

# Hyndland Secondary School

## April 2020 Newsletter



Dear Parent/Carer,

I hope this finds you and your family in good health.

This Bulletin contains:

- Latest information from SQA
- Advice about home learning
- Mental Health and Wellbeing support
- Links for course planning documents – Options in Columns for current S2, current S4 and Current S5 pupils
- Details of how to access subject support for Home Learning & Advice on Home Learning

### SQA

The latest statement from SQA regarding Certification of National Courses is [here](#)

Please be assured that as a school, we know our young people very well. We will consider a range of assessment including both prelim and post prelim evidence, classwork and homework, low stakes assessments and will take a holistic view of coursework. This will ensure that our young people will be fully credited for all their hard work and will recognise post prelim improvements.

As a school, we will quality assure Departmental estimates. SQA have asked that we group young people in bands according to their anticipated grades and provide an order of merit within each band. Departmental estimates will be considered alongside our robust whole school tracking to ensure that we fully recognise every learners' hard work. We know what has been achieved and what was expected for our young people.

An estimate is a judgement of a grade and band based on a holistic review of a learner's performance in the assessment evidence available.

There is no requirement for further prelims or additional homework evidence to be provided.

Final Estimates will be communicated to SQA by 29<sup>th</sup> May 2020

## Home Learning

We have now completed two weeks of school closure and our intention is for a more targeted Distance Learning programme of work for our Senior Phase students commencing after the Spring Break.

Young people returning for S5 have been asked to make course choices and the Option form can be accessed via the link

[S5 Course Planning](#)

For young people returning to S6 the course choices form can be accessed via the link

[S6 Course Planning](#)

Most S2 Pupils have completed the Options in columns, if you have not yet managed to do so, please access the form using the link.

[S3 Course Planning](#)

Some senior pupils have already been accessing material from Departmental Websites, Microsoft Teams, Show My Homework and Showbie with a focus on returning for Fifth or Sixth Year. Departments will begin to guide pupils with next steps to their learning. This will include work your young person will be able to access and attempt from home. All departments will have this underway after the Spring Break. Specific details of Departmental Support are available at the end of the Bulletin.

The Maths Department and the English Department have prepared subject specific bulleting and these are included as attachments or will follow in a subsequent email.

## Mental Health and Wellbeing

During the coming months, as well as supporting our family and friends at home and online, we need to ensure we take time and effort to look after ourselves. Despite our school closure, all pupils will still have access to our Lifelink counselling service. Whilst it will look a little different from usual, it will be led by our current counsellors Jenny Leivo and Emmie McKay, and depending upon demand, a team of specialist youth counsellors. Given the current situation, face to face consultation with a counsellor will not be possible. However, **counselling will still be available** by telephone and videocall. This will be a personal choice but it is important to consider the following:

- Having a private space to talk each time
- Having a home or personal mobile number at which the counsellor can reach you for an appointment

Please carefully read through details below and if required, choose the option which best suits your needs.

**If you are currently being seen by a Lifelink Counsellor in school OR are on the waiting list OR think you may have already been referred:**

Please call Lifelink directly on 0141 552 4434 if you would like to receive counselling, and have ready:

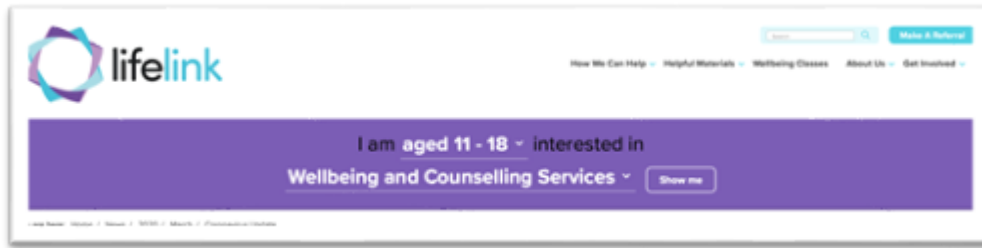
- Your name
- Date of birth
- Name of School
- Contact number – home or personal

Advise the operator that you would like to receive counselling via phone and they will check some preferences with you.

**If you feel you might benefit from counselling but have not yet been referred:**

You can make a self-referral directly to Lifelink

- via their website at [www.lifelink.org.uk](http://www.lifelink.org.uk) - make sure to select 'I am aged 11-18' and then 'Make a Referral' completing your personal information honestly and accurately.



