

# Ayr Academy Weekly Newsletter

Week 06/11/23 - 10/11/23

Respect Ambition
Believe...Achieve

Community

Compassion

# Upcoming Events

9 <sup>th</sup> Nov	ember		Remembrance	ce Service				
10 <sup>th</sup> No	vember		S1 Friday Challenge					
13 <sup>th</sup> No	vember		Book Week S	cotland				
15 <sup>th</sup> No	vember		Primary Open Evening					
17 <sup>th</sup> No	vember		S1 Friday Challenge					
21 <sup>st</sup> No	vember		Challenge Day 2					
23 <sup>rd</sup> No	vember		S1 'Welcome	e to Ayr' Parents'				
			Event					
1 <sup>st</sup> Dec	ember		5@5 Dolphin	House				
4 <sup>th</sup> Dec	ember		Prelims begi	n				
Respect	Ambition	Community	Compassion	Responsibility				

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AL	JGUST					
17th	In Service Day					
18th	In Service Day					
21st	Pupils Return					
SEP	TEMBER					
22nd to 25th	Local Holiday					
26th	Pupils Return					
oc	TOBER					
16th to 20th	October Holiday					
23rd	In Service Day					
24th	Pupils Return					
DECEMBER/ JANUARY						
2th to 5th	Christmas Holidays					
8th	Pupils Return					
FEE	RUARY					
12th	Local Holiday					
13th	Inservice Day					
14th	Pupils Return					
MARC	CH/APRIL					
29th to 12th	Easter Holiday					
15th	Pupils return					
l	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					

AYR ACAI	DEMY - CALENDAR OVERVIEW 2023/2024	
Ayr Academy University Avenue	Tel: 01292612028 Twitter: @Ayr_Academy2016	

	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



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Ayr KA8 OSZ

Email: ayr.mail@south-ayrshire.gov.uk

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S4-S6

S2-S3

S4-S6

S4-S6

S2-S3

TRACKING REPORTS

PARENTS EVENINGS

S1s

**S**3

S2

**S1** 

S4-S6

Compassion

S4-S6

FULL REPORTS

24th November S1-S3

16th February

8th March

10th May

15th September

19th January

13th May

3rd October

30th October

5th December

16th January

5th February

13th May

# Weekly Quiz



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#### 2020

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7 <u>D</u> in a <u>W</u>

Example

Answer

### 7 Days in a Week

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#### Mr Murphy's Vegan Brownies

#### **Ingredients**

- <u>2 tbsp ground flaxseed</u>
- 200g dark chocolate, roughly chopped
- <u>½ tsp coffee granules</u>
- 80g vegan margarine, plus extra for greasing
- <u>125g self-raising flour</u>
- <u>70g ground almonds</u>
- <u>50g cocoa powder</u>
- <u>1/4 tsp baking powder</u>
- <u>250g golden caster sugar</u>
- <u>1½ tsp vanilla extract</u>

#### **Instructions**

1. Heat the oven to 170C/150C fan/gas 3½. Grease and line a 20cm square tin with baking parchment. Combine the flaxseed with 6 tbsp water and set aside for at least 5 mins.

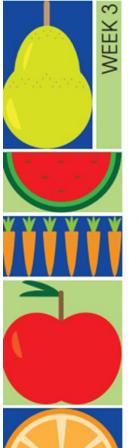
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- 2. In a saucepan, melt 120g chocolate, the coffee and margarine with 60ml water on a low heat. Allow to cool slightly.
- 3. Put the flour, almonds, cocoa, baking powder and ¼ tsp salt in a bowl and stir to remove any lumps. Using a hand whisk, mix the sugar into the melted chocolate mixture, and beat well until smooth and glossy, ensuring all the sugar is well dissolved. Stir in the flaxseed mixture, vanilla extract and remaining chocolate, then the flour mixture. Spoon into the prepared tin.
- 4. Bake for 35-45 mins until a skewer inserted in the middle comes out clean with moist crumbs. Allow to cool in the tin completely, then cut into squares. Store in an airtight container and eat within three days.

