

[Do you talk about what your child is learning?](#)

[School clubs are important, here's why](#)

[Good attendance is important, here's why?](#)

[Contacting Pupil Support](#)

[How do you know how your child is doing?](#)

[Mental health is important, what do you do if you have concerns?](#)

[How do you encourage success?](#)

[Making the most of Parents' Evenings](#)

[Choosing subjects in S2 and S3](#)



**PARENT**

[School Uniform](#)

[Homework here's what to expect](#)

[Good timekeeping is important, here's why](#)

[Social Media, here's what you need to know](#)

**CHARTER**

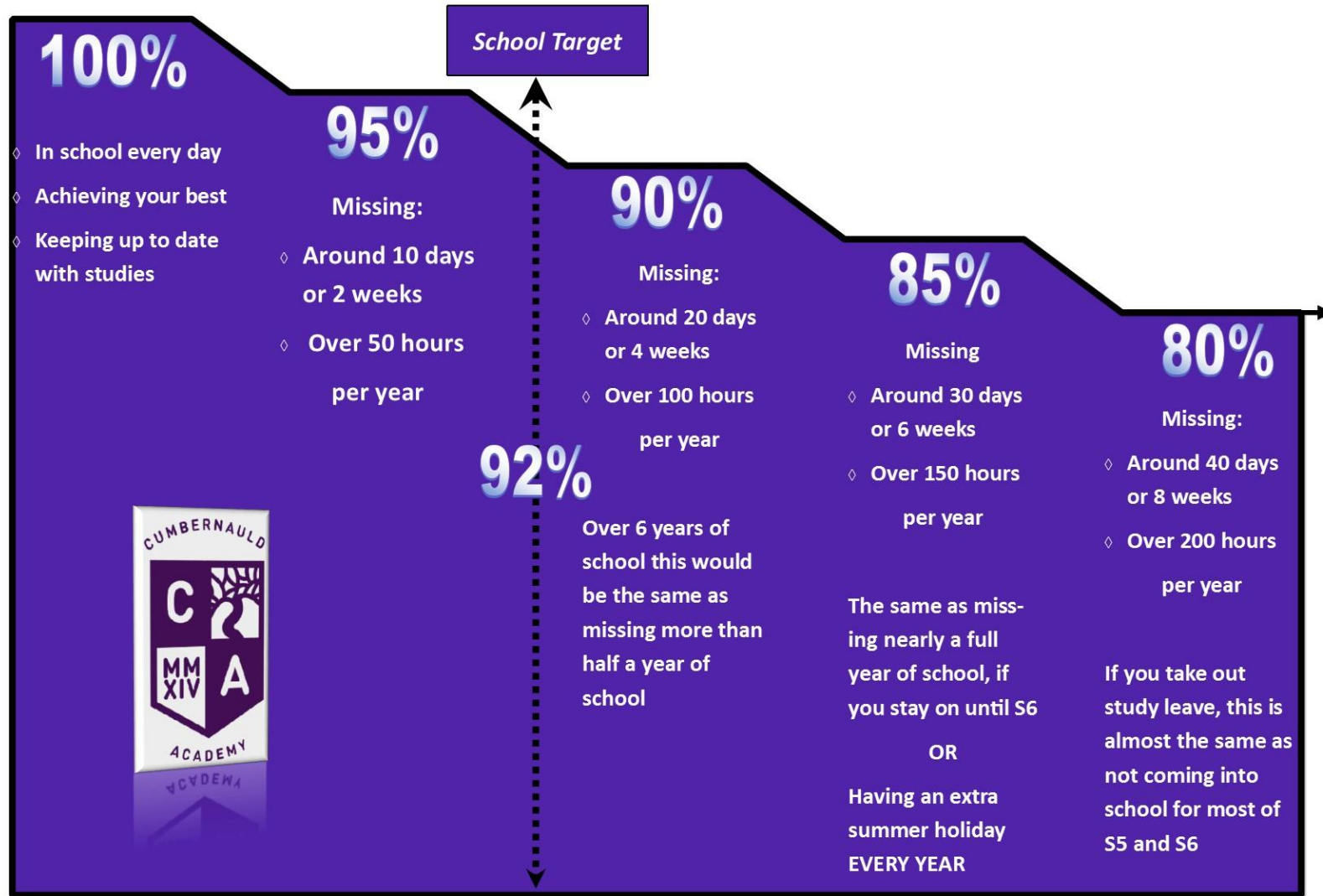
[Do you discuss trying new things?](#)

