



# Ayr Academy Weekly Newsletter

Week 22/04/24 - 26/04/24

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# Upcoming Events

- 2<sup>nd</sup> May                      Inservice
- 6<sup>th</sup> May                      Holiday
- 13<sup>th</sup> May                    S1 parents' evening (virtual)
- 24<sup>th</sup>-27<sup>th</sup> May              Holiday
- 11<sup>th</sup>/12<sup>th</sup> June            P7 bump up days
- 12<sup>th</sup> June                    School show
- 19<sup>th</sup>/20<sup>th</sup> June            Prizegiving
- 28<sup>th</sup> June                    School closes at 1pm



# 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

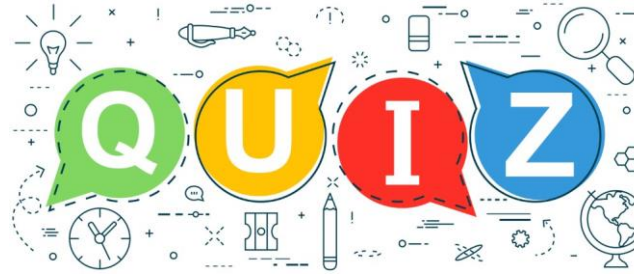
TRACKING REPORTS	
15th September	S4-S6
19th January	S4-S6
13th May	S2-S3

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



# Weekly Quiz



This problem was the final question on ITV's '1% Club' on Saturday night! Definitely one of the most challenging problems on the show, particularly under a 30 second time constraint! The premise of the show is that only 1% of the population should be able to solve it, however we think this one might be even less!!!

Fill in the missing number:

Jamaica + Japan = 124

Argentina + Armenia = 1245

France + Brazil = 23

England + Germany =



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# Beef Wellington

Mrs Wiltshire's S1 class were asked what recipe they would like to see in this week's newsletter and the result was beef wellington! Very cultured S1s we have at Ayr Academy



## Ingredients

- 650g (1lb 7oz) beef joint, preferably from the middle of the fillet, well trimmed
- 2tsp vegetable or sunflower oil
- 1 x 40g pack dried porcini mushrooms
- 25g butter, plus extra for the sauce
- 500g (1lb 2oz) chestnut mushrooms, finely chopped
- handful fresh thyme leaves
- 6 slices prosciutto
- 1 x 500g pack lighter all-butter puff pastry
- plain flour, for dusting
- 1 egg, beaten, to glaze

## For the sauce

- 200ml (7 fl oz) full-bodied red wine
- 300ml (½pt) good-quality beef stock

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## Method

1. Season the beef with black pepper. Heat the oil in a large frying pan. Sear the meat for 30 seconds on all sides until turning golden. Leave to cool.
2. Meanwhile, soak the porcini mushrooms in 250ml (8fl oz) boiling water until softened. Remove from the liquid, squeeze dry, then chop finely. Reserve the soaking liquid.
3. Heat the butter in a large frying pan. Add the mushrooms and the thyme. Cook until golden and the pan is dry (up to 20 minutes). Leave to cool completely. Reserve a quarter of the mushrooms in the pan.
4. Put two large sheets of clingfilm on a work surface, overlapping slightly. Place the prosciutto on top, overlapping the edges to make one 'sheet' large enough to wrap the beef. Spread with three quarters of the mushroom mixture, then sit the meat on top and spread with the remaining mushrooms. Roll the prosciutto around the beef, using the clingfilm. Wrap tightly and chill for 10 minutes.

5. Set aside a quarter of the pastry. On a floured surface, roll the rest into a square or rectangle big enough to wrap the fillet: approx 35cm (14in) square. Trim to neaten, then roll the edges of the joining sides a little more thinly.

6. Remove the clingfilm from the beef and position it in the middle of the pastry. Wrap the pastry up along the length of the beef, overlapping slightly at the join. Brush the edges with beaten egg and seal. Fold up each end like a parcel. Transfer to a lightly greased baking tray, seam side down. Roll out the remaining pastry and cut shapes to decorate. Brush the Wellington all over with egg, press on the decorations and brush again. Chill for 20 minutes (or up to 12 hours if you like).

7. Preheat the oven to gas 8, 230°C, fan 210°C and put a baking sheet in the top third. To make the sauce, pour the wine into the pan with the reserved mushrooms. Bring to the boil and simmer until the wine has reduced to about 1 tbsp. Add the stock and the porcini mushroom liquid and boil for 10 minutes until syrupy. Season, then stir in 1 tsp of butter. Set aside. .