<b>₩</b> Fre	ezable	🕑 Dai	ry-free	Seg-free 🛛 🕑 Vegar		Veget Veget	tarian	
Nutrit	ion: Pe	r serving						
kca	ıl	fat	saturates	carbs	sugars	fibre	protein	salt
314	4	16g	6g	36g	25g	3g	5g	0.3g

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#### SOUTH AYRSHIRE SECONDARY SCHOOL MENU 2023/2024



	M.				
	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil soup • Tomato & red pepper soup •	Lentil soup • Farmhouse soup •	Lentil soup • Cream of mushroom soup •	Lentil soup  Chicken & rice soup	Lentil soup •
Mains option 1	Macaroni cheese v	Steak pie	Chicken curry & boiled rice	Lasagne	Breaded fish
Mains option 2	Fish goujons	Quorn chilli wraps o	Tomato & mascarpone pasta & garlic bread v	Cheese & tomato pizza v	Chicken goujons
Veg	Potato wedges, peas, baby carrots & salad bar o	Mashed potato, broccoli & salad bar o	Roast vegetables & salad bar o	Potato wedges, sweetcorn & salad bar o	Chips, beans, coleslaw & salad bar V
Sweet		Self-s	ervice fruit bar available	daily o	



V - Vegetarian

tarian



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



### Next week's menu

Compassion

Vegan

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### Preliminary Examinations Timetable December 2023/January 2024

Day/Date	Subject	Level	Location	Times
Monday	Chemistry	H - Paper 1	Gym 1	9.00 - 9.40
4 <sup>th</sup> December	Chemistry	H - Paper 2	Gym 1	10.10 - 12.30
	Graphics	N5	Gym 1	13.00 - 14.30
	Graphics	H – Paper 1	Gym 1	13.00 - 15.30
Tuesday	Mod Studies	H - Paper 1	Gym 1	9.00 - 10.30
5th December	Mod Studies	H - Paper 2	Gym 1	11.00 - 12.30
	Mod Studies	N5	Gym 1	13.00 - 14.30
	Music Technology	N5	Room 1	14.15 - 15.05
	Music Technology	н	Room 1	14.15 - 15.00
Wednesday	Maths	N5 paper 1	Games Hall	9.00 - 10.00
6th December	Maths	N5 paper 2	Games Hall	10.30 - 12.00
	Application of Maths	N5 paper 1	Games Hall	9.00 - 9.30
	Application of Maths	N5 paper 2	Games Hall	10.15 - 11.15
Thursday	PE	н	Gym 1	9.00 - 11.30
7 <sup>th</sup> December	Art	н	Gym 1	13.00 - 14.15
	Art	N5	Gym 1	13.00 - 14.00
Friday	History	N5	Gym 1	9.00 - 10.30
8th December	History	H - Paper 1	Gym 1	9.00 - 9.45
	History	H - Paper 1	Gym 1	10.15 -11.45
	Practical Woodwork	N5	Gym 1	13.00 - 14.00

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Day/Date	Subject	Level	Location	Times
Monday	Biology	N5	Gym 1	9.00 - 11.30
11th December	Biology	H - Paper 1	Gym 1	11.45 - 12.25
	Biology	H - Paper 2	Gym 1	13.00 - 15.20
Tuesday	English	H paper 1	Games Hall	8.45 - 10.15
12th December	English	H paper 2	Games Hall	10.45 - 12.15
	English	N5 paper 1	Games Hall	12.30 - 13.30
	English	N5 paper 2	Games Hall	13.45 - 15.15
Wednesday	Geography	H - Paper 1	Gym 1	9.00 - 10.30
13th December	Geography	H - Paper 2	Gym 1	10.40 -11.40
	Geography	N5 – Paper 1	Gym 1	9.00 - 11.00
	Music	N5	Room 1	12.15 - 13.05
	Music	н	Room 3	13.30 - 14.30
Thursday	Physics	N5	Gym 1	9.00 - 11.30
14 <sup>th</sup> December	Drama	N5	Gym 1	12.00 - 13.30

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#### Additional Information

Hospitality/Music practical exams will take place on the following days:

Music Thursday 23<sup>rd</sup> November Friday 24<sup>th</sup> November Monday 27<sup>th</sup> November Tuesday 28<sup>th</sup> November

#### Practical Cookery

Wednesday 29<sup>th</sup> November Thursday 30<sup>th</sup> November Friday 1<sup>st</sup> December

The following subject prelims will take place during class time in January

- Hospitality N5 Written Paper
- Business Management N5
- Admin N5 and Higher
- Chemistry National 5
- French and Spanish All papers
- Drama N5 Practical

Information to follow directly from departments.