[The Parent Council is important, here's what we do](#)

[Help us recognise achievement](#)

[Here's how to find out what is happening in the school](#)

# Good Attendance – why it is important



Click [here](#) to access the Attendance Section of the website

If you want to discuss your child's attendance please contact [Pupil Support](#)

01236 794864

[Click to return to home page](#)

# How do you communicate with Pupil Support if you have any concerns?

South Kildrum Ring Road  
Cumbernauld  
Glasgow  
G67 2UF

**Telephone**  
01236 794864

## Email

[nmillikenj@northlan.org.uk](mailto:nmillikenj@northlan.org.uk)  
[nboydm@northlan.org.uk](mailto:nboydm@northlan.org.uk)  
[nsheridang@northlan.org.uk](mailto:nsheridang@northlan.org.uk)  
[nmacleodf@northlan.org.uk](mailto:nmacleodf@northlan.org.uk)  
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[nprestons@northlan.org.uk](mailto:nprestons@northlan.org.uk)



Mrs Milliken



Mr Sheridan

Mr Boyd



Ms Macleod

Mrs McGowan



Mrs McMillan



Mr Preston



# Arran

# Islay

# Skye

[Click to return to home page](#)

# How do you know how your child is doing?



## What we will provide:

- Issue two interim and one comment report per session.
- One Parents' meeting per session.
- S1 settling in interviews.
- BGE option process in S2 / S3 including options evening.
- Positive rewards scheme.
- Monitor well-being through Pupil Support. (attendance, punctuality, welfare)

## What could you do:

- Provide feedback on the reports via the reply form.
- Attend Parents' evenings to speak to staff from all curricular areas.
- Complete Parent questionnaire alongside your Child.
- Engage with the school's option process.
- Encourage your child to participate in related events.
- Communicate any changes in circumstances with [Pupil Support](#) staff.
- Keep up to date with school events by using the Curricular Calendar.

[Click to return to home page](#)

# Do you know what to do if you are concerned about your Child's Mental Health?



In the first instance you should let [Pupil Support](#) staff know . We can then provide support through the following:

- Mental Health Ambassadors.
- Home School Partnership Officer (Jacqueline Love).
- School Counselling Service.
- Referrals to a variety of outside agencies.



Some Mental Health online resources that may help are:

- [Stem4](#)
- [CAMHS](#)
- [SAMH](#)
- [Children 1<sup>st</sup>](#)
- [Barnardo's](#)
- [See Me Scotland](#)

[Click to return to home page](#)

# School Uniform



School uniform can be purchased at specific uniform sales evenings and by clicking [here](#).

If you have ***any*** issue at all regarding uniform please contact [Pupil Support](#).



## Cumbernauld Academy Uniform

School Blazer

White shirt with collar

New school tie  
skirt

Black school trouser or

Plain black footwear

## Examples of Unacceptable Uniform

Jeans or jean like materials of any kind  
jackets

Denim

Leggings, jeggings or footless tights  
caps

Baseball

Combat trousers or other wide baggy trousers

Hooded tops

Tracksuit bottoms or tops

## PE Uniform

Plain black T shirt and shorts

$\frac{3}{4}$  length leggings or  
shorts

Appropriate change of footwear



Homework helps students to learn and they should understand why particular homework is given. Good homework habits in first & second year will carry through to later years.

In addition to set homework, students, particularly those in more senior classes, should study at home.

Staff will advise students on the best pattern of study for their own subjects. There are no rigid rules about the amount of homework given since it depends very much on the subject, the level of study and the age and ability of the student.

The following is a rough guide:

Up to 3 hours per week in total by the end of S1

Up to 4 hours per week in total by the end of S2

Up to 5 hours per week in total by the end of S3



Homework is an important aid to learning.  
Some of the reasons for giving homework are:

- Revision of work done in class, often before class tests or the start of new work.
- Consolidation of work covered in class.
- Extension of work covered in class.
- Routine work at home to allow time for more difficult concepts or practical/experimental work in class.