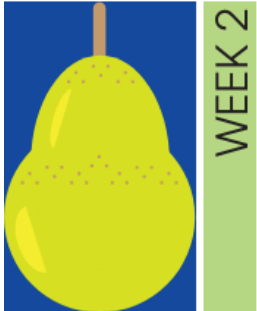
8. Put the Wellington and its tray onto the heated baking sheet in the oven and roast for 10 minutes. Reduce the heat to gas 6, 200°C, fan 180°C, then cook for another 20 minutes for medium-rare meat (15 for rare, 25 for medium).
9. Leave to rest for 10 minutes. Warm the sauce through. Serve slices of the Wellington with the sauce and vegetables



*After this  
meaty dish,  
next week will  
definitely be a  
vegan recipe!*



# SOUTH AYRSHIRE SECONDARY SCHOOL MENU 2023/2024



WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Lentil soup Cream of broccoli soup	Lentil soup Yellow split pea soup	Lentil soup Curried butternut & sweet potato soup	Lentil soup Chicken & rice soup	Lentil soup
<b>Mains option 1</b>	Fish cakes	Roast beef & yorkshire pudding	Kashmiri quorn curry & boiled rice	Macaroni cheese & garlic bread	Breaded fish
<b>Mains option 2</b>	Tomato pasta & garlic bread	Quorn lasagne & garlic bread	Vegetarian stir-fry noodles	Beef nachos Quorn nachos	Sausage casserole
<b>Veg</b>	Potato wedges, sweetcorn & salad bar	Mashed potato, carrots & salad bar	Potato wedges, peas & salad bar	Broccoli, sweetcorn & salad bar	Chips, beans, coleslaw & salad bar
<b>Sweet</b>	Self-service fruit bar available daily				

## Available Daily

Sandwiches, rolls, wraps & baguettes with a variety of fillings  
 Paninis, pizzinis, toasties, subs & pizzas  
 Baked potatoes  
 Pots to go  
 Salad bar  
*Check the menu board for daily specials*



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

- Vegetarian

- Vegan

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

## This week's menu

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

**This week!!!**

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# SQA Exams week beginning 22/04/24



MONDAY 22 APRIL 2024		TUESDAY 23 APRIL 2024	WEDNESDAY 24 APRIL 2024	THURSDAY 25 APRIL 2024	FRIDAY 26 APRIL 2024
<b>URDU</b> National 5 Higher	<b>ACCOUNTING</b> National 5 Higher Advanced Higher	<b>GEOGRAPHY</b> National 5 Higher Advanced Higher	<b>MUSIC</b> National 5 Higher Advanced Higher	<b>PHYSICS</b> National 5 Higher Advanced Higher	<b>FRENCH</b> National 5 Higher Advanced Higher
<b>PHYSICAL EDUCATION</b> Higher	<b>MEDIA</b> National 5 Higher	<b>CRUINN-EÒLAS</b> Nàiseanta 5 Àrd Ìre Àrd Ìre Adhartach			<b>ENVIRONMENTAL SCIENCE</b> National 5 Higher

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# Study Tips of the Week

- ▶ When studying at home, make sure if you are unsure of something take a note of it and ask when you are next in school.
- ▶ Attend all masterclasses, teachers are here to help!
- ▶ Get plenty of sleep and take regular breaks.
- ▶ Make sure you have breakfast before exams, we have food in school if you'd rather wait until you come in.
- ▶ Come along to the relaxation sessions.

# Masterclass Timetable 2023/24



PE Supported Study Classes				
	Level		Time	Teacher/Room
Monday 22 <sup>nd</sup> April	Higher		9-00 – 12.00	PE Dept
PE SQA Exam				
Monday 22 April	Level	Paper	Time	
PE SQA Exam	Higher		13:00 - 15:30	
Geography Supported Study Classes				
Monday 22 <sup>nd</sup> April	Level		Time	Teacher/Room
	N5/Higher		9.00am – 11.30	Miss Stott
Geography SQA Exam				
Tuesday 23 <sup>rd</sup> April	Level	Paper	Time	
Geography	Higher	Paper 1	09.00-10.50	
Geography	Higher	Paper 2	11.20-12.30	
Geography	National 5		13.00-15.20	
Music Supported Study Classes				
	Level	Paper	Time	Teacher/Room
Monday 22 <sup>nd</sup> April	Higher/N5		9.00am – 10.35	Miss Gibson/Mr Roy/ Room 3/1
Tuesday 23 <sup>rd</sup> April	Higher/N5		10.50 – 12.30	Miss Gibson/Mr Roy/Room 3/1
Music SQA Exam				
Wednesday 24 <sup>th</sup> April	Level	Paper	Time	
Music	Higher		11:00 - 12:00	
	National 5		09:00 - 09:45	
Physics Supported Study Classes				
	Level	Paper	Time	Teacher/Room
Tuesday 23 <sup>rd</sup> May	Higher/N5		9.00am - 10.35	Mr Hirst/Room 115
Wednesday 24 <sup>th</sup> May	Higher/N5		9.00am – 2.50	Mr Hirst/Room 115

