maths	N5
	Health & Food Technology *	N5/Higher
6pm	Physics	Higher
	Physics	Adv Higher
	Human Biology	Higher
	Business Management	N5
	Applications of Maths	N5
	RMPS	N5/Higher
7pm	Practical Cookery *	N5
	Applications of Maths	Higher
	Biology	Higher
	Computing Science	Higher
	Biology	Adv Higher
	Computing Science	N5

TUESDAY		
Time	Subject	Level
5pm	Modern Studies	Higher
	Music	N5
	Maths	Higher
6pm	Politics	Higher
	Spanish	Higher
	Chemistry	N5
	Maths	Adv Higher
	Business Management	Higher
	Music	Higher
7pm	English	Higher
	Chemistry	Adv Higher

WEDNESDAY		
Time	Subject	Level
5pm	French	N5
	Graphic Communication	Higher
	Engineering Science	N5
6pm	Geography	Higher
	Geography	N5
	Engineering Science	Higher
	Gaeilge	N5/Higher
	French	Higher
	Gaelic	N5/Higher
7pm	Design & Manufacture	Higher
	English (1)	N5
	English	Adv Higher

* webinars will start in December



THURSDAY		
Time	Subject	Level
5pm	English (2)	N5
	History	Adv Higher
6pm	English	N4
	Physics	N5
	Chemistry	Higher
	Admin & IT	Higher
	History	Higher
	Design & Manufacture	N5
7PM	Biology	N5
	Art & Design *	N5/Higher
	History	N5
	Graphic Communication	N5
	PE *	Higher

www.e-sgoil.com



National e-Learning Offer



E-Sgoil Easter School Online

Remember you have to register to attend – visit <https://www.e-sgoil.com/senior-phase/easter-study-support/> to get more details and follow instructions to register.

	Monday 7th April	Tuesday 8th April	Wednesday 9th April	Thursday 10th April	Friday 11th April
9am	N5/H Gàidhlig	N5/H Gàidhlig	N5/H Gàidhlig		
10am	N5 English N5 PE N5/H Gaelic H Physics H Health & Food Technology H French AH History	H Biology H French H/N5 Gaelic	N5 English H Physics H HFT H/N5 Gaelic AH History	H Physics H Biology	N5 English H Biology H HFT H French AH History
11am	N4 English N5 Maths N5 Admin and IT N5/H Design & Manufacture N5 Health & Food Technology N5 French H History H PE H Drama	N5 French N5 Biology N5 Computing Science H PE AH Physics	N4 English N5 Maths N5 Admin and IT N5 Health & Food Technology N5/H Design & Manufacture H History H PE H Drama	N5 Biology N5 Admin and IT N5 Computing Science N5/H Design & Manufacture	N4 English N5 Maths N5 Biology N5 Computing Science N5 Health & Food Technology N5 French H History H Drama AH Physics
12pm	N5 History N5 Practical Cookery N5 Drama H Admin and IT H Graphic Communication AH Maths	N5 Physics H Computing Science	N5 Practical Cookery N5 History N5 Drama H Chemistry H Admin and IT H Graphic Communication AH Maths	N5 Physics H Chemistry H Admin and IT H Computing Science	N5 Physics N5 History N5 Practical Cookery N5 Drama H Graphic Communication H Chemistry H Computing Science AH Maths

	Monday 7th April	Tuesday 8th April	Wednesday 9th April	Thursday 10th April	Friday 11th April
1pm	N4 Maths N5 Modern Studies H English	N5 Art and Design	N4 Maths N5 Modern Studies N5 Chemistry H English H RMPS	N5 Chemistry N5 Art and Design H RMPS	N4 Maths N5 Modern Studies N5 Chemistry N5 Art and Design H RMPS H English
2pm	N5 Graphic Communication N5 Geography H Maths H Business Management AH English	N5 Engineering Science H Human Biology H Art and Design	N5 Graphic Communication N5 Geography N5 RMPS H Maths H Business Management AH English AH Chemistry	N5 Engineering Science N5 RMPS H Human Biology H Business Management H Art and Design AH Chemistry	N5 Graphic Communication N5 Geography N5 Engineering Science N5 RMPS H Maths H Human Biology H Art and Design AH English AH Chemistry
3pm	N5 Apps of Maths N5 German H Accounting H Geography H Modern Studies	N5 Music N5 German H Engineering Science AH Biology	N5 Apps of Maths H Accounting H Geography H Modern Studies AH Biology	N5 Music H Accounting H Engineering Science AH Biology	N5 Apps of Maths N5 Music N5 German H Engineering Science H Geography H Modern Studies
4pm	N5 Business Management H Apps of Maths H German	H German H Music	N5 Business Management H Apps of Maths	N5 Business Management H Music	H Apps of Maths H German H Music



The Anchor Inverclyde

The Anchor Inverclyde (formerly Man On! Inverclyde) is a peer-support charity based in Inverclyde that aims to support mental health and wellbeing for all in our community.