Some things you could do:

- Check planners for any homework.
- Provide a quiet space for completion.
- Help your child set aside time.
- Seek advice from [Pupil Support](#) if you have any concerns.

[Click to return to home page](#)



# How do you encourage Good Timekeeping?

Good timekeeping and punctuality is important because:

- Provides structure to the day.
- Means lessons are being fully utilised.
- Avoids disruption.
- It is an expectation for future employers.
- Demonstrates a commitment.

If your child is struggling we will contact you and discuss support strategies.

If you feel that you need support please contact [Pupil Support](#).



# How do you discuss and manage Social Media with your child?



## What we provide:

- Lessons around Social Media safety in Skills for Life classes.
- Outreach work from specialist providers to raise awareness and understanding.
- Campus Police Officer for advice.
- Support from Pupil Support Teachers.

## What you could do:

- Contact [Pupil Support](#) for advice.
- Use some of the links below advice and strategies if you are concerned.
- [NSPCC](#)
- [CEOP](#)
- [Parent Zone](#)

## UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

### Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



### Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



### Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



### Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



### Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



### Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



### Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



### Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



# Do you talk about what your child is learning?

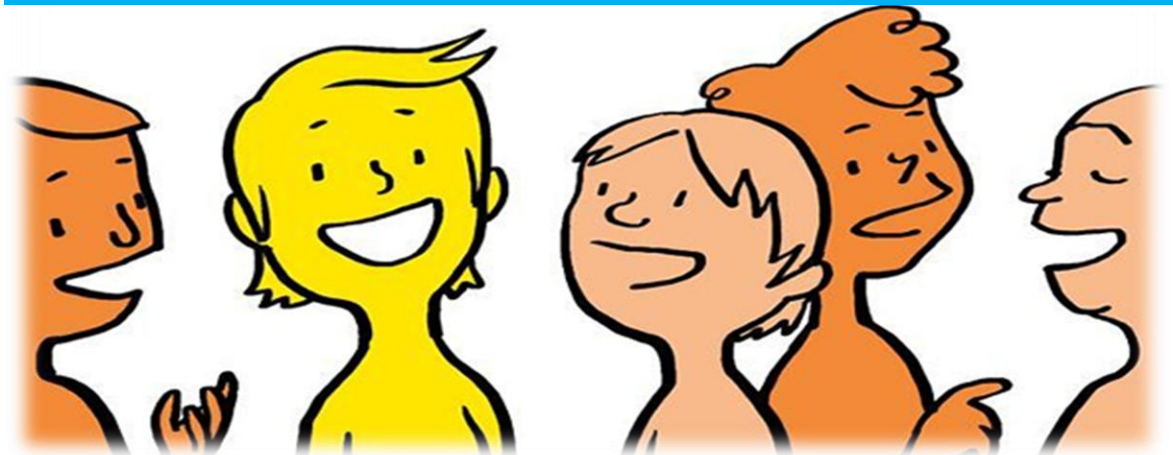


## What you could do?

- Show an interest as asking shows you care, it lets your child know they have your support – you're on their side.
- Offer moral support, to give them your love and encouragement, irrespective of their successes or achievements.
- Show your interest in what your child is learning, even if you don't understand what they're learning.
- You don't need to be good at a subject to have a conversation about what your child is learning.
- Identify how they are coping or when things are not going so well so you can act upon it.

## What do we do?

- Learner conversations in classrooms with teachers and peers.
- Target setting.
- Learning logs.
- Skills for Life classes.
- Interviews with [Pupil Support](#).



[Click to return to home page](#)



# Do you encourage extra curricular clubs?

It is important to consider the contribution Extra-curricular clubs provide our young people in terms of:

- Building confidence.
- Making new friends.
- Promotes organisation and time management.
- develop new skills.
- Helps support [Mental Health](#).



# How do you encourage success?



## What we do:

- Praise within Faculties.
- Whole school reward events.
- Celebrate success of wider achievements – Social Media.
- Awards ceremonies.
- Special assemblies.