Physics SQA Exam				
Thursday 25th April	Level	Paper	Time	
Physics	Higher	P1 Multiple Choice	09:00 - 09.45	
Physics	Higher	Paper 2	10.15 - 12:30	
Physics	Advanced Higher		09.00-12.00	
Physics	National 5		13.00-15.30	
French Supported Study Classes				
	Level	Paper	Time	Teacher/Room
Tuesday 23 <sup>rd</sup> April	Higher/N5		2.00 – 3.40	Mrs Wyper Room 102
Thursday 25 <sup>th</sup> April	Higher/N5		1.10 – 2.50	Mrs Wyper Room 102
French SQA Exam				
Friday 26th April	Level	Paper	Time	
French	Higher	Reading & Writing	09.00-11.00	
French	Higher	Listening	11.30-12.00	
French	National 5	Reading	13.15 – 14.45	
French	National 5	Listening	15.15-15.45	
Music Technology Supported Study Classes				
	Level	Paper	Time	Teacher/Room
Thursday 25 <sup>th</sup> April	Higher/N5		10.50 - 12.30	Mr Roy/Room 1
Friday 26 <sup>th</sup> April	Higher/N5		1.10 – 2.50	Mr Roy/ Room1
Music Technology SQA Exam				
Monday 29th April	Level	Paper	Time	
Music Technology	National 5		09.00-10:00	
Music Technology	Higher		13.00-14:00	
Modern Studies Supported Study Classes				
Monday 29 <sup>th</sup> April	Level		Time	Teacher/Room
	Higher		11.40 – 13.20	Mr Poulter/Miss Alexander
	National 5		09.00-11.40	Room 212/216

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<b>Modern Studies SQA Exam</b>				
<b>Tuesday 30th April</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
Modern Studies	Higher	Paper 1	09:00 - 10.45	
Modern Studies	Higher	Paper 2	11.15-12.30	
Modern Studies	Advanced Higher		09.00-12.00	
Modern Studies	National 5		13.00-15.20	
<b>Administration Supported Study</b>				
<b>Monday 29<sup>th</sup> April</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	N5		9.00am – 12.00	Mrs Campbell/Room 209
	Higher		2.00 – 3.50	Mrs Campbell/Room 209
<b>Administration SQA Exam</b>				
<b>Wednesday 1st May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
Administration	Higher		10:00 – 12.00	
Administration	National 5		10:00 – 11.30	
<b>Business Management Supported Study Classes</b>				
	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Teacher/Room</b>
Wednesday 1 <sup>st</sup> May	Higher/N5		1.10 – 2.50	Mrs Campbell Room 209
<b>Business Management SQA Exam</b>				
<b>Tuesday 2nd May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
<del>Business Mgement</del>	National 5		13:00 - 15:00	
<del>Business Mgement</del>	Higher		09.00-11.45	
<b>Drama Supported Study</b>				
	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Teacher/Room</b>
<b>Tuesday 20<sup>th</sup> April</b>	National 5		10.50 – 12.30	Mrs Wyles/Room 4
<b>Thursday 2<sup>nd</sup> May</b>	National 5		9.00am – 10.50	Mrs Wyles/Room 4
<b>Drama SQA Exam</b>				
<b>Friday 3<sup>rd</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	National 5		13.00 – 14.30	

