



CHS Family Newsletter

Session 2020-21
Term 1 (October 2020)

Integrity - Compassion - Ambition - Respect - Equity



I am delighted to begin this newsletter by saying a huge thank you to each and everyone of you for your patience and understanding throughout the first term of our 2020-21 school session. Your support, energy and positivity has ensured a successful start to our new session under very unusual circumstances. The way in which our young people, staff and families have approached the term has been inspiring and I feel even more proud and privileged to be the Head Teacher of this great school community.

Towards the end of each term, we all look forward to publishing our Newsletter to mark and celebrate the success of many across our community (in-school and out-with) and also to provide other helpful information – welcome to our October edition.

The Greatest Dancer

Just prior to lockdown and school closure, we were in discussion with a young person in our school who had just become a national TV star, Keavie Holliday, about how best to celebrate her incredible success. Each Saturday night in the early stages of this calendar year, large numbers of our school community huddled round their televisions to support Keavie and her dance group in BBC's 'The Greatest Dancer'. Keavie and her dance team made it to the grand final of the competition and she exemplified our school values as she split her time between rehearsals and filming in London and continuing her studies at CHS. Our grand plan to celebrate this success includes another large canvass painting which we intend to display in our Social Area at the earliest opportunity – watch this space Keavie, we are all very proud of you.

This picture shows Keavie performing a starring role from the quarter finals of the competition.



Maths Success

Huge congratulations to S3 pupil Angus Ritchie for achieving 5th place out of over 1000 pupils in this year's NLC Secondary Maths Contest. Well done Angus, a very talented young man in many ways – we hear of Angus' regular successes in music and now we are celebrating his skills in Maths.

This is a picture of Angus receiving his prize from Mrs. McKee our Principal Teacher of Maths.



Good Luck Lucy

We may be looking forward to further television success at some point later in the year for another of our highly talented CHS pupils. Lucy Prosser was recently chosen out of 29,000 young people to engage in a news article about caring for someone during lockdown. Her article was very well received and highly relatable to so many across communities. Lucy did such a great job that she has been nominated by NL Young Carers for a Pride of Britain Award. Good luck Lucy, we are all really proud of you here at CHS.





S6 Leadership Team/CHS Parliament Senior Advisors 2020-21

In CHS our esteemed S6 pupils are provided with a Chryston High School tartan tie to represent that they are all an extension to the school leadership team as school prefects. In addition, it is an honour to introduce to you our 2020-21 S6 Leadership Team:

CHS Captains:

Paris Kelly
Susannah Osborne

CHS Vice-Captains:

Rachel Paton
Eilidh Hopkins
Georgina Cawdron
Keryn Spowart
Isla Macdonald

CHS Mental Health Ambassadors 2020-21

The following senior pupils recently participated in Mental Health Leader training:

1. Ammaarah Ahmed
2. Rachel Adams
3. Josi Berwick
4. Lauren Bradley
5. Tess Cochrane
6. Isla Duguid
7. Caitlin Fleming
8. Emma Graham
9. Taybah Jafar
10. Orla Lennon
11. Mitchell Logan
12. Kirah MacFarlane
13. Brooke McKenzie
14. Neve Mackay
15. Jack Miller
16. Taylor Rankin
17. Lucy Sinclair
18. Lucy Trainor



The aim of this course and our Mental Health Leaders within the school is about removing the stigma that surrounds young people's mental health. Many young people don't hesitate to seek help for physical pain or problems, yet so many of us ignore emotional and mental health issues - or we feel too embarrassed, confused or scared to talk about them. This Mental Health Leader training allows our senior pupils to discuss mental health with our junior pupils the way you would a headache or a cold, and it encourages young people to take care of themselves as they would a loved one.

As Chryston High School Mental Health Leaders we aim to:

- Promote positive mental health to more young people than ever before in Chryston High School
- Champion the voices of young people and parents to influence mental health support
- Ensure that all young people know they can talk about mental health and who to go to for support

Look out for our senior pupils with the green ribbons!

Why are we doing this?

It's paramount that young people are made aware of the importance of good mental health and how to access services. If we can normalise discussions around mental health, and the fact that everyone goes through periods of poor mental health in their life. Early intervention is paramount to us ...

