



ARD SGOIL A'PHLUIC/PLOCKTON HIGH SCHOOL

NEWSLETTER—Week ending Friday 28th January

Dear Parents/Carers,

Our N5 Prelims have now been completed and results are being compiled by the Office to send out in advance of the S4 Parents' Evening (Thursday 10th February). Higher and Advanced Higher Prelims started this week and these will run until 4th February, followed by a Parents' Evening (Thursday 17th February).

Covid mitigations remain in place in school and we will inform you of any changes as we receive updated guidance from The Highland Council. It is really good to see the resumption of a number of activities in the evenings (clubs, team sports, Pipe Band, rugby training etc) and to see pupils' enjoyment at being able to participate again, along with their friends..

It's hard to believe we are almost at the end of January and glimmers of light in the sky in the mornings are most welcome. I hope you all have a good, if potentially rather blustery, weekend.

le durachdan, Susan Galloway

JANUARY 100 CLUB DRAW

- 1st – Joy Matheson
- 2nd – Shirley Whyte
- 3rd – Greg Dobson

COVID VACCINATIONS

The Scottish Ambulance Service will be back in school on Friday 25th February to administer 1st, 2nd or booster Covid vaccinations.

Further details and consent forms will be issued shortly.

SQA - Invigilation Team recruitment

This year's diet of SQA exams will run from Tuesday 26th April — Thursday 31st May and we are looking for a few more Invigilators to join the team as a few of our regular Invigilators have retired.

If you are interested in this opportunity (it is a paid role and you wouldn't be required every day), please email our SQA Co-ordinator for more information and to share your contact details.

Miss Sinclair's email contact is: melanie.sinclair@highland.gov.uk

S1 Parents' Evening

It was very pleasing to have a turnout of 87% of S1 parents at last night's online Parents' Evening and I very much hope you enjoyed the opportunity to speak to subject teachers and to be able to put faces to names. Where there were some connectivity issues, we will follow up with phone calls and if, after your discussions, you feel that your son/daughter needs more support or specific help I would ask you please to make contact with our Principal Teachers of Pupil Support:

Mrs Coghill (sandra.coghill@highland.gov.uk) or Mrs Gess (gillian.gess@highland.gov.uk)

◇ Or our Principal Teachers of Support for Learning:

Dr O'Leary (Stephen.OLeary@highland.gov.uk) or Ms Treanor (veronica.treanor@highland.gov.uk)

WHAT CAN YOU DO?

Mind
03444 775 774

Text 'SHOUT' to
85258

Samaritans
116 123

ChildLine
0800 11 11

If you're still not sure
what help you need call
NHS: 111

- **Take a time out**—Go do your favourite thing to relax
- **Eat well-balanced food**—Don't skip meals and eat nutritionally
- **Get enough sleep**—When stressed you need more rest and sleep
- **Exercise**—To help you feel good and stay healthy
- **Take deep breaths**—Inhale and exhale slowly
- **Count to 10 slowly**—Repeat
- **Do your best**—Being perfect is impossible, just be proud of where ever you are
- **Accept that you cannot control everything**—Look at your stress objectively
- **Maintain a positive attitude**

Anxiety

"At school, being asked to read my work aloud or called on to answer a question would result in a meltdown. My body froze, I'd blush furiously, and couldn't speak. At night, I'd spend hours analysing the interactions I'd had that day, looking for signs that my classmates knew there was something wrong with me."

What can you do?

Depression

"It starts as sadness then I feel myself shutting down, becoming less capable of coping. Eventually, I just feel numb and empty".



Who you can call:

- Talk to someone
- Try peer support
- Try mindfulness
- Keep a mood diary
- Spend time in nature
- Practise self-care
- Talking therapy
- Medication
- Alternative treatments

Mikey's line

0800 328 9655

Teen line

800-852-8336

MindInfoline

0300 123 3393

ChildLine

0800 1111

Suicide prevention

800-273-8255

Supporting Mental Health

What Can You Do?

Who Can You Call?

This week we are sharing three posters which were designed by Lola McLaughlin (S6).

The posters focus on three key areas of mental health and well-being and we have displayed these on our cubicle doors in the bathrooms and on our main noticeboards as a very visible support for young people in offering some key advice and sources of help/support.

If you're under 18, your height and weight being lower than expected for your age.
 See losing weight as a positive thing.
 Believing you are fat when you're a healthy weight or underweight.
 Feeling cold, dizzy and tired.
 Periods stopping in adult females and stopping or not starting in adolescent females.
 Poor circulation in hands and feet.
 An overwhelming fear of gaining weight.
 Lying about what and when you've eaten, and how much you weigh.
 Strict rituals around eating.
 Not admitting your weight loss is serious.
 Exercising excessively, using laxatives to try and avoid putting on weight.
 Taking medicine to reduce your hunger such as appetite suppressants.
 Hair loss from scalp, or fine downy hair growing on the body.

"Even the models we see in magazines wish they could look like their own images."
 -Cheri K. Erdman

Symptoms of anorexia
 Addictive eaters anonymous
 07873621372
 Anorexia & Bulimia Care
 03000 11 12 13
 Student line
 0808 801 0811
 Under 18's
 0808 801 0711

PUT A STOP TO EATING DISORDERS