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<b>Maths Supported Study Classes</b>				
	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Teacher/Room</b>
<b>Wednesday 1<sup>st</sup> May</b>	N5		10.50 – 12.30	Ms Wiltshire/Mrs McGarry
<b>Thursday 2<sup>nd</sup> May</b>	N5		9.00 – 10.35	Ms Jamieson/Ms Wiltshire
<b>Thursday 9<sup>th</sup> May</b>	Applications/Higher		9.00 – 10.35	Mr Dowman
<b>Friday 10<sup>th</sup> May</b>	Applications/Higher		9.00 – 10.35	Mrs McGarry
<b>Maths SQA Exam</b>				
<b>Friday 3<sup>rd</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
Mathematics	National 5	Paper 1 Non-calc	09:00 -10:00	
Mathematics	National 5	Paper 2	10:30 - 12:00	
<b>Thursday 13<sup>th</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
Mathematics	Higher	Paper 1 Non-calc	09:00 - 10:15	
Mathematics	Higher	Paper 2	10:45 - 12:15	
Apps of Maths	National 5	Paper 1 Non-calc	09.00-09.50	
Apps of Maths	National 5	Paper 2	10.20-12.00	
<b>English Supported Study Classes</b>				
	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Teacher/Room</b>
<b>Friday 3<sup>rd</sup> May</b>	N5		9.00 – 11.30	Mrs McDonagh
<b>Monday 6<sup>th</sup> May</b>	N5		10.50 – 1.20	Mrs McDonagh
<b>Tuesday 7<sup>th</sup> May</b>	Higher		9.00 – 11.30	Mrs McDonagh
<b>Wednesday 8<sup>th</sup> May</b>	Higher		1.10 – 2.50	Mrs McDonagh
<b>English SQA Exam</b>				
<b>Tuesday 7<sup>th</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	National 5	RUAE	09.00-10.00	
	National 5	Critical Reading	10.30-12.00	
	Advanced Higher	Literary Study	12.30 – 14.00	
	Advanced Higher	Textual Analysis	14.30-16.00	
<b>Thursday 9<sup>th</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	Higher	RUAE	09:00 10:30	
	Higher	Critical Reading	11:00 - 12.30	

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<b>Practical Cookery Supported Study Classes</b>				
	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Teacher/Room</b>
<b>Wednesday 8<sup>th</sup> May</b>	National 5		1.10 - 2.50	Mrs Morrison/Room 10
<b>Thursday 9<sup>th</sup></b>	National 5		10.50 – 12.30	Mrs Morrison/Room 10
<b>Practical Cookery SQA Exam</b>				
<b>Thursday 9th May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	National 5		13:30 – 14:30	
<b>Biology Supported Study</b>				
	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
<b>Monday 13<sup>th</sup> May</b>	N5/Higher		9.00 – 10.35	Mr Standring/Miss McCreadie Room 113/111
<b>Tuesday 14<sup>th</sup> May</b>	N5/Higher		11.30 – 1.20	
<b>Biology SQA Exam</b>				
<b>Wed 15th May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	Higher	Paper 1	09.00-09.40	
	Higher	Paper 2	10.10-12.30	
	Advanced Higher		09.00 – 12.00	
	National 5		13.00-15.30	
<b>Graphic Communication Supported Study Classes</b>				
	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Teacher/Room</b>
<b>Tuesday 14<sup>th</sup> May</b>	Higher/N5		9.00 – 12.00	Miss Roche
<b>Graphic Communication SQA Exam</b>				
<b>Thursday 16th May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	National 5		09.00-11.00	
	Higher		09.00-11.30	
<b>History Supported Study Classes</b>				
<b>Monday 20<sup>th</sup> May</b>	<b>Level</b>		<b>Time</b>	<b>Teacher/Room</b>
	Higher		10 50 – 12.30	Miss Alexander/Mr Poulter Room 212/216
	National 5		09.00-10.35	Miss Alexander/Mrs Gray/ Mr Poulter Room 212/213/216

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<b>History SQA Exams</b>				
<b>Tuesday 21st May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	Higher	Paper 1	09.00-10.30	
	Higher	Paper 2	11.00-12.30	
	National 5		13:00 - 15:20	
<b>Practical Woodwork Supported Study</b>				
	<b>Level</b>	<b>Paper</b>		
<b>Monday 20<sup>th</sup> May</b>	National 5		9.00-12.00	Mr Rich
<b>Practical Woodwork SQA Exam</b>				
<b>Wed 22<sup>nd</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	National 5		13.30 – 14.30	
<b>Chemistry Supported Study Classes</b>				
	<b>Level</b>	<b>Paper</b>	<b>Time</b>	<b>Teacher/Room</b>
<b>Tuesday 21<sup>st</sup> May</b>	Higher/N5		9.00am – 10.35	Mrs Thomson Room 110
<b>Wed 22<sup>nd</sup> May</b>	Higher/N5		10.50 – 12.30	Mrs Thomson Room 110
<b>Chemistry SQA Exam</b>				
<b>Thursday 23<sup>rd</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	Higher	P1 Multiple Choice	09:00 - 09:40	
	Higher	Paper 2	10:10 - 12:30	
	Advanced Higher		09:00 - 12:00	
	National 5		13:00 15:30	
<b>Art and Design Supported Study Classes</b>				
<b>Thursday 23<sup>rd</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time/Room</b>	<b>Teacher/Room</b>
	Higher/N5		11.30 – 2.50	Mrs Cairns/ Mrs Morton Room 202/203
<b>Art and Design Supported SQA Exam</b>				
<b>Tuesday 28<sup>th</sup> May</b>	<b>Level</b>	<b>Paper</b>	<b>Time</b>	
	National 5		12:30- 14:00	
	Higher		12:30 - 14:30	

