



# Ayr Academy Weekly Newsletter

Week 18/09/23 - 22/09/23

Respect

Ambition

Community

Compassion

Responsibility

*Believe...Achieve*



# AYR ACADEMY - CALENDAR OVERVIEW 2023/2024

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AUGUST	
17th	In Service Day
18th	In Service Day
21st	Pupils Return
SEPTEMBER	
22nd to 25th	Local Holiday
26th	Pupils Return
OCTOBER	
16th to 20th	October Holiday
23rd	In Service Day
24th	Pupils Return
DECEMBER/ JANUARY	
2th to 5th	Christmas Holidays
8th	Pupils Return
FEBRUARY	
12th	Local Holiday
13th	Inservice Day
14th	Pupils Return
MARCH/ APRIL	
29th to 12th	Easter Holiday
15th	Pupils return
MAY	
2nd	In Service Day
3rd	Pupils Return
6th	May Day Holiday
24th to 27th	May Day Long Weekend
28th	Pupils Return
JUNE	
28th	Summer Holidays

FULL REPORTS	
24th November	S1-S3
16th February	S3
8th March	S4-S6
10th May	S2-S3

TRACKING REPORTS	
15th September	S4-S6
19th January	S4-S6
13th May	S2-S3

PARENTS EVENINGS	
3rd October	S1s
30th October	S4-S6
5th December	S3
16th January	S2
5th February	S4-S6
13th May	S1

EVENTS	
8th September	Bake Sale—Seniors
11th October	Senior Career Event
13th October	Ayr Factor
13th October	Bake Sale
2nd November	Immunisations
13th November	Book Week Scotland
4th December	Prelims Begin
4th December	S3 Fashion & Textile Trip
6th December	Immunisations
15th December	Bake Sale
15th December	Reward Day
20th December	Panto
21st December	Christmas Disco
7th to 9th February	London Trip
7th March	World Book Day
25th March	Reward Day
11th 12th June	Bump up days





# School Captains 2023-2024

Introducing our new School Captaincy team! Our Captains are Sammy & Callum and our Vice Captains are Jude, Jack, Lori & Elodie. Don't they look smashing! Massive congratulations to them all. Our school is in good hands for the upcoming session



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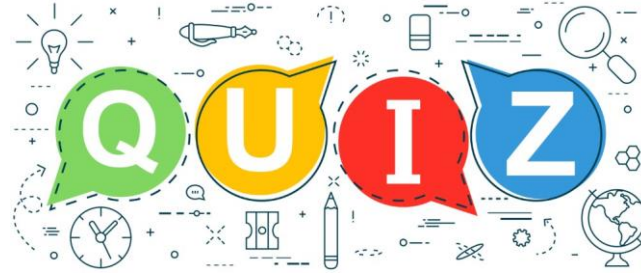
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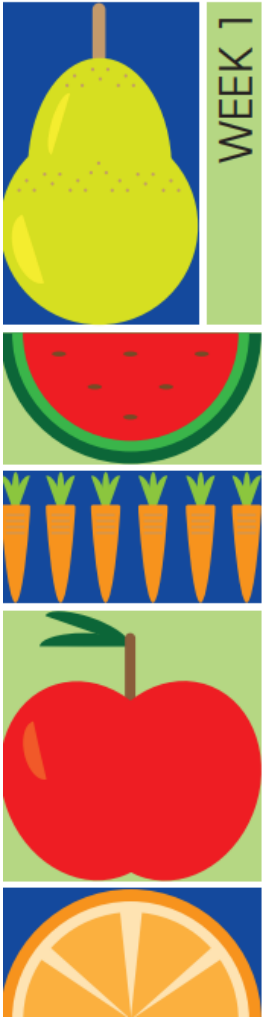
# Weekly Quiz