...Because you can't see it people don't think it's there

Our vision and mission

- We are leading the way forward for a future where all young people are supported and empowered, whatever the challenges.
- We will continue to make sure all young people at Chryston High School get the best possible mental health support and have the resilience to overcome life's challenges

Our goals

To keep ourselves focused and on track, we've set out 3 key strategic aims:

- Promote positive mental health to more children and young people than ever before in Chryston High School
- Champion the voices of young people and parents to influence mental health support
- Ensure that all young people know they can talk about mental health and who to go to for support

MHA & ICARE

Integrity—our moral principles as MHAs is to stand by those who feel they would benefit from the help and support we provide. We will be there to help anyone who feels they might want to talk to us.

Compassion—as MHA's we care about those who we are aiming to help and a lot of that comes from the compassion we'll show when talking with those who come to us.

Ambition—Our ambition is to make mental health less of a taboo topic to discuss with each other. As MHA's we aim to show how mental health affects us all in different ways and it is ok to talk about it. "It's ok not to be ok" is the message we want young people to understand

Respect—Respect is key when discussing mental health. We will have respect for those who ask to talk with us as we understand how important this could be for them and for us. We also understand that respect for our own mental health is important and that we as MHA's also know who to contact for support.

Equity—Even though mental health affects us all in different ways, we will treat everyone fairly and we will help with any specific needs or requirements some people might have. We also access support from the pupil support team, the home school partnership officer and the youth counsellor.

CHS Mental Health Ambassadors 2020-21

Mental health facts that make us want to help and make a change

By the time they are 16, 3 children in every class will have experienced a mental health problem and thousands will struggle to get the help they need

Bullying at a young age can affect mental health in later life

Young people are increasingly experiencing emotional and psychological health problems

Girls, in particular those at age 15, experience poorer mental health than boys.

Half of mental health problems in adulthood begin BEFORE the age of 14

What are the barriers to young people talking about mental health?

- Embarrassment
- Fear of being judged
- Fear of being a 'burden' to others
- Mental health stigma
- Lack of trust in other people
- Lack of understanding of what mental health is
- Not knowing who to talk to
- Lack of confidence
- Fear of having confidentiality and privacy compromised
- Fear of possible negative consequences
- Fear of not being taken seriously
- Not knowing how to talk about mental health
- Shame

As MHA pupil's, we aim to act as an early intervention to all of these barriers.

An introduction to our Mental Health Ambassadors at Chryston High School



Crufts 2020

Brodie Cairns (S3) provides us with another example of the vast range of interests and successes of our young people. Brodie, alongside Avecci, his pet Dobermann achieved outstanding success at Crufts, the televised international dog show held in Birmingham each year.

Brodie and Avecci had to qualify for Crufts and did so by winning three first's at Champion Shows. Once in Birmingham at Crufts, Brodie described feeling ecstatic as the judge awarded him and Avecci a 1st Place in one category, a 1st Place in a second category and a 1st place in the overall winner category. Fantastic news Brodie (and of course Avecci).



Science News

S2 Science have been doing a lot of outdoor learning this term during the Biodiversity Topic, this included planting hundreds of daffodil bulbs around the school grounds. Fingers crossed we will have a lovely flower display next Spring.



CHS Pupil Parliament Recognition

We received some excellent news recently - Margaret Mitchell MSP, who visited the school in February, has put a motion forward in the Scottish Parliament that recognises the work of the Chryston HS Pupil Parliament. The motion also congratulates the school in achieving Vision Schools level 1. This is an excellent achievement for the school parliament to be recognised within the Scottish Parliament and also highlights our success in Holocaust education by acknowledging our Vision Schools Award. Below is the Parliament motion.

Motion S5M-22905: Margaret Mitchell, Central Scotland, Scottish Conservative and Unionist Party, Date Lodged: 30/09/2020

Chryston High School Parliament

That the Parliament congratulates Chryston High School on the establishment of a school parliament, its representative pupil council, which comprises of environmental, foreign affairs, sport and equalities committees; notes that the school parliament is pupil-led and has brought about positive changes in the school, including the successful initiative to commemorate those who lost their lives during the Auchengeich mining disaster with a ceremony marking the renaming of school's sports hall, the Auchengeich Memorial Hall; further notes the superb related pupil artwork hanging in the hall; acknowledges the school parliament's decision to take part in fundraising events for St Andrew's Hospice; congratulates the school on receiving the Vision Schools Award for the work it does in relation to Holocaust education; recognises the core values of the school parliament, which are integrity, compassion, ambition, respect, equity and rationale, and considers that this school parliament model, which gives pupils experience of key and evidence-based decision-making, could be replicated in other schools throughout Scotland.