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Snacks and drinks are available for all pupils during masterclasses thanks to Cash for Kids, just get yourself into school!



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# School Counselling Service

Young people have been supported with their personal issues, to reduce stress and anxiety, improve mental health and with their own personal growth and development. If there is anyone struggling for whatever reason, or just need someone to talk too please just put in a referral or come and speak to one of the counsellors. When life is challenging there is no need to be on your own, support and a safe environment is available and we are here to help in any way we can to help you feel better, cope better and improve your quality of life.

Referral forms can be located outside Counselling Room (next to medical room) and Guidance Staff Room, please complete and put in red boxes also located outside both rooms. Only counsellors have keys and access to these boxes. Or email myself [Maria.Berry@south-ayrshire.gov.uk](mailto:Maria.Berry@south-ayrshire.gov.uk) to arrange an appointment. You can also pop in at any point for a chat with either Maria or Alan, service operates Monday - Friday.

This is a confidential service and your autonomy is paramount to the counsellors

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# Help with Exam Stress

Relaxation classes and 1-2-1 exam support appointments to relieve exam stress and pressure will be available over exam period for seniors. Come along and get yourself in the best possible shape mentally and emotionally to prepare for your exams. See Mr Brown or Maria for more information.



Ayr Academy Counselling Service

Pupils Name: \_\_\_\_\_ Class: \_\_\_\_\_

Relaxation Classes and 1-2-1 Exam Support Appointments to Relieve Exam Stress and Pressure will be available over exam period. Come along and get yourself in the best possible shape mentally and emotionally to prepare for your exams.

Benefits include:

- Sit exam with less stress and anxiety
- Slow your mind down so that your mind is clear to answer questions
- Improve concentration levels
- Be better focused
- Improve your confidence levels – to do the best that you can
- Reduce any self-doubt you have of yourself
- Give yourself every opportunity to get the best results possible

Relaxation Classes will take place at dates/times in table below.

Day	Date	Time	Venue	Tick if you would like to attend
Tuesday	23 <sup>rd</sup> April	11am	Learning Plaza 1	
Thursday	25 <sup>th</sup> April	11am	Learning Plaza 1	
Tuesday	30 <sup>th</sup> April	11am	Learning Plaza 1	
Wednesday	15 <sup>th</sup> May	11am	Learning Plaza 1	
Tuesday	21 <sup>st</sup> May	11am	Learning Plaza 1	
Thursday	23 <sup>rd</sup> May	11am	Conference Room	
Tuesday	28 <sup>th</sup> May	10.50am	Learning Plaza 1	

1-2-1 Exam Support Appointments – One off appointments are available for you to chat with the school counsellor, please **note these are not counselling appointments**, this is a time for you to discuss and learn how to manage any anxieties/worries that you may have regarding your exams so that you can be in the best possible place mentally and emotionally to sit exams. Just pop your name and class on a piece of paper and put into the red box outside Counselling or Guidance room with your availability to attend and we will organise an appointment asap.

Relaxation Classes and 1-2-1 Support Appointments are there to support you to achieve the best possible results for yourself. **PLEASE COME ALONG** and benefit from the service!!!!!!

**For any further information contact Mr Brown or Maria School Counsellor**

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Relaxation Classes will take place at dates/times in table below.