**What word starts with E and ends with E but only has one letter?**



# SOUTH AYRSHIRE SECONDARY SCHOOL MENU 2023/2024



WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Lentil soup Potato & leek soup	Lentil soup Farmhouse soup	Lentil soup Tomato & red pepper soup	Lentil soup Chicken & rice soup	Lentil soup
<b>Mains option 1</b>	Cheese & tomato pizza	Beef mince	Chicken curry, boiled rice & chapati	Steak pie	Breaded fish
<b>Mains option 2</b>	Vegetarian meatballs	Macaroni cheese & garlic bread	Veggie pasta	Spicy veg noodles	Pasta bolognese
<b>Veg</b>	Peas, potato wedges & salad bar	Mixed veg, mashed potato & salad bar	Peas, sweetcorn & salad bar	Oven roast potatoes, green beans & salad bar	Chips, beans, coleslaw & salad bar
<b>Sweet</b>	Self-service fruit bar available daily				

## Available Daily

Sandwiches, rolls, wraps and baguettes with a variety of fillings  
 Panini's, pizzini's and toasties  
 Baked potatoes  
 Pots to go  
 Salad bar  
*Check the menu board for daily specials*

- Vegetarian

- Vegan



Scan here to see the dates for each weekly menu and allergen information

*south*  
**AYRSHIRE**  
 COUNCIL  
 Comhairle Siorrachd Àir a Deas  
 Making a Difference Every Day

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## Air Fryer Muffins

Since the lockdown, air fryers has been so popular so here is a quick recipe for a moreish snack!



### Ingredients

- 60ml vegetable oil
- 75g natural yogurt
- 1 egg
- 2 tbsp milk
- 100g golden caster sugar
- 150g self-raising flour
- ¼ tsp bicarbonate of soda
- 75g blueberries, chocolate chips or dried fruit

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# Method

## STEP 1

Heat the [air fryer](#) on 160C for 2 mins. Mix the oil, yogurt, egg and milk in a large bowl, then fold in the sugar, flour and bicarbonate of soda and combine well. Fold in the blueberries, chocolate chips or dried fruit, if using. Spoon the mixture into silicone cases or an air fryer muffin tin filled with paper cases to three-quarters full. You should be able to make 6-8 muffins, but you may have to bake them in batches.

## STEP 2

Place the cases or tin in the air fryer basket and cook for 12-15 mins until the muffins are golden brown and a skewer inserted into the centre comes out clean.

Easily doubled  Nut-free  Vegetarian

Nutrition: Per serving (8)

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
208	9g	1g	28g	14g	1g	3g	0.3g

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# Routines



Last week, we focused on **PREPARATION**.

This week we will look at **ROUTINES**.

Which of these statements do you think suits you best? If you are yellow or red, what steps can you take to move towards green?



I immediately take my jacket off, put my phone away and tackle the starter activity.  
I am able to help give out materials to my classmates.

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I sometimes forget to take my jacket off, put my phone away and do the starter activity.  
With a reminder from the teacher I can quickly do this.



I wait for the teacher to remind me about classroom routines.  
I need to be individually prompted to begin the starter activity.

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# Routines



## Why are routines important?

- Our working memory can only hold 3 or 4 pieces of information at a time
- Teachers use classroom routines to get the simple things out of the way, so we can make the most of the time available for learning.
- By following routines you make the most of the thinking space you have for learning.
- Follow classroom routines, and take this opportunity to start some helpful routines for yourself.

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# Introducing..... our Educational Welfare Officers

We already know how amazing our Education Welfare Officers are but have a wee look at how much they do for the young people and parents of Ayr Academy!

<https://blogs.glowscotland.org.uk/sa/ayracademy/2023/09/12/ewo-video-2023/>



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# *COMING SOON*

*COURSES ARE LOADING*



*B A R I S T A   A N D  
N A I L   B A R*

*BIKE MAINTENANCE HAS STARTED ALREADY*

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## S6 Bake Sale

Last week our S6 held a hugely successful bake sale to raise funds for Prom 2024! They managed to raise over £300 and not one cake was left on the table!



In addition to the bake sale, a scrumptious homemade chocolate cake was also raffled. Massive well done to Jude, Chloe, Lottie and Millie for baking such a superb cake for our staff raffle! Mr Roy ended up with lots of new friends after his win...



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# Ayr Academy's Finest



Natasha Thursby 5G1 is our first Ayr Academy's Finest pupil of the new session! Natasha won silver for women's sparring in the Scottish Open Taekwondo Championships earlier this month 🏆 Well done Natasha, fantastic effort!