## What you could do:

- Acknowledge to your child that success to one child will look different to success for another child.
- Allows you to give praise - the effort & process, not the end result; praising effort encourages improvement through hard work & practice.
- Be honest and sincere with your praise over specific successes.
- Try not to compare your child with others.
- Offer reassurance when necessary: failure is a fact of life, help them understand why they failed and how they could be more successful next time.
- Encourage them to ask for help, there is no shame in asking for help.
- Keep up to date with school events by using the Curricular Calendar.



# Making the most of parents' meetings



## What we will provide:

- An opportunity for a meeting with your Child's Teachers where the following can be discussed:
  - Progress in the subject.
  - Next steps in learning.
  - Future planning.
  - General well-being of your Child.
- An opportunity to be part of options presentations.
- An opportunity to find out about the wider life of the school community.
- An opportunity to provide feedback on your experience of the evening and the school.

## What could you do:

- Encourage your child to make appointments with all of their teachers.
- Attend the evening.
- Discuss with your child how they feel they are progressing to support teacher discussions.
- Take notes of advice given by teachers.
- Discuss the evening with your child afterwards.
- Give feedback on your experiences of the evening to help support the school improve.
- Keep up to date with school events by using the [website](#) or [School App](#).

[Click to return to home page](#)

# How do you discuss the options process?



## What we will provide:

- Options afternoon with Faculty Heads to discuss with pupils their choices within the eight curricular areas.
- Assemblies to discuss the process.
- Skills for Life lessons on option choices.
- Careers advisor talks alongside career research.
- One to one interviews with their Pupil Support Teacher.
- Options Evening to inform Parents / Carers of the process.
- Curricular Calendar detailing the timings of many of the events above.

## What could you do:

- Attend the Options Evening to understand the process.
- Discuss with your child their interests to help make choices.
- Use advice given by Teachers at Parents' Evening and reports as a starting point for subject choice.
- Ask your child to show you their work with the 'My World of Work' website to help with research for career choice.
- Contact [Pupil Support](#) for further advice if required.
- Read transition information from Education Scotland on the BGE into the Senior Phase by clicking [here](#).

# Do you discuss trying new things?



## What we provide:

- Discussions with teachers about learning.
- Skills for Life classes.
- Interviews with Pupil Support staff.
- Full range of extra curricular clubs.



## Why is it important to try new things?

### What you can do:

- You don't want them to have missed opportunities.
- Trying new things can be scary. It can make your child feel vulnerable, powerless and anxious. This can lead to avoidance of the unfamiliar, preferring NOT to risk attempting something new.
- Discuss and encourage your child to try new things to help build up their courage, enthusiasm and confidence for tackling new situations, skills and challenges. All positive attributes to take into adult life.

# How do you engage with the Parent Council?



The Parent Council is Important, here's what we do.

- Represent the views of parents on matters affecting the education & welfare of pupils.
- Promote partnerships between the school, pupils, parents and wider community; working together to ensure your children get the best outcomes and experiences.
- Work with the school to continually improve parental engagement across the whole Parent Forum.

Children who have parents or carers that are engaged in their education:

- Attend school more regularly.
- Have better social skills.
- Are better engaged in their schoolwork.
- Achieve better exam results.
- Are more likely to go on to higher education or other positive leaver destinations.

If you wish to join or want more information please click [here](#)

For National Parent Council information please click [here](#)



[Click to return to home page](#)



# Do you help us recognise achievement?



What could you do:

- Let the school know what your child's achievements are via [Pupil Support](#), Classroom Teacher or email/letter. Please encourage your child to feel confident to share their achievements.

Remember:

- Achievements to one child will look different to achievements for another child – all are individual, all have value and deserve recognition.
- Not all achievements are academic, many are vocational or the result of gaining new skills.
- Share their achievements to show you are proud of them.

All achievements deserved to be recognised as this helps:

- Develop their self-esteem, how they value themselves.
- Shows you care about the whole person, not just the grades.
- Shows you care about their interests and endeavours.
- Allows you to notice where they're shining, giving recognition to their strengths.



[Click to return to home page](#)

# Here is how to find out what is happening in Cumbernauld Academy



What we provide:

- [School Website](#)
- School Twitter accounts
- School App for smartphones

What you can do:

- Subscribe to [email alerts](#) for website updates
- Download the [School App](#)
- Follow the school on [Twitter](#)
- Sign up to the [Parents Portal](#)



[Click to return to home page](#)