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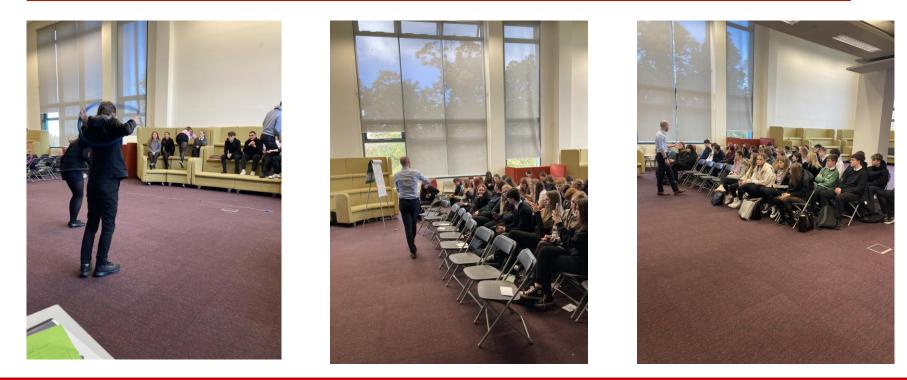


Countdown to 1<sup>st</sup> SQA examination of 2024.....

# 24 weeks

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### Ayr Academy Attainment Programme



It was a really productive week last week for the Ayr Academy Attainment programme. Supported study and prelim timetables have now been issued, the mentoring groups all have their personalised study programmes and all pupils received a fantastic input from Tree of Knowledge! The focus on raising our aspirations and believing in ourselves.

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It was ceally fun with Andrew and it's helped me be a little 1255 stressed wledgeabout Exams.

Tell Us What You Thought... (feel free to use the back of this sheet if you need more space!) great way of learning and boosting confidence for the year aboad Andrew was great.

### Pupil feedback from Tree of Knowledge sessions

Responsibility

Tell Us What You Thought... (feel free to use the back of this sheet if you need more space!) \$10W Know to believe myself more and Underestimate Myself

Community

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Tell Us What You Thought... (feel free to use the back of this sheet if you need more space!) I thought ordrew was very INSBIERY throughout and gave Me a different view on My trogress

# Supported Study Timetable

		Monday		
Subject	Level	Time	Teacher	Room
		13.20 -		
Art	Higher	14.00	Mrs Cairns	202
		13.20 -		
Art	National 5	14.00	Mrs Cairns	202
		15.40 -		
English	Higher	16.40	Mr Campbell	128
	National 5/	13.20 -		
Administration	Higher	14.00	Mrs Campbell	209
	National	15.40 -		
PE	5/Higher	17.00	PE Staff	PE
	National	15.40 -		
Music	5/Higher	16.40	Miss Gibson/Mr Roy	1

		Tuesday		
Subject	Level	Time	Teacher	Room
		13.20 -		
Art	Higher	14.00	Mrs Cairns	202
		13.20 -		
Art	National 5	14.00	Mrs Cairns	202
	National 5/	13.20 -		
Administration	Higher	14.00	Mrs Campbell	209
		15.45 -		
Modern Studies	National 5	17.00	Miss Alexander	211
		15.45 -		
Geography	Higher	17.00	Mr Kennedy	218
		13.20 -		
Maths	National 5	14.00	Mr Murphy	222
	National 5/	15.45 -		
Maths	Higher	17.00	Mr Murphy	222

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Wednesday						
Subject	Level	Time	Teacher	Room		
		14.50 -				
Art	Higher	16.00	Mrs Cairns	202		
		14.50 -				
Art	National 5	16.00	Mrs Cairns	202		
		15.00 -				
Practical Cookery	National 5	16.30	Mrs Morison	10		
		14.50 -				
English	National 5	15.50	Miss Kinnen	127		
		14.50 -				
Business Management	National 5	15.50	Mrs Campbell	209		
	National 5/	12.30 -				
Administration	Higher	13.10	Mrs Campbell	209		
		15.00 -				
Graphic Communication	Higher	17.00	Miss Roche	15		
•		14.50 -				
History	Higher	16.00	Mrs Gray	214		
		14.50 -				
Geography	National 5	16.00	Miss Stott	217		
		12.30 -				
Physics	National 5	13.10	Mr Hirst	115		
	National	12.30 -				
Chemistry	5/Higher	13.10	Mrs Thompson	110		
÷		14.50 -				
Physics	National 5	16.00	Mr Hirst	115		
	National	14.50 -				
Music	5/Higher	15.50	Miss Gibson/Mr Roy	1		
		12.30 -				
Maths/Apps	National 5	13.10	Mrs Beattie/Mr Murphy	219/222		

