



NBHS WEEKLY UPDATE

Friday 15 May 2020

Message from the Head Teacher

Today should have been the National 5, Higher and Advanced Higher modern studies exams. I imagine that our modern studies exam candidates will find today a strange day, just as all senior pupils will on the days when they should have been sitting exams. No excited, anxious anticipation in the Social Area before the invigilator comes to collect them; no turning over that all-important paper at the start of the exam; no good feeling when they know they have answered a question well; no debriefing with classmates and teacher when it's all over. These May days have turned out to be very different from what our pupils expected, and that is unsettling for them. I hope our pupils know that the staff are very aware of how they might be feeling on these days. Know, too, that guidance teachers and other staff are always here to listen and talk things through, should pupils wish to get in touch.

There is another 'should have been' in my mind today: this week should have been Activities Week for S1, S2 and S3 pupils. For many of our S3 pupils, this is the week when they should have been enjoying their residential trip to the Lake District. Other S3s should have been taking part in challenges and activities closer to home. Meanwhile, S1 and S2 pupils should have been having fun on activities such as the coastal walk and Yellowcraig barbecue. I know it will have been a huge disappointment to our pupils that they are missing these experiences; they are such an important part of school life, happy times shared with school friends and doing something a bit different from the everyday timetable. We know there will be opportunities in the future for us to enjoy such experiences but, for now, it's ok to feel sad about what should have been. The staff share that sadness and disappointment. Again, if you think your child would like to talk things through with a member of school staff, do get in touch.

New Timetable Overview

All pupils have received email messages about their new courses, which begin on Tuesday 19 May, and information about how to join their new Google Classrooms. Attached to this weekly update is an overview about the new timetable which we hope pupils, parents and carers will find helpful. This overview has been emailed to pupils and is also be on the school website. The new timetable provides an impetus for our new S5 and S6 pupils in particular. The cancellation of the SQA exams and the closure of the school building resulted in a very hectic time for our senior pupils, as they suddenly found themselves having to complete many tasks and assessments before their courses came to an abrupt end. In the weeks since then, the soon-to-be S5 and S6 pupils have been asked to carry out preparatory reading, research and watching videos for their new courses – taking their learning at a gentler pace after the weeks of intense study. We trust that they have been conscientious about this, as it will stand them in good stead when they start those new courses formally next week. We hope that all our pupils will be motivated and excited about starting their new courses and new Google Classrooms on Tuesday.

Google Classroom 'Guardian Summary'

Parents of new S2, S3 and S4 pupils have received information about the Guardian Summary function on Google Classroom, which enables parents to see a summary of tasks set on each of your child's Google Classrooms. We are delighted that so many parents and carers have already taken up this opportunity. If you have not received the information, or if you have any issues with it, please contact us via the Communications inbox, at the end of this update.

New Timetable Structure & Tips for Pupils

As the new timetable starts next week, here are some reminders about how pupils can stay focused and motivated. Remember pupils can get in touch with their guidance teacher or support for learning staff if they need help. Please share with your young people.

STRUCTURE

Bedtime	<ul style="list-style-type: none">• Have a set bedtime routine.• Turn off all electronic devices at least an hour before going to bed. This will help your mind to relax and you can sleep better.
Morning	<ul style="list-style-type: none">• Have a set get up time every morning on weekdays.• Have a regular morning routine, e.g. shower/ wash, breakfast, make your bed etc.
Planning	<ul style="list-style-type: none">• Plan what you will do each day.• Keep regular tasks at the same time each day.• Write a list of tasks, however small, and tick them off when they are done to help give you a sense of achievement each day. E.g. do schoolwork, phone a friend, help at home, exercise, read a book, draw.

TIPS

Limit the amount of screen time/ gaming you do.	Be aware of your thoughts and emotions and when they are getting you upset, talk to someone you trust.	Keep your work space separate and tidy away each day. This will help you shut off and keep your 'me time' as 'me time'.
Keep weekends as weekends.	Remember it is OK to not have completed all your tasks as we can have good days and bad days.	
Don't add any more pressure or worry onto yourself.	Identify things that are within your control and focus on them, e.g. my social distance, the amount of social media I use, how I treat others.	Ask for help and support from school if you need it or ask someone at home to get in touch if you find it hard to do this yourself.

Fidra House Guidance

Mr Orr, Guidance Teacher for Fidra House, will be on paternity leave for the next two weeks. Please direct any Fidra queries to Mrs Neri on lneri@northberwickhigh.elcschool.org.uk

Charlie's Challenge – Cycle 100 miles in the month of May

S1 pupil Charlie Kay has set himself the challenge to cycle 100 miles through the month of May for charity. He will do this completely independently with no help from his parents. All money raised will support the Walk with Scott Foundation. This charity supports vulnerable families and individuals in East Lothian by funding several amazing projects. Beach Wheelchairs have benefitted from the Foundation.

