

Friday 25 April 2025



This week at Port Glasgow High School



Study Leave

Study Leave will begin on Thursday 24th April for S4-5 pupils who have the following exam on Friday 25th April: Nat 5 Computing Science, Higher Computing Science, Higher Psychology.

For all other S5/6 pupils, study leave begins on Monday 28th April.

For S4 pupils sitting 3 to 6 Nat 5 courses with final exams, study leave begins on Monday 28th April. These pupils must attend for Masterclasses and where they have essential coursework to complete.

S4 pupils sitting less than 3 Nat 5 courses will complete unit qualification work on usual timetable and skills academy activities to support attainment as appropriate. These pupils will attend masterclasses 2 days before any national exam that they are sitting and have a study day out of school the day before the exam.

Please note when in school, all pupils are expected to wear full school uniform. Please help us to support this.

Stress Awareness Month - April 2025

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern day stress. Many aspects of life can cause stress, here are tips and coping strategies to help you manage your mental health and wellbeing.

[Stress and how to cope with it - Mental Health UK](#)



Uniform Policy



Jumpers/sweatshirts should be plain and black for both girls and boys. The navy Port Glasgow High School jumper can also be worn. Please do not purchase branded items or clothing with visible logos, as your child will be asked to remove these and not to continue to wear to school. **Please note that branded jumpers or sweatshirts are NOT permitted in school.**

School shirts are white in colour and are worn with the school tie. Shirts and blouses can be short or long sleeved. Girl's blouses should be plain and without a low neckline. All young people are expected to wear a shirt and tie.

Skirts should be black and plain without checks/stripes or patterns of any kind. Girls may wear school trousers, also without patterns or designs, but these should be school uniform trousers and *not* leggings or jeans. **Please note that checked, tartan, or patterned skirts or pinafores are not within the school uniform code.**

Trousers should be black in colour and without rips, tears, or decorative belts etc. attached. Jeans of any kind are not acceptable school wear – even if black in colour.

Skirts and trousers worn to school should be of appropriate design, fabric, and length. Shorts, PVC or leather, or skinny jeans are not appropriate school wear.

School footwear must be black in colour whether these are school shoes or trainers. A small amount of white or colour is acceptable, for example, a small stripe or a white sole - but the main footwear itself must be black.



Uniform Policy

(Continued from the previous page)

School Blazers

We encourage **all** our pupils to wear school blazers as they are smart, practical, and support the positive ethos of our school.

Senior pupils in S4, S5, and S6 are **required** to wear blazers in school.

BGE pupils are encouraged to wear blazers also.



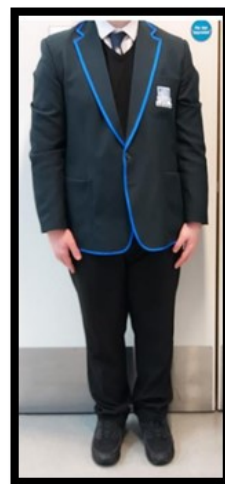
Pupils may keep blazers in their locker or in the S6 Study Room and wear them around school after wearing outdoor jackets to travel to school.

In order to support **all** of our senior pupils wearing their blazers, we offer a **Blazer Hire Scheme** which is widely used each year.

Pupils can hire a blazer in their preferred size, for an initial cost of £12.50. At the end of their S5 (or S6) year, they can return the blazer to the school and receive £5 back. The remainder of the hire charge covers the cost of dry cleaning their blazer and any necessary repairs. This

represents exceptionally good value where our pupils can wear a blazer for 2/3 years at a minimal cost of £7.50.

School blazers will be provided at the end of June each year or the beginning of the new term in August each year.



Recycled Uniform

We usually hold a stock of new or laundered good quality uniform items in school which can be provided discreetly to young people and families. Please contact your child's Guidance Teacher or Year Head for further details.

Any pupil or family experiencing difficulty with the cost of a school blazer or uniform should speak confidentially to their Guidance teacher to see how the school can provide support.

Basic uniform items such as black trousers or skirts can be purchased from any local supermarket/clothing store or online from a wide range of retailers.

School ties, blazers and other PGHS items can be purchased through Smiths of Greenock. <https://www.smithsofgreenock.co.uk/>



Right's Respecting Schools



Article of the Month April – Articles 6 & 24

Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential. (Article 6)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this. (Article 24)

Earth Day Tuesday 22nd April 2025 - **Our Power, Our Planet** is the theme of the 55th Anniversary of Earth Day, in 2025.