- You can also call Lifelink on 0141 552 4434 and make a new telephone referral – ensure you advise the operator that this is a **new** referral.

Should you require further advice about our Lifelink counselling services, please don't hesitate to email your Pastoral Care Teacher who can advise:

Torridon	Mr Carstairs		<a href="mailto:gw09carstairsraymond@glow.sch.uk">gw09carstairsraymond@glow.sch.uk</a>
Rannoch	Mrs Mills		<a href="mailto:gw09millscatherine@glow.sch.uk">gw09millscatherine@glow.sch.uk</a>
Lomond	Mrs Pollock		<a href="mailto:gw09pollockmargaret@glow.sch.uk">gw09pollockmargaret@glow.sch.uk</a>
Katrine	Mrs Ritchie	Mon-Wed	<a href="mailto:gw09ritchiedorothy2@glow.sch.uk">gw09ritchiedorothy2@glow.sch.uk</a>
Katrine	Mr Squire	Wed-Fri	<a href="mailto:gw10squiretorgbor@glow.sch.uk">gw10squiretorgbor@glow.sch.uk</a>

During this period of uncertainty, staying connected with family and friends is particularly important. Information on the media can be distressing and at times, sometimes even overwhelming, so try to avoid overconsumption of news and only use reputable sources of information.

As you, your family and friends adjust to a new routine, we will be sending out advice as to how we can all support each other within the Hyndland Learning Community to enjoy good mental health and wellbeing. For now, the following advice from the Mental Health Foundation might help you to shape your day and look after your mental health and wellbeing during this challenging period.

[How to look after your mental health and wellbeing](#) (link may open in a new tab)

I have also attached a list of resources [for support](#) recommended by our Lifelink team which includes phone numbers, email options and apps which you may find useful.

Be safe, be kind and stay connected,

Best Wishes,

from Mr Carstairs on behalf of our Lifelink Team and all at Hyndland Secondary School

Links to further support at the end of the Bulletin

# Departmental Support

The engagement from young people has been impressive as has the support provided by departments. The following gives some brief guidance as to how young people can access materials across the school:

## Maths – additional advice in the attachment

Support in Maths is via Microsoft Teams and is posted on SMHW and twitter that this is what we are doing. The department are using Explain Everything and PowerPoint for lessons and PDF for worksheets and exercises. There have been daily lessons with a recommendation of 60mins per lesson for young people.

If any young people are not in a teams they can join using a code which we can be posted on SMHW if required.

## English

Work is being issued via Show my Homework and submitted by email on Glow

Some current S4 classes have been forwarded the 'Letter to Daniel' text and questions with tasks together with instructions to look at the BBCBitesize website

## Social Subjects

The Faculty have been using SMH for alerting pupils and parents and Teams for folders for pupils to do and return materials.

They had set up Teams for all classes earlier in the session and since then, pupils have been using this.

## Science

Science are currently using a combination of Showbie and Teams for interacting with classes - this is dependent on staff member. SMHW is continuing to be used in combination with both these platforms. [Science@Hyndland](mailto:Science@Hyndland) site continues to be the primary resource for pupils regardless of Team/Showbie platform. Physics S3 pupils have been creating folder on OneDrive to store and return work – directions for this have been issued via email. Some other classes have set this up on iPad .

## Technical

Technical are using Microsoft Teams and posting notifications on Show My Homework

## Business and Computing

Business and Computing are using Teams for all work. They had pre-existing teams for most classes that were working well.

They have been setting assignments on glow forms which facilitates automatic marking and feedback.

## HfT

HfT are using Show My Homework

## Art

Art have been successfully using Show My Homework with work being submitted to staff glow email address.

## Support for Learning

S1/2 pupils have been targeted with ReadingWise where appropriate with classes by year group on Show my Homework. The website link has been provided provided and pupils asked to contact Mrs McFarlane directly via SMHW or Glow if they did not have their log in details.

S4 Achieve class, are working on Teams and materials have been uploaded for the group to complete. A second unit (personal project) has been uploaded for them to complete demonstrating they have developed a new skill or take up a new hobby and document their learning. Detailed instructions have been issued via Teams and Show my Homework.

## Pastoral Care

Please check Show my Homework for PSHE tasks and support

## Modern Languages

All work is being communicated via Show My Homework to all classes with pupils using the comment facility to communicate with staff. Work has been submitted via email to class teachers Glow account

Ms Stylianou is using Teams set up for her classes.