Several individuals have pledged to also cycle 100 miles in May to support him, including his Guidance Teacher, Mr Stebbing. Charlie has very nearly doubled his fundraising target of £500!

Charlie has a Facebook page with updates:
<https://m.facebook.com/CharliesChallenge/>

Below is the link should you wish to donate:
https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?pageId=1170421&fbclid=IwAR3qIbYtfxQRTRQ-Pr7bjPCLa9j_tIF97yDxBge3soE-SU1woPuKCB99M



Charlie with mum & sister

The 2.6 Challenge

S1 pupil Joel Begg has undertaken a fitness challenge which has already raised more than £500 for the charity Shelter Scotland. The national 2.6 Challenge took place on the day when the London Marathon should have been held. Joel completed 26 press-ups, 26 burpees, 26 minutes doing flips on the trampoline, 26 minutes skipping and a 2.6 km run. What an impressive achievement! If you would like to donate to Joel's fundraising appeal in aid of Shelter, here is the link:
www.justgiving.com/fundraising/joel-begg.

Survey of 8-14 year olds in Scotland - For Promoting with Parents for Pupils Aged 8-14

The Children's Parliament is engaging children in conversations about their experience of coronavirus and the lockdown. They have launched a survey for 8-14 year olds and are hoping that parents and carers will help direct and support the children to take part. They would like to reach as many children as possible and are asking people to spread the word about this. If this is something you can fill in, please see the information and link below. The survey must be completed by 21 May. Our lives have changed because of Coronavirus. The Children's Parliament wants to find out how it is for children. Can you help your children to get involved in the national survey for 8 to 14 year olds *How are you doing?* bit.ly/Coronavirus_Kids (by 21 May)
A short report on early findings from the *Children's Parliament How are you doing? Survey*, completed in April by 4,000 children, is also available via the same link.

Into Film Review100 Winner

Many congratulations to Rachel Stevens 1L1 whose fantastic 100 word review of Harry Potter and the Chamber of Secrets is this week's winner of the Into Film #Review100 competition! The competition is open to all pupils across the UK and is run by the national film literacy hub Into Film. If you would like to take part, more information can be found here: <https://www.intofilm.org/news-and-views/articles/review-100-competition>

North Berwick Youth Project Support

NB Youth Project are currently offering digital youth work, predominantly using ZOOM video calls and telephone calls. There are various groups running throughout the day and for all ages from P7 - 18. All sessions are interactive and fun and seek to ensure that there continues to be safe spaces for young people to engage with their peers. In order for your child to join these groups please complete the NBYP consent form: <https://form.jotform.com/200982276622053>. Once received you will be added to a mailing list and will receive daily updates with links to join the Zoom sessions. 1:1 wellbeing sessions can also be arranged with Martin Lahiffe, the mental health youth worker. You can contact him directly if you feel that your child may benefit from some work around anxieties, worry and low mood: martin@northberwickyouthproject.org.uk. For more information follow North Berwick Youth Project on social media or contact Lauren.cowie@northberwickyouthproject.org.uk.



Careers Information

The SDS Careers Advisers continue to proactively contact pupils to offer ongoing support via phone, Skype or online. Updates and vacancy information are posted at edubuzz.org/careers and Twitter [mickburns2](https://twitter.com/mickburns2). Any school leaver from S4 to S6 who needs help can call the local centre on 0131 665 3120, or contact the NBHS Careers Advisers directly at:

Mick Burns Careers Adviser

Email: mick.burns@sds.co.uk

Mobile: 07887 831454

Jennifer Jones Careers Adviser

Email: jennifer.jones@sds.co.uk

Mobile: 07887 831389

Scottish Power Graduate vacancies [here](#)

Edinburgh University Science Online update [here](#) S5 to note

Find free online courses. Here is the [link](#)

EY Programmes for S5/6 students [here](#)

Summer online work experience in architecture [here](#)

EY Work Experience for S5 [here](#)

Edinburgh College updates [here](#)

Graduate Apprenticeship Software Engineering [here](#)

You can view the S2 Careers Talk [here](#)

Holiday

Please note that Monday 18 May is an inservice day for East Lothian schools so pupils have a holiday that day.

Communication

Just a reminder that if you wish to contact school you can email us at the address below, or contact your child's guidance teacher directly.

communications@northberwickhigh.elcschool.org.uk