What can you, your school and your family do to help the environment and the planet?

- ♦ Reduce, reuse, recycle.
- ♦ Litter picking.
- ♦ Turn off lights, TV etc when not in use.
- ♦ Walk to school.
- ♦ Donate clothes and toys that are still in good condition.
- ♦ Use a 'bag for life'.
- ♦ Use a reusable water bottle.
- ♦ Plant trees in the school grounds.



Kooth's exam stress guide

This guide gives some helpful tools and tips on how to cope with stress students might experience during this important time.

Coping with Exam Stress

Exam season can be incredibly stressful for students of all ages. Here's a few tips and tricks to help you cope with exam stress.

These are just a few techniques to try, what really matters is finding what works best for you.

Take a break

Scheduling regular breaks and being able to recognise when you need a break when you're feeling stressed or overwhelmed, can be really helpful.

This can be really difficult, especially when you're under pressure and may feel like a waste of time or bring up feelings of guilt.

However a change of scenery may make your time revising afterwards feel fresher and more productive.

Mapping out your studies

It may also help to try out a few ways to feel more on top of your studies. This might include:

- Writing down what you feel you know well and the areas you'd like to know better.
- Make a revision plan and mark off each module or topic area you've covered.
- Or, if you're feeling creative, you could draw a pathway towards exams and out the other side, where you can chart your progress along the way.

Really, anything from a spreadsheet to some rough notes can work--do what you feel most comfortable with.



Kooth's exam stress guide (Continued from previous page)**Taking a moment**

Taking a moment when you feel especially frazzled or anxious to calm yourself can be a useful one to master both during revision and exams.

For some, meditation, grabbing a cup of tea, deep breathing or taking a few minutes outside in nature even if only for a couple of minutes, can be beneficial.

Taking care of your needs

Drink plenty of water and try to eat regular meals. Staying hydrated really can help you feel better, both physically and mentally, as it's important you meet your brain's energy needs.

Especially during times of revision, where you're reading and straining your mind a lot, water is important to help avoid dehydration headaches. While regular meals can help you maintain a good routine.

Switching off

Avoid screens at least an hour before bedtime. Switching off can go a long way in helping you to fall and stay asleep which will help keep your mind fresh for your exams and can help you manage or reduce your stress level.

If possible, having an environment where to rest or relax which is different to where you study, can help you switch off.

Moving your body

Try 'shaking it out', or getting up from your desk and doing some light stretches. Moving your body is a great way to avoid stiffness and to better concentrate well for longer periods of time overall.



Kooth's exam stress guide (Continued from previous page)

Talking about what's on your mind

- Talk to a friend or other trusted person about how you're feeling. Sometimes just venting it out can be such a destressor!
- Reach out to your supervisors, tutors, or student support if you're struggling. It may be that you could apply for a deadline extension for a piece of work or find some help with time management or study skills.

Positive affirmations

Try repeating some positive affirmations to yourself, such as "I'm doing my best," "I can do this," or "Just keep swimming!"

Journaling and music

Writing down what's on your mind in a journal or listening to some calming music- are great ways to get tensions and anxieties out of your body.

Whatever you choose to do, be kind to yourself. Give yourself some space to do the things that might help you feel calmer or help you gain a bit of perspective.

Explore free, safe and anonymous mental health and wellbeing support on [Kooth.com](https://www.kooth.com).



Subject Departments Updates this week

PE

Our S1-S3 boys and girls are attending the Heptathlon on Tuesday the 29th of April at Ravenscraig stadium in Inverclyde. There will be 22 pupils taking part in multiple events and representing the school.

Our S3-S4 girls are attending the National football finals at Broadwood Stadium on the 3rd of June. Our pupils have qualified through two rounds of regional events and will be representing the school on the national stage.

English

Our Rainbow Reading Project has been running for 4 weeks so far and our fantastic S1 readers have been enjoying visiting the Rainbow Family Centre on a weekly basis.

To bring to the nursery, the group has chosen the books they wish to read and created their own book bags based on these selections. The students have read aloud to groups of children, whilst building their own fluency and confidence.



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





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
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September 2024						
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October 2024						
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November 2024						
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December 2024						
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January 2025						
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February 2025						
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March 2025						
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April 2025						
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May 2025						
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June 2025						
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July 2025						
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School Closed/ Holidays



Teacher in-Service Day (no school for students)



School Open



Contact Details

Name	Details	E-mail
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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