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Thursday							
Subject	Level	Time	Teacher	Room			
		15.00 -					
Practical Cookery	National 5	16.30	Miss Turnbull	12			
	National 5/	12.30 -					
Administration	Higher	13.10	Mrs Campbell	209			
		15.00 -					
Graphic Communication	National 4/5	17.00	Miss Roche	15			
		15.00 -					
Graphic Communication	Higher	17.00	Miss Roche	15			
		14.50 -					
Practical Woodwork	National 5	15.50	Mr Rich	23			
		12.30 -					
History	National 5	13.10	Mr Poulter	216			
		12.30 -					
Modern Studies	Higher	13.10	Mr Poulter	216			
		14.50 -					
History	Higher	16.00	Mrs Gray	214			
		12.30 -					
Biology	National 5	13.10	Mr Standring	112			
		12.30 -					
Biology	Higher	13.10	Miss McCreadie	113			
		12.30 -					
Health Sector	Level 5	13.10	Miss McCreadie	113			
	National 5/	14.50 -					
Maths	Higher	15.50	Mr Murphy	222			

Friday						
Subject	Level	Time	Teacher	Room		
		14.50 -				
Art	Higher	16.00	Mrs Cairns	202		
		14.50 -				
Art	National 5	16.00	Mrs Cairns	202		
	National 5/	12.30 -				
Administration	Higher	13.10	Mrs Campbell	209		

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# November Focus Book

School Values:

- Respect
- Compassion

Wellbeing (SHANARRI):

- Included
- Nurtured
- 5 Ways to Wellbeing:
- Learn
- Give

Responsibility

Week

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Wellbeing

activities

We have now extended this invite to include our P6 families We hope to see as many of you as possible! We can't wait to meet you! WE CAN'T

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Bake Sale

BELTEVE.... ACHTEVE

# **Ayr Academy Counselling Service**

65 Counselling Session attended in October !!!!!!

We currently have appointments available for anyone who is struggling and not coping with any aspect of their life, including exam anxiety/stress

PLEASE GET IN TOUCH – Referral forms can be found outside counselling and guidance rooms, complete and pop into red post box or just pop along to the counselling room and speak to one of the counsellors who are keen to help you.

We will arrange an appointment for you as soon as possible



#### Counselling Service is here to support you

COMPASSION



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## **Immunisations**





There will be a catch up day on 06.12.23 for pupils who have missed their flu vaccines this past week. The next round of immunisations will take place in January, 2024.

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# **S1 Targeted Support**

S1 Targeted Support in action last week! Thank you to Mr Sloan & Dolphin House for the great activities.



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# Halloween in the Canteen





Maris and the rest of the canteen staff did us proud last week dressing up for Halloween! The grapes weren't quite as juicy as normal though!!



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#### ASN Family Support Network ... Upcoming events

#### Wed 31 Jan 2024 Ayr Grammar Primary

6.30 - 8pm "Supporting your child with Literacy Difficulties" Holly McBlane from South Ayrshire Reads To book contact <u>Fiona.priestnall@south-</u> ayrshire.gov.uk

#### Tue 20 Feb 2024 Ayr Grammar Primary

**6.30 - 8pm** "Supporting young people with ADHD" Tanya Tenant from Tanya Tenant Autism Training and Consultancy To book contact <u>Fiona.priestnall@south-</u> ayrshire.gov.uk

Wed 24 April 2024 in Walker Halls, Troon 1-5pm: this year's theme is "Transitions"

Over 40 charities and third sector organisations offering support and advice. Keynote speakers including Tanya Tenant on "Transitions from Secondary Education"

No need to pre-book for this event

Further information from fiona.priestnall@south-ayrshire.gov.uk Or ASN Website <u>www.south-ayrshire.gov.uk/asn</u>

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Family Support

Offering support, advice and friendship for any parents and carers of young people with Additional Support Needs (ASN) living in South Ayrshire

> ASN ASN Control of the second second

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Ayr Academy would like to extend thanks to the Arnold Clark group for their generous donation for the continued support of our Breakfast club. Generous support from companies like Arnold Clark allows us to continue to provide a free breakfast for all our pupils.