Day	Date	Time	Venue	Tick if you would like to attend
Tuesday	23 <sup>rd</sup> April	11am	Learning Plaza 1	
Thursday	25 <sup>th</sup> April	11am	Learning Plaza 1	
Tuesday	30 <sup>th</sup> April	11am	Learning Plaza 1	
Wednesday	15 <sup>th</sup> May	11am	Learning Plaza 1	
Tuesday	21 <sup>st</sup> May	11am	Learning Plaza 1	
Thursday	23 <sup>rd</sup> May	11am	Conference Room	
Tuesday	28 <sup>th</sup> May	10.50am	Learning Plaza 1	

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# Sign up to Parentsportal

Ayr Academy recently went live with Parentsportal and currently almost 25% of our parents/carers have already signed up. We are keen to encourage as many parents as possible to sign up to this new system to fully achieve the benefits offered. Parentsportal provides a secure digital solution to the traditional school bag run, making it easier for parents and carers to manage paperwork connected with school activities, allowing them to obtain information about their child's educational progress at a time that suits them. This will include access to information such as Annual Data Packs which can now be offered online, consent forms, parental reports, pupil timetables, school calendar, school notices, etc as well as providing links other useful sites, such as Parent Pay, South Ayrshire Council website, and more. We will also be introducing additional services to the platform during 2024.

# How to access Parentsportal

1. Download the parentsportal.scot APP using the QR codes



OR visit <https://parentsportal.scot/home/>.

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2. Log in to Parentsportal using **'my account'**. If you already have a mygovscot **'my account'** click the link to **Sign In**. If you don't have a mygovscot **'my account'** click the link to register for this in the first instance, and then sign In.

3. Once registered you will be prompted to **'Link Your Child'** where you can provide details relating to your child. Once the details are matched you will be sent a security code to either your mobile number or email address registered with the school. The security code is to provide additional security before your child's record is linked. Your request will then be sent the school for approval and you will be notified of the decision to approve the link on your email.

4. The details added must match the information held within the school or a match may not be found. If anyone has any issues, please contact the office who will be able to provide assistance.



**JOIN US AT THE**

**LGBT**

**CLUB**

**TUESDAYS**  **AT 1.20PM**

**@MISS GREER'S ROOM (215)**



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# What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

## WHAT ARE THE RISKS?

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviour by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviour by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr. Jason O'Rourke, Headteacher of Washborough Academy, champions food education and sustainability – and his school holds the Real Restaurant's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasteit, a sensory food education charity.



Source: See full references on [this page at: thenationalcollege.com/guides/energy-drinks](https://www.thenationalcollege.com/guides/energy-drinks)

[@wake\\_up\\_weds](https://www.wake_up_weds.com) [/www.thenationalcollege](https://www.thenationalcollege.com) [@wake.up.wednesday](https://www.wake.up.wednesday.com) [@wake.up.weds](https://www.wake.up.weds.com)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024

**Are you connected to a child who has additional support needs? Come and join our community! We are parents and carers who all share similar experiences and wish nothing more than for everyone to feel supported.**

**FIND US ON FACEBOOK BY SEARCHING ASN SUPPORT AYRSHIRE OR CONTACT US BY EMAIL**

**[asnayrshire@gmail.co.uk](mailto:asnayrshire@gmail.co.uk)**



**It can be tricky to understand your child's needs pre and post diagnosis, you are not alone!  
your child does not require a diagnosis for you to join our ever growing community.**



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# S6 Leavers Ceremony



Our S6 leavers ceremony took place on Friday. It was an extremely emotional day for staff, pupils and parents - there wasn't a dry eye in the house! A huge thank you to Mr Brown, Miss Gibson and Mr Sloss for all the work they have put in with the S6 this year. Special thanks has to go to baker extraordinaire Maris for making such an amazing cake for them. Thank goodness she made a calorie free version 😊  
What an outstanding year group they have been and we wish them all the very best in their future endeavours.

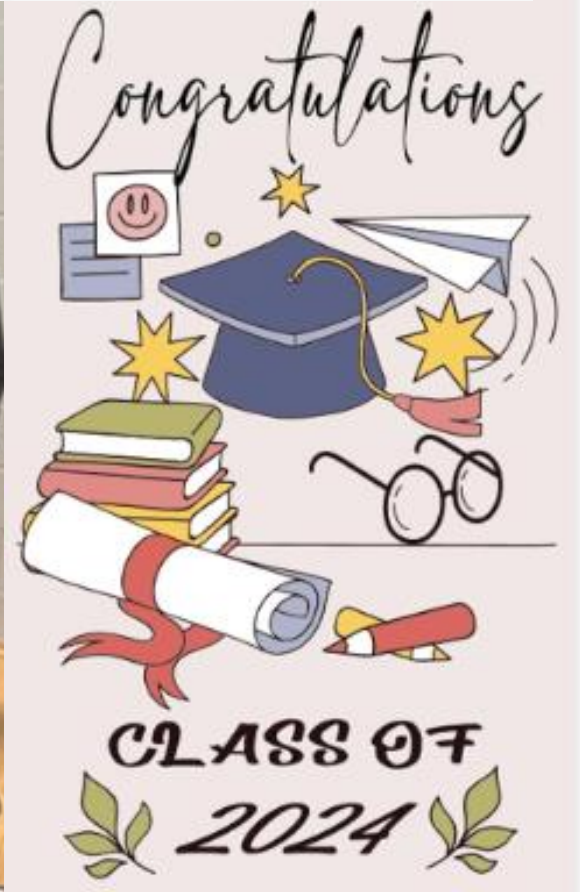
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Community  
Sport Hubs  
NORTH AYR