## Modern Languages – cont.

The council have a subscription for a website called <http://glasgow.all-in.org.uk/>

It is a vocabulary and reading website, to which all pupils are now registered and work has been set. If pupils are having issues, they should contact Mr Kearney via Show my Homework.

Modern Languages are also using the online textbook subscription Active Teach, <https://www.pearsonactivelearn.com/app/Home> All S3 pupils are registered.

In addition, there is [Linguascope](#) which is great.

Username: hyndland          Password: hyndlandml

*Work for the next few weeks:*

*S1*

*Linguascope vocab in ma ville*

*All in vocab tests are being set on this topic*

*Project work on french culture*

*S2*

*After Easter we switch back to french*

*Pupils will be working on holidays topic*

*Culture project*

*S3 french*

*Redraft of leisure essays*

*Complete essays and questions for avu*

*Complete work on active teach*

*S3 Spanish*

*Complete essays and questions for avu*

*Complete work on active teach*

# Working from Home

## Getting Started at home

We are all unable to attend school at present, but if you are well, you will be able to work from home. In order to get yourself started and ensure that you are giving time to each subject, you need to create yourself a home timetable. You need to be mindful that this may also have to include household tasks or helping with siblings as well. This could mirror the school day and your school timetable. Or it could be slightly amended.

During PSHE time, you could take some time out and reward yourself for the work you have completed.



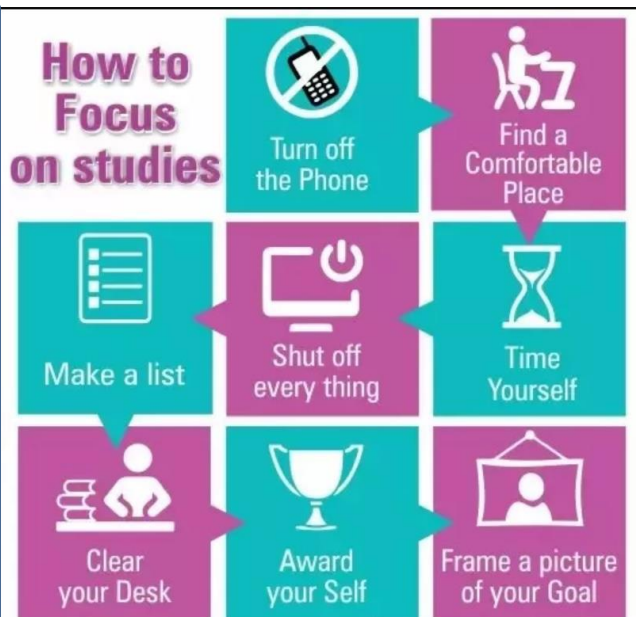
The school bell will (hopefully) not go off when you are in your house. However, you can use an online timer or indeed your phone to set a timer and alarm. This will ensure that you spend an appropriate amount of time on each task. A good online timer can be accessed [here](#).

You need to ensure that you are making time for rest and where possible social interactions.

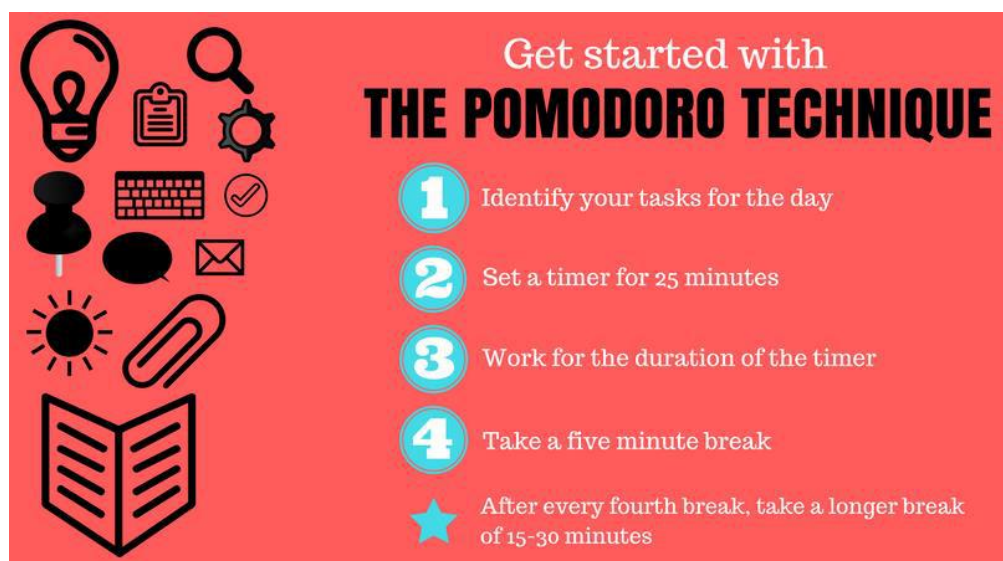
It may be difficult to stay focused and on task at home with distractions such as other siblings, TVs, I-pads, phones etc, and you will have to work hard to limit your use of these distractions. Make sure that when you are completing task at home, that you come off social media, and where possible put mobile phones away.