They live by the 5 C's: CONNECTION, COMPASSION, COMMUNITY, CARE, COMMITMENT. After a very successful pilot year with PGHS in 2021 which has now connected into other schools within the local authority and beyond. This support will be term-time but young people would be able to connect with our community based-supports. The focus of the workers will be to facilitate the following:

1 to 1 direct support and Groups for young people in a safe environment: Young people will be offered a listening space to be heard and discussions take place to enhance and support their mental health and wellbeing. Wellbeing Workers are trained in relationship building and creating environments that can help facilitate positive change.

Address: 30 Nelson Street, Greenock, PA15 1QH

Inverclyde Peer Support Young person's Wellbeing Drop-in

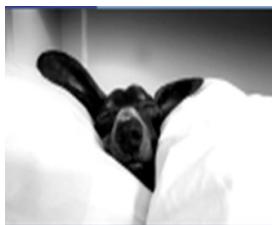
**Peer Support Tue 4.30-6.30pm
All young people 15+ welcome (S4-6)**

This support will be in school time but young people will be able to connect with their community based-supports.

Port Glasgow High School is pleased to be able to offer this important service and we are confident that it will be a valuable, supportive experience for your child.

Any questions, please don't hesitate to contact either your child's guidance teacher or Mrs Fraser.



World Sleep Day**World Sleep Day**
Friday March 14th 2025

1. Establish a regular bedtime and waking time – 8.5-9.5 hours sleep a night is good.
2. If you are in the habit of taking siestas, do not exceed 45 minutes of daytime sleep.
3. Avoid caffeine 6 hours before bedtime. This includes coffee, tea and many fizzy drinks, as well as chocolate.
4. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is fine.
5. Exercise regularly, but not right before bed.
6. Use comfortable, inviting bedding.
7. Find a comfortable sleep temperature setting and keep the room well ventilated.
8. Block out all distracting noise and eliminate as much light as possible.



[Sleepio](#): is an online sleep improvement programme which delivers tailored and engaging advice, 24/7

[Daylight](#): is an app for people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and be more present

Nutrition and Hydration week

Free Fruit
Thursday
in the
social area!

Nutrition and Hydration Week
17th – 23rd March**Eating and Drinking well at School**

Keeping healthy at school helps us maintain focus and improve our learning.

At the heart

of keeping healthy there are three key themes;



**Free bagels
from 8.15
in the canteen!**



**Fruit and vegetables
can be
fresh, frozen, canned or
juiced – lots to choose
from in the canteen!**



**6-8 glasses or 2-3
litres a day!**



Subject Departments Updates this week

Music

We have an update for the National Burns Competition - Cameron S and Rosie McL have both been asked to compete next weekend in Dumfries. Also at the same time Molly S, Emily H and Kerr D are competing in the Inverclyde heat of the Young Musician of the Year at Inverclyde Academy.

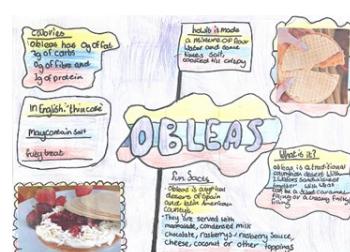
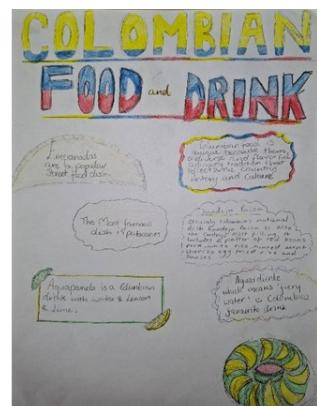
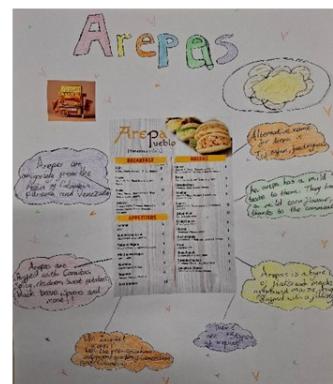
Good luck to everyone.



Modern Languages

Our S1 and S2 pupils are really enjoying their project on Colombia. Pupils have so far been learning about:

- Geography (Amazon Rainforest, The Andes, The Amazon River and other rivers, the oceans surrounding the country, the borders)
- Weather
- Big cities and ports
- Produce
- History
- Animals (When the The Andes meet the Amazon Rainforest it is the second most biodiverse area in the world)
- Food



Their most recent piece of work was to create a poster on Colombian Food in groups. Not only did they use their research and creativity skills, but also their communication and organisation skills.

We were all very impressed with the end products which required a lot of teamwork.



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



Confidence

Equity

Respect

Learning

Ambition



PORT GLASGOW
HIGH SCHOOL
SUCCESS FOR ALL

Senior Pupil Leadership Team

2024-2025

School Captains



Anna D



Aimee H



Stacy R



Jack K



PORT GLASGOW
HIGH SCHOOL
SUCCESS FOR ALL

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
18	19	20	21	22	23	24
25	26	27	28	29	30	31
				13		

September 2024						
Su	M	Tu	W	Th	F	S
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29	30					
				19		

October 2024						
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					18	

November 2024						
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				21		

December 2024						
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29	30	31				
				15		

January 2025						
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				20		

February 2025						
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			18			

March 2025						
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30	31			21		

April 2025						
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27	28	29	30			1

May 2025						
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		19				

June 2025						
Su	M	Tu	W	Th	F	S
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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