Supported by: Miles Briggs, Brian Whittle, Edward Mountain, Jeremy Balfour, Bill Kidd, Stuart McMillan, Elaine Smith, Clare Adamson, Kenneth Gibson, Annie Wells, Alison Harris, Fulton MacGregor, Donald Cameron, Maurice Corry, Jamie Greene, Michelle Ballantyne

We are very proud of this achievement and this will undoubtedly provide us with the strongest foundations for future success as a school proud to be based on pupil led decision making for CHS to become 'even better'. Well done everyone!



Rights Respecting Schools



Article 12



You have the right to give your opinion, and for adults to listen and take it seriously.



This year – as part of our school improvement plan, we will become a Silver Rights Respecting School

Our drive towards achieving silver will be based on our 'I C A R E' school values:

INTEGRITY
COMPASSION
AMBITION
RESPECT
EQUITY

INTRODUCING... ARTICLE 12



Martin introduces Article 12 – Respect for the views of the child



Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.

This right applies at all times, for example during immigration proceedings, housing decisions or the child's day-to-day home life.



PC Smith

PC Smith is a great friend and partner of Chryston High School and we rely on his great skills and experience with things like curriculum matters, school assemblies, personal and social education amongst many other aspects of the wider life and ethos of our school. PC Smith is based in our school regularly and is visible across the school community on an almost daily basis.



GP Room – CHS Mac Suite

Many young people will have noticed some changes to what was formerly known as our GP Room. Due to the resources this will now be known as our Mac Suite as it is now full of Apple Macs. We have moved, invested in and swapped around some resources and the library will now have Desktop PCs as many of the Macs in the school used to be in there. The main reason for this change is in further improving our curriculum as we are now offering Music Tech courses which rely entirely on Apple Macs and related software. An exciting addition to our curriculum indeed.



CHS Auchengeich Memorial

Unfortunately, due to the circumstances we were unable to commemorate those who lost their lives in the Auchengeich Mining Disaster, 61 years ago. As most of you are aware, last year on the 60th Anniversary of that tragic day, we officially opened our Auchengeich Memorial Hall – formerly known as our Assembly Hall.

Our CHS Pupil Parliament did however, arrange a very touching ceremony in school in a socially distanced way. We heard a poem, a reading/reflection and some music. Members of our Parliament were accompanied by staff to lay a wreath at the memorial to pay our respects as a school community.



Café Viresco

We are delighted to have re-opened our S6 business based in the school, Café Viresco. Following relevant training, the business is now fully open and led by over 30 S6 pupils. Business is booming and we wish our S6 workforce every success throughout the session.



Hello, Welcome & Goodbye

It is with mixed emotions that we say farewell to Charlie Martin, our ICT Technician. Since 2016, Charlie has supported our improvement journey using his technical expertise and his skills and infectious personality will indeed be missed by all. We wish Charlie good luck as he begins his journey at University in his pursuit of becoming a Computing teacher.

We also give a very warm CHS welcome to Miss. Lyon who joins our school leadership team as PT Performing Arts. We wish her every success in her new post.

Lesley Anne McTavish, returns to her substantive post of PT Pupil Support.

We are also hoping to have an Accounts and Finance Administrator appointed and joining the CHS staff team in the near future.



Other News/Updates

Our CHS 2020-21 Family Calendar has been sent out and can also be viewed on the school website. Many events remain TBC and we will continue to communicate with you as appropriate. We are delighted to share the news that our 2020 Annual Awards ceremony is COMING SOON – watch this space as it will be presented via a virtual media.

We would like to thank everyone for taking responsibility for their own and all others in our community's safety. Everyone in school has done an amazing job so far in adhering to all of the new measures and strategies. We do politely request your ongoing support in encouraging that young people (exemptions fully supported) to bring their own face coverings as per Scottish Government guidance. We have safely manoeuvred our way through 9 weeks of our school being fully re-open and I am sure that our safety measures and strategies are supporting that – it is important for us all to continue in the same way following our holiday week.

Scottish Government has recently provided a statement regarding SQA arrangements for 2021 – we will be in touch with relevant families after the holidays, as soon as we possibly can to communicate and support everyone involved fully to ensure that we work towards yet another positive set of outcomes for all young people by the end of this session

On behalf of everyone at Chryston High School – thank you for your ongoing support, we wish you a safe and enjoyable October break and we look forward to welcoming all young people back to school at 8.55am on Monday 19th October.