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# Careers Week - 13th-17th November



Scottish Careers Week 2023 takes place from 13 to 17 November. Delivered by Skills Development Scotland with a range of local and national partners, the week features events and activities to help people of all ages explore, understand and manage their career choices, and the services and resources available to support them.

Follow the link below for the toolkit for next week:

https://www.skillsdevelopmentsc otland.co.uk/media/50515/scotti sh-careers-week-2023-toolkit.pdf

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#### CHILDREN AND YOUNG PEOPLE SERVICE

Our service offers therapeutic support on a one to one and group basis for children and young people aged 5 to 25 who are affected by their own cancer diagnosis or that of

a significant person in their life, or who have been bereaved as a result of cancer.

We provide a safe space for children and young people to explore and share their feelings and support them to develop helpful coping strategies. We offer services in a kind, caring and compassionate way and have children and young people's wellbeing at the heart of everything we do.



We have qualified and experienced practitioners who can offer support within one of our centres or in a school, college or the local community.

We can offer one to one counselling, as well as more creative approaches, using play and therapeutic art activities to help children and young people express themselves and talk about what is happening in their life.





We want to support individuals to develop their resilience and find ways to manage their emotions, loss and grief, to allow them to be able to make sense of their world and find ways of taking the next steps in their life. We work with other organisations to ensure the child or young person receives the very best support to meet their needs, at a time that is right for them.

We can provide support for families and can help develop peer support through groupwork, such as bereavement, anxiety and resilience, mindfulness, outdoor and other activity based groups. Children, young people and families can also access complementary therapies. We work in a person-centred way, therefore following assessment with a practitioner, the child, young person or family will agree together on an individualised plan of support.

We can provide resources and signpost to other services who can help with other areas of the child or young person's life. We are happy to provide support to schools and can plan that based on individual need; please contact Gill Birrell, Service Lead, at <u>cyp@ayrshirecs.org</u> for more information.

Children and young people's safety is paramount, and we have policies and procedures in place to ensure safe working practices.

Requests for support can be made by completing a form on our website <u>www.ayrshirecs.org/services</u> or by calling 01563 538008.



### LIAM

Let's Introduce Anxiety Management

ou are ears rsnire, throu cancer. we can you to understand and manage your anxiety

Register interest in the LIAM - Let's ntroduce Anxiety Mana

If you are interested in this 9 session programme please register via the QR code

AYRSHIRE

CANCER

SUPPORT

For more information

Call 01563 538008 or Email cyp@ayrshirecs.org



For young people aged 12 to 25 years old .....

Register your interest in our Boxercise Workshops

Responsibility

.....who have been affected by or bereaved through cancer

These sessions can help you to connect with other people and promotes positive health and wellbeing

#### Come along and have fun!

Register for our next group

- Via the QR code or • Call 01563 538008
- Email cyp@ayrshirecs.org



For children and young people who have been affected by or bereaved through cancer

Have fun

**Build confidence** 

Meet new people

Try something new



Climbing Group

Wednesday 6.30 - 8pm 8th, 15th, 22nd, 29th November 6th , 12th December

#### **REGISTER NOW**

 Via this QR code Call 01563 538008 Email cyp@ayrshirecs.org



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Mrs Hamilton, Maths, finished up on Friday for her long anticipated maternity leave. We all wish her plenty of relaxation before baby arrives!

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Congratulations to Mrs Wyper after becoming the Young Carer Champion for Ayr Academy!

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COMING SOON COURSES ARE LOADING

### BARISTA AND NAIL BAR

#### BIKE MAINTENANCE HAS STARTED ALREADY

Last session in South Ayrshire Secondary schools, nearly 100,000 days (the equivalent of over half a million teaching hours!) were lost to unauthorised absence. Poor attendance has been linked to lower levels of attainment, peer relationships, emotional and behavioural difficulties and poorer employment opportunities, which is why we want to see Every Learner Every Day!