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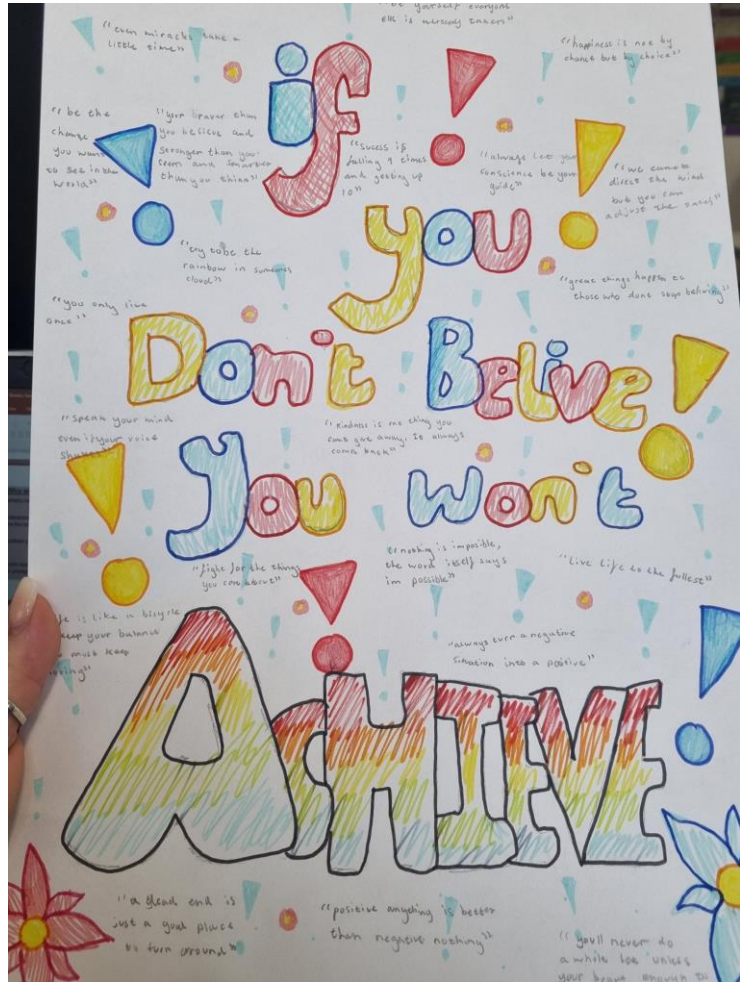
# Ayr Academy's Finest



If anyone would like to nominate a pupil as one of Ayr Academy's Finest, please email [nicola.mcgarry@south-ayrshire.gov.uk](mailto:nicola.mcgarry@south-ayrshire.gov.uk) with details and any photos you may have. 😊



# S3 PSE Poster Competition



Well done to Izzy Sharp, 3C2, for winning Mr Robertson's poster competition in PSE.



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# Basketball Inter-house Competition

Our first inter-house competition of the year! BIG congratulations to Galloway House who won the basketball tournament this afternoon. Huge well done to our House Captains for organising & thank you to our awesome PE Dept for facilitating. S1 loved it!



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**Coming Soon  
With Miss Roche...**

