



NBHS WEEKLY UPDATE

Friday 29 January 2021

Message from Mrs Rodger, Head Teacher

I have to admit that January has felt like a very long month and it seems that I'm not the only one to feel this way. Here is a version of a traditional rhyme from poet Brian Bilston (find him on Twitter @brian_bilston) which sums up that feeling very nicely:

Aide-mémoire

Thirty days has September,
April, June and November.
Unless a leap year is its fate,
February has twenty-eight
but all the rest have three days more,
excepting January,
which has six thousand,
one hundred and eighty-four.

Thank goodness it's nearly February!

Some highlights for me this week have been:

- Speaking to pupils in the hub about their learning, and seeing how engaged they are with the variety of activities set by their teachers.
- Discussing remote learning, senior phase assessment and pupil wellbeing at Tuesday evening's very well-attended Parent Council meeting. The sense of school and home working in partnership came across very strongly at the meeting. I am hugely grateful for the ongoing support of parents and carers in ensuring we give our young people the very best learning experience we can in these challenging times.
- Listening to the daily reading of the recorded story *The Question*, to commemorate Holocaust Memorial Day. Huge thanks to all the staff who contributed, and to S6 pupil Mairi Johnston. You all really brought the story to life.

Remote Learning

You will find two attachments with today's Update, both of which will help support pupils with their learning at home:

- [Some Home Learning Survival Tips: motivation, productivity and getting through it](#)
Mrs Casson, guidance teacher, has gathered together some of the advice she has given Glen House pupils on how to manage and organise their time, as well as some tips on 'recharging' when you are not doing school work.
- [Tips and Tricks for Home Learning](#)
Ms Gentleman, support for learning teacher, has produced helpsheets for using Windows Microsoft Office and Chromebooks.

Emotional Wellbeing

We know that some of our young people may be struggling with their emotional health in the current circumstances. As a school, we are here to support you in any way that we can. Please do contact your Guidance Teacher if we can help with anything at all.

You may also find this link to the Young Scot website helpful. It provides tips and advice on promoting positive emotional wellbeing, along with links to other websites and organisations that can help. <https://young.scot/campaigns/national/aye-feel>

Physical Wellbeing

Exercise and getting outdoors in the fresh air can have a very positive impact on both our physical and our emotional wellbeing and the NBHS Daily Mile 2021 can certainly help us all to achieve that. Here is a reminder of how to take part:

With everyone spending an increasing amount of time indoors and in front of screens, we're looking to challenge you to get outside and be active, by completing a daily mile. You can walk, jog or run - it's up to you. Under COVID-19 restrictions, we are allowed to meet up with one other person outdoors, so the Daily Mile could be a good opportunity for you to meet up with one of your friends and carry out the challenge together – physically distanced, of course.

If you would like to, you can submit your times for the Daily Mile, and see if you can make an improvement. If you'd rather just get out and be active and not bother about your time, then go for it! The time isn't important; what really matters is that you're getting out in the fresh air and getting some exercise.

Also, feel free to keep going for as long as you like, it doesn't have to be just a mile.

We'll have a top 5 each week of the fastest times, and the biggest improvements in times. To record your time, click here:

https://docs.google.com/forms/d/e/1FAIpQLSeXNKsy9M8MRfa0bna0Ve7geRO13FcQRpRzh14SCeh1SW67BQ/viewform?usp=sf_link

You don't have to record every time, but you can if you like.

Remote Learning Surveys

As you know, last week we issued a survey on remote learning to parents and carers. This week, it was the turn of pupils: we issued a survey in order to gather their views on their experience of remote learning over the last three weeks. We are delighted that so many people responded to each survey and took the time to leave comments as well as completing the questions. The responses are recorded on the links below, for your interest. Your feedback will help us to continue improving.

[Parent survey results](#)

[Pupil survey results](#)

Careers

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Update for 29 January 2021

Careers talks

We always try to post these online so you can access what we are delivering in school and to date we have completed the following:

[S1](#) introduction to us and our services

[S2](#) Decision making and option choice resources

[S3](#) Getting ready to make subject choices. In addition to the talk, all S3 students have been offered a one to one interview

[S5](#) Identifying your strengths

[S6](#) Post school options

Other

I have posted several vacancies recently at edubuzz.org/careers so please visit if you are considering employment, apprenticeships or training.

I have delivered a preparation for college talk on 20 January and you can view this [here](#)

We have put together a short presentation in The Apprenticeship Family [here](#) that you may find useful, particularly at subject choice time.

COVID-19 Positive Cases

Although the majority of our young people are not in the school building and, hence, the school would not be involved in contact tracing in the event of a positive case, we would appreciate it if you would inform the authority if your child tests positive for COVID-19. Please email the details to covidinschools@eastlothian.gov.uk. If you have no access to email then please call East Lothian Council on 01875 613 921. If your child is attending the school hub during lockdown, please do not send them if they have any COVID-19 symptoms; instead, please ensure that they self-isolate and book a test.

COVID-19 – Financial Issues

The following link provides information to parents and carers on the advice and support available for anyone experiencing financial hardship due to COVID.

https://www.eastlothian.gov.uk/downloads/file/30092/financial_support_during_covid-19

NBHS Communications

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. This email inbox will be monitored every day during the closure of the school building. There are not always staff available in the building to take phone calls. Please note that, should a member of school staff phone you, it will likely be from a withheld number.

communications@northberwickhigh.elcschool.org.uk

Dates for your Diary

Friday 5 February

School closes for February break at 12.15 pm

Monday 15 February

Staff inservice day

Tuesday 16 February

School reopens for pupils (may continue to be remotely)