Another way to ensure that you stay as productive as possible, is to chart your success. There are several different ways this can be done, and perhaps if you have siblings at home you could challenge one another.



A technique which could be used is the Pomodoro Technique. Watch a video on the Pomodoro Technique [here](#).



As well as following this technique, it is good to visually see how much work you are completing –in order to do this, you could draw yourself a bowl each day and add Pomodoro tomatoes to it. If you are working hard, you will eventually see your bowl fill up!


Or, if drawing tomatoes is too much, simply make a list of every task you have completed and check it off!



Make sure you share the work you have completed with parents/carers at home and with your teachers through your Show My Homework, Showbie or Microsoft teams.

**SPERO MELIORA - I HOPE FOR BETTER THINGS**

Links to Organisations offering advice and support in the following page

<p><b>Lifeline</b> 0141 552 4434</p>	
<p><b>Runaway helpline</b> 0808 800 7070 runawayhelpline.org.uk</p>	<p>You can contact here if you are thinking about running away, already run away, if you have been away and come back, if you are worried that someone else is going to run away or if they are being treated badly or abused.</p>
<p><b>LGBT Youth</b> 0131 555 3940 TXT 07786 202 370 lgbtyouth.org.uk</p>	<p>Here to help support lesbian, gay, bisexual and transgender young people. You can get in touch in a number of ways if you have a question, need advice or support, or are just looking for someone to talk to.</p>
<p><b>Samaritans</b> Call 08457 90 90 90 text 07725 90 90 90 samaritans.org jo@samaritans.org</p>	<p>They offer 24-hour confidential support service. If you don't want to call, they have a text and email service, that will get back to you as soon as possible.</p>
<p><b>Breathing Space</b> 0800 83 85 87 breathingspace.scot</p>	<p>They offer advice and support if you need someone to talk too</p>
<p><b>Seeme</b> Seemescotland.org itsokay.tv</p>	<p>Resources and information for young people by young people about talking about mental health</p>
<p><b>AyeMind</b></p>	<p>Website with some information of where to go for young people!</p>
<p><b>Buzzfeed</b> Buzzfeed.com</p>	<p>There is a lot of links and posts about mental health and tips on coping strategies</p>
<p><b>Boosterbuddy</b> </p>	<p>You check in with your buddy daily to wake them up through completing quests. It's got lots of information and tasks to help you when you are not feeling so good.</p>
<p><b>Mindshift</b> </p>	<p>An app to help with anxiety, with quick help skills and information to help cope with your anxiety</p>
<p><b>Peak</b> </p>	<p>A brain trainer app, but it is free and has different games to try each day which can be a very helpful distraction.</p>
<p><b>Moodtrackers</b> Moodtracker Diary:Mood tracker Diary-Mood tracker</p>	<p>There is a lot of mood trackers you can choose from so find one that suits you! Track how your mood is doing and look at the coping strategies!</p>
<p><a href="https://www.seemescotland.org/young-people/young-peoples-mental-health/resources/">https://www.seemescotland.org/young-people/young-peoples-mental-health/resources/</a></p>	
<p><b>B-eat</b></p>	<p>Eating disorders. Have a great youth services for those in recovery. Also support through online support across Scotland</p>
<p><b>SHOUT</b> Text SHOUT to 85258</p>	<p>Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.</p>
<p><b>Childline</b> 0800 11 11 Childline.org.uk</p>	<p>You can contact childline about anything, from thinking about suicide to even ordering a pizza! If you don't want to talk on the phone, they have instant messaging with a counsellor and tons of tips online</p>