**A**

**D**

**H**

**D**



**Support  
Group**

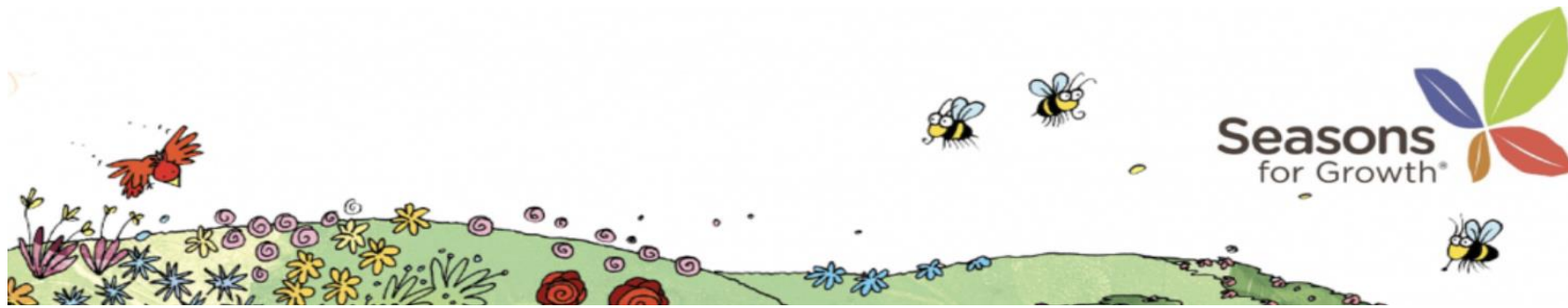
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Change and loss are issues that affect all of us at some stage in our lives. At Ayr Academy we recognise that when changes occur in families through death, separation, divorce and related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education programme called Seasons for Growth which will commence on week beginning 26<sup>th</sup> September.

This programme is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The programme focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

If your child is involved in this group, you will be contacted prior to the sessions commencing.





AYR ACADEMY COUNSELLING SERVICE PROVIDES A SAFE AND CONFIDENTIAL SPACE FOR PUPILS TO TALK ABOUT ANY ISSUES OR PROBLEMS YOU MAY HAVE IN AN NON-JUDGEMENTAL RESPECTFUL AND CONFIDENTIAL ENVIRONMENT.

**COUNSELLING CAN HELP YOU FEEL BETTER, MANAGE YOUR EMOTIONS AND SUPPORT/EMPOWER YOU TO DEAL WITH YOUR PROBLEMS. EVERYONE NEEDS SUPPORT IN THEIR LIVES AND LOTS OF YOUNG PEOPLE GO TO COUNSELLING AT SOME POINT.**

YOU DON'T HAVE TO APPROACH TEACHING STAFF TO REFER, SIMPLY SELF REFER BY COMPLETING A REFERRAL FORM, WHICH ARE OUTSIDE COUNSELLING ROOM AND GUIDANCE STAFF ROOM AND PUT IN LOCKED RED POST BOX WHICH ARE ALSO BASED OUTSIDE THESE ROOMS, ONLY COUNSELLORS HAVE ACCESS TO THESE BOXES. STAFF CAN ALSO REFER PUPILS THIS WAY OR EMAIL [MARIA.BERRY@SOUTH-AYRSHIRE.GOV.UK](mailto:MARIA.BERRY@SOUTH-AYRSHIRE.GOV.UK).

THE SERVICE IS AVAILABLE MONDAY - FRIDAY

THE COUNSELLORS ARE VERY KEEN TO SUPPORT AND HELP ANYONE WHO MAY BE STRUGGLING WITH ANY ASPECT OF THEIR LIVES. RESPECTING EVERYONE'S CONFIDENTIALITY, RIGHT TO PRIVACY AND AUTONOMY IS PARAMOUNT TO THE COUNSELLORS.

**NOW TAKING REFERRALS – WE ARE HERE TO HELP  
PLEASE NOTE WE ARE AVAILABLE FOR DROP INS, ONE  
OFF MEETINGS AND CAN BE AVAILABLE AT BREAKS  
IF WE KNOW IN ADVANCE**



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YOUR  
SCHOOL  
LOTTERY



Ayr Academy

# WE'VE LAUNCHED A LOTTERY

Buy your tickets now to  
help our fundraising

- Tickets cost just £1
- All profits go to our school
- Local cash prize every week
- Chance to win the £25,000 jackpot!
- Drawn every Saturday at 8pm

To start supporting, visit:

[yourschoollottery.co.uk](https://yourschoollottery.co.uk)

and search for: **Ayr Academy**

Supporters must be 16 years of age or older

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# AFTER SCHOOL CLUBS

COME DOWN TO P.E FOR SOME AFTER SCHOOL FUN!

Monday - basketball



Tuesday – Fitness + Badminton



Wednesday – Netball



Thursday – Volleyball + Football



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Weekly Quiz Answers



# Envelope

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