THRIVING  
COMMUNITIES

# KIT FOR ALL

Kit for All is about offering recycled and pre-loved sports kit to individuals and families who need it, for free.

We hope to make sport and physical activity more accessible for more people and we want to do our bit to help the environment!

WE ARE NOW  
COLLECTING DONATIONS  
OUR BOX IS LOCATED AT  
AYR ACADEMY RECEPTION



**KIT  
FOR  
ALL**  
#PassItOn

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# CAPTURE THE MOMENT



Take part in this year's South Ayrshire photo competition, there are three categories and applications are open to anyone in South Ayrshire.

## Celebrating South Ayrshire

Showcase beautiful South Ayrshire beaches, landmarks and beauty spots.

## Intergeneration

Showcase real life examples of residents of all ages coming together.

## South Ayrshire Wellbeing

Showcase how you can keep active, social and age well in South Ayrshire.

## Special Category

Extra category for members of the Ageing Well Champions Board – Showcase what Ageing Well really looks like in South Ayrshire.

For information and details of how to enter please visit:

<https://hscp.south-ayrshire.gov.uk/PhotoComp24>



Enter for your chance to win a £50 Gift Voucher!!





# NATIONAL PRIORITIES CAMPAIGN 23-25 CONSULTATION

Only  
takes 2  
minutes

Use the link to cast your vote on  
what South Ayrshire should vote  
as the SYP National Priorities  
Campaign



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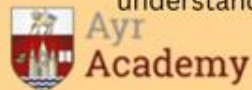
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# YOUNG ADULT BOOK RECOMMENDATION BY THE READING SCHOOLS STUDENT TEAM

The S2 Reading Schools Student Group  
recommend 'Komi can't communicate by  
Tomhito Oda' to Staff.



We think you should read this book as it will help you understand that students can feel socially awkward sometimes and it can be hard for us in classroom situations. The book will help you understand and relate to what we can be feeling.



**MARCH 2024**

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## Ayr Academy's Book and Brekkie Club



Book and Brekkie will take place on a Friday morning from 8:15 in the library. Bring the book you're currently reading, grab some breakfast from the breakfast club and come read quietly until the school day begins.



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**New date!**

**ASN Family Support Network  
Event**

**10th May 24 in Concert Halls,  
Troon**

**10th May 2024 11-3 pm;**  
this year's theme is "**Transitions**"

**Keynote speakers:**

**Tanya Tenant**

[www.tanyatennant.co.uk](http://www.tanyatennant.co.uk)

speaking on "Transition" 12-2pm

**South Ayrshire Psychological Services**

speaking on "Transition Policy and  
Strategies" 2-3pm

**Marketplace stalls including:**

Barnardos, Penumbra, Community Gift  
Exchange, South Ayrshire Community  
Transport, DWP, Scottish Book Trust  
and many more ...

***No need to pre-book for this event***



**ASN  
Family Support**

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

Further information from

[fiona.priestnall@south-ayrshire.gov.uk](mailto:fiona.priestnall@south-ayrshire.gov.uk)

Or ASN Website [www.south-ayrshire.gov.uk/asn](http://www.south-ayrshire.gov.uk/asn)



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# Ayr Academy's Finest



Iona Currie 2K1 and Mia Compton 5C1

The girls recently travelled to Newcastle to compete in the International Open Karate Championships. Both girls were extremely successful and were awarded silver for Individual Kata -in their respective age categories. What a pair of absolute stars, we are so proud of you both! Two of Ayr Academy's Finest.