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## **Command Word of the Month**

In your "when you say or write something in own words a different way, not using the same words"

Compassion

Command Word focus for this month

Respect

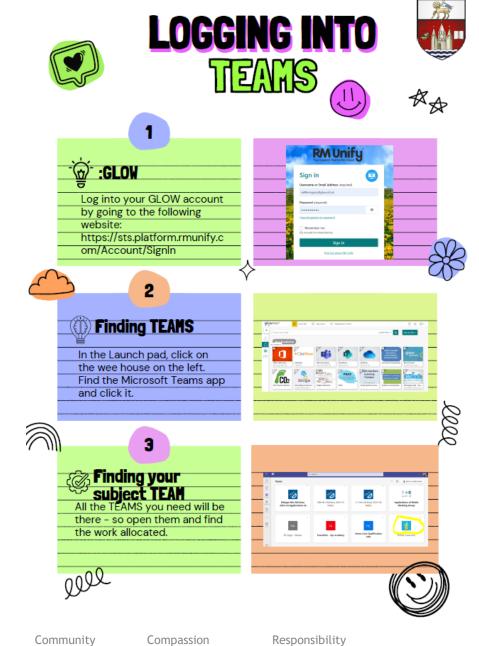
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If anyone would like to nominate a pupil as one of Ayr Academy's Finest, please email <u>nicola.mcgarry@south-ayrshire.gov.uk</u> with details and any photos you may have. ③







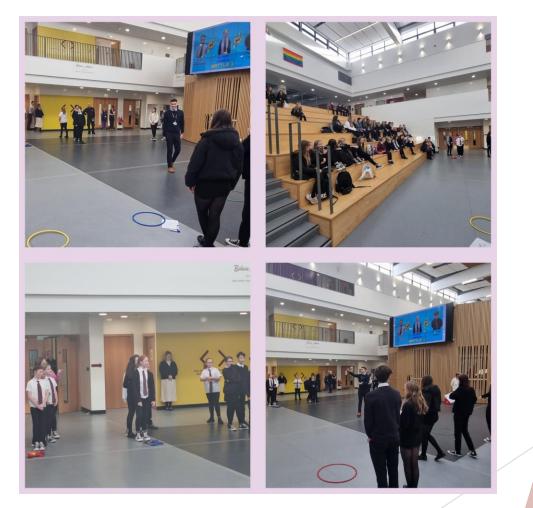


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### S1 Weekly Challenge - Week 1



Our first S1 Friday challenge took place during lunchtime last Friday and what a great laugh everyone had!! Carrick came 1st, Galloway 2nd and Kyle 3rd! Well done to all our competitors and the amazing supporting crowd!



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CAREY-ANN GALLOWAY

HANNAH CARRICK

SOPHIE KULE BATTLE 2



BATTLE 3





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### what Parents & Carers Need to Know about

## With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsAppls the world's most popular messaging cervice. Its and the condencryption only allows messages to be viewed by the sender and any recipients insteaver whatsApplits/it can tead them. This privacy is use has been in the spatight recently, as the UKs on line Stary Bill proposes to and cuch encryption on private messaging; WhatsApplits/it can been in the spatight recently as the UKs on line Stary Bill proposes to and cuch encryption on private messaging; WhatsApplits/it can been in the UK should this legislation go and has recently considered with drawing lits service in the UK should this legislation go an each

#### EVOLVING SCAMS

tsApp's popularity mak itive hunting ground for imers. Recent example

...

SAME NEWS

### CONTACT FROM STRANGERS

.. MSG ME ....

WHAT ARE THE RISKS?

#### FAKE NEWS

#### VIEW ONCE CONTENT

•

2

RESTRICO

6

#### CHAT LOCK

#### VISIBLE LOCATION

re their which can be potentially letting sidentify a child's home or journeys that they may

#### ...TYPING... Advice for Parents & Carers

#### ~ +to/0 EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

#### And Include the second s ADJUST THE SETTINGS

wise to change your child's WhatsApp settings (go to 'Privacy', n 'Groups') to specify which of their contacts can add them to up chats without needing approval: you can give permission to 'Contacts' or 'My Contacts Except ...', Additionally, if your child dos to use 'live location', emphasise that they should enable this ction for only as long as they need – and then turn it off.

#### THINKING BEFORE SHARING

NUMBER OF TAXABLE PARTY AND ADDRESS OF TAXABLE PARTY.

Help your child to understand why it's important to stop and think before posting or forwarding something on whatsAp it's easy - and all too not any other the shared more widely given rubbil too social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

#### CHAT ABOUT PRIVACY

Some parents like to check in with their child about how Some parents like to check in whith their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.





Applications for Education Maintenance Allowance (EMA) for school session 2023/24 are open - available to young people aged between 16-19 years old who are in full time school education.

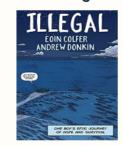
Guidance, criteria, and the application form can be found here: https://southayrshire.gov.uk/article/28209/Education-maintenanceallowance



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Mrs Palomino's currently reading...



"Illegal tells the story of Ebo, a 12year-old boy who flees grinding poverty, zero opportunities and a drunken uncle in his small village in Africa. His brother Kwame and sister Sisi have already left in the hope of a better life in Europe and he's determined to find them en route."



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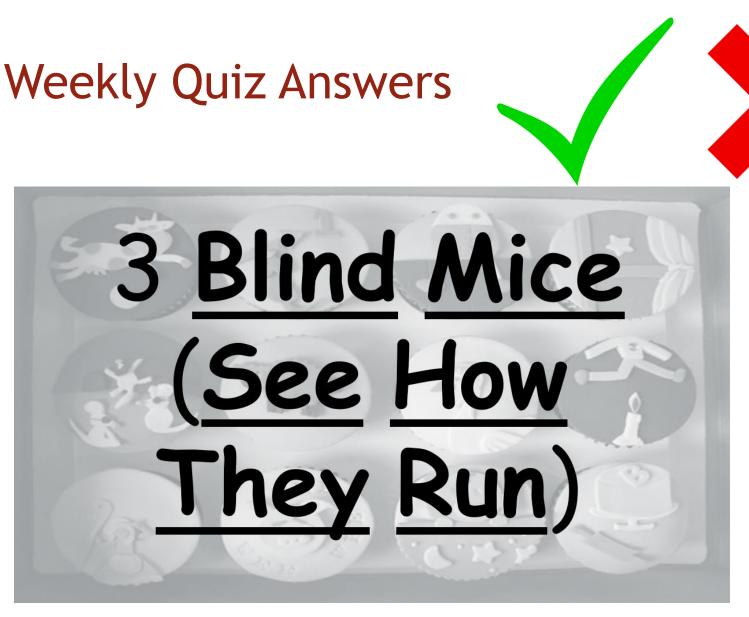
## **N5 Practical Cookery**

For those pupils in S4-6 sitting N5 Practical Cookery, practice of the prelim recipes will take place over the next two weeks. It is essential that students attend class to practice their dishes.



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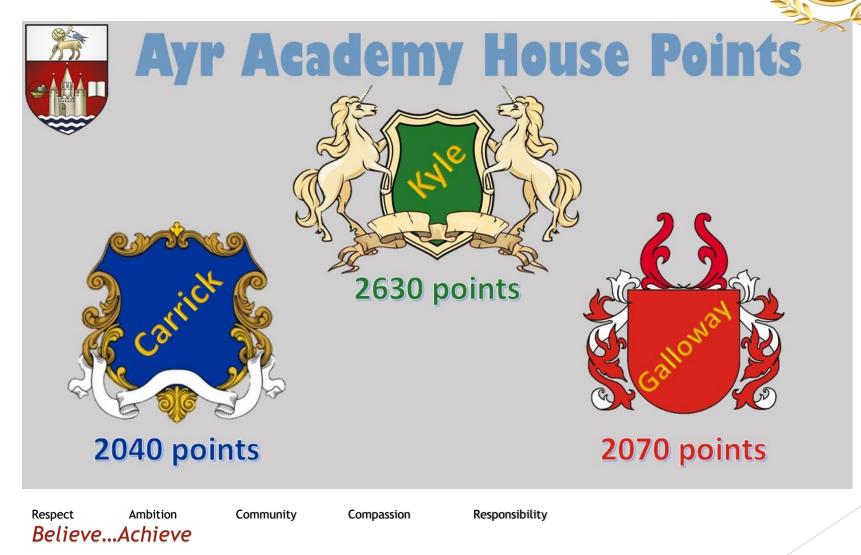




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### **House Points**







# Ayr Academy

# @Ayr\_Academy2016

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