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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.mcgarra@south-ayrshire.gov.uk](mailto:nicola.mcgarra@south-ayrshire.gov.uk) with details and any photos you may have. 😊



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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# EMA Grants



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://south-ayrshire.gov.uk/article/28209/Education-maintenance-allowance>



# THRIVING COMMUNITIES

## FAMILY ENGAGEMENT

The Thriving Communities Family Engagement team provide support to parents and carers both in and out of work who are on low incomes. The support includes employability, financial and health guidance as part of a plan tailored to the needs of the individual.

### WE CAN HELP WITH:

- ONE-TO-ONE SUPPORT
- PERSONAL DEVELOPMENT
- CONFIDENCE BUILDINGS
- MONEY ADVICE AND BUDGETING
- QUALIFICATIONS AND TRAINING
- WORK PLACEMENTS AND PRE-EMPLOYMENT TRIALS
- APPLICATION AND INTERVIEW SUPPORT
- JOB BROKERAGE
- INCOME MAXIMISATION
- SUPPORT TO ACCESS OTHER SERVICES





**SOUTH AYRSHIRE  
HOSPITALITY HUB**  
QUALIFICATIONS & TRAINING



**PARENT FOCUSED COURSES  
STARTING 19TH MARCH,  
14TH MAY & 10TH SEPTEMBER 2024**

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**Hi!** HUB INTERNATIONAL  
*Passionate About People*  
**SOUTH AYRSHIRE  
HOSPITALITY HUB**  
*ALWAYS WITH AN EDUCATIONAL PURPOSE*

**SOUTH AYRSHIRE LOCAL EMPLOYABILITY PARTNERSHIP  
ARE PARTICULARLY LOOKING TO SUPPORT:**

- Parents/carers in South Ayrshire
- Parent(s) with child(ren) under one year of age
- Parent(s) with 3 or more children
- Lone parents
- Families where there's a disability - parent or child
- Parent aged 25 or under
- Ethnic minority families



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# HOSPITALITY & TOURISM JOB OPPORTUNITIES

## EMPLOYABILITY

**Hi!** Would you like to gain skills and confidence in the Tourism, Events or Hospitality industry?

### South Ayrshire Hospitality Hub

#### FULLY FUNDED EMPLOYMENT PROGRAMMES IN SOUTH AYRSHIRE

The whole team at Hub International are hospitality & tourism industry experts, passionate about sharing their skills with the next generation and showcasing careers in the sector. Whether you are looking for insight & inspiration, new skills & qualifications, confidence building techniques or to get experience with our local employer partners ready for real opportunities of work, HI can help.

We deliver Sector Based Work Academy programmes from Ayr and the surrounding areas. Our training is interactive, and embedded in the local industry, making it easy to gain daily insight & inspiration in a whole host of jobs, not to mention quick access to vacancies and employment!

Over the 10 week experience, you will be supported every step of the way by your HI Hospitality coach and provided with everything you need to get ready for work and feeling super confident in no time including:

- TRAINING & QUALIFICATIONS
- CONFIDENCE BUILDING WORKSHOPS
- COOKERY, BARTENDING & BARISTA SKILLS
- MEET & GREET WITH EMPLOYERS
- INDUSTRY VISITS AND TRIPS TO TOP ATTRACTIONS
- REFRESHMENTS & LUNCH
- UNIFORM AND PPE
- EXCITING WORK EXPERIENCE
- JOB INTERVIEWS & EVENT OPPORTUNITIES

To apply for a fully funded Employability Programme contact us directly, we have places available for Individuals who are unemployed seeking work or modern apprenticeships in practical work environments and require vocational training, qualifications and work experience to progress into sustainable employment, **16 Years old and above, unemployed & residing in South Ayrshire.**

Speak to your advisor about your options or email [info@hi-people.org](mailto:info@hi-people.org) to apply.



Say hi to us...  
[info@hi-people.org](mailto:info@hi-people.org)  
[www.hi-people.org](http://www.hi-people.org)

**Hi!** HUB INTERNATIONAL  
*Passionate About People*

Twitter: @hi-people Instagram: hi-people LinkedIn: hi-people



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# Access hundreds of vacancies across Scotland!

Visit [apprenticeships.scot](https://www.apprenticeships.scot)

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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



The numbers are the positions of any shared letters in the country names. Argentina and Armenia share the 1st, 2nd, 4th and 5th letters. So England and Germany is 56, for the A and the N.

If you would like further information on how this puzzle is worked out please email Mrs McGarry on [nicola.mcgarry@south-ayrshire.gov.uk](mailto:nicola.mcgarry@south-ayrshire.gov.uk) 😊

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**FOLLOW US ON**



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**@Ayr\_Academy2016**

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