

The crest of Hyndland Secondary School is a shield-shaped emblem. At the top is a sunburst with rays. Below it is a shield with a green field and a blue field. A white cross is superimposed on the shield. The shield is set within a larger shield-like shape with a yellow border. Below the shield is a banner with the word 'HYNDLAND' written on it.

Hyndland Secondary School

S2 Course Choices – Information Evening

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Format of the Evening

- Introductions and Welcome – Mrs Edgerton
- Choosing my curriculum – Pupil Perspective
- The Choices Process – Mrs Hayes
- My World of Work – Mr Mullin
- Pastoral Care Support – Mr Carstairs
- SDS – Vanessa Kokota

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Young peoples perspective

6pm – Katrine/Torridon

- Aiden Martin
- Mayeul Dhir
- Georgia MacCallum

7pm – Lomond/Rannoch

- Andrew Bain
- Sylvie Scott
- Rosie Martean
- Louie Grant



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Why attendance matters

- The top performing 20% of S4 students had an average attendance of 97.49% whilst the bottom 20% had an average attendance of 73.98%.
- Those in S4 who are currently on course to pass 8 National 5 awards in May had an average attendance of 96.87%.

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Social Media

- Communicate and stay up to date with family and friends around the world.
- Find new friends and communities; network with other people who share similar interests or ambitions.
- Join or promote worthwhile causes; raise awareness on important issues.
- Seek or offer emotional support during tough times.
- Find vital social connection if you live in a remote area, for example, or have limited independence, social anxiety, or are part of a marginalized group.
- Find an outlet for your creativity and self-expression.
- Discover (with care) sources of valuable information and learning.

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Anti-Social Media

A large, semi-transparent watermark of the Hyndland School crest is centered in the background. The crest features a sunburst at the top, a shield with a cross, and a banner at the bottom with the word 'HYNDLAND'.

Multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm and even suicidal thoughts

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Social media may promote negative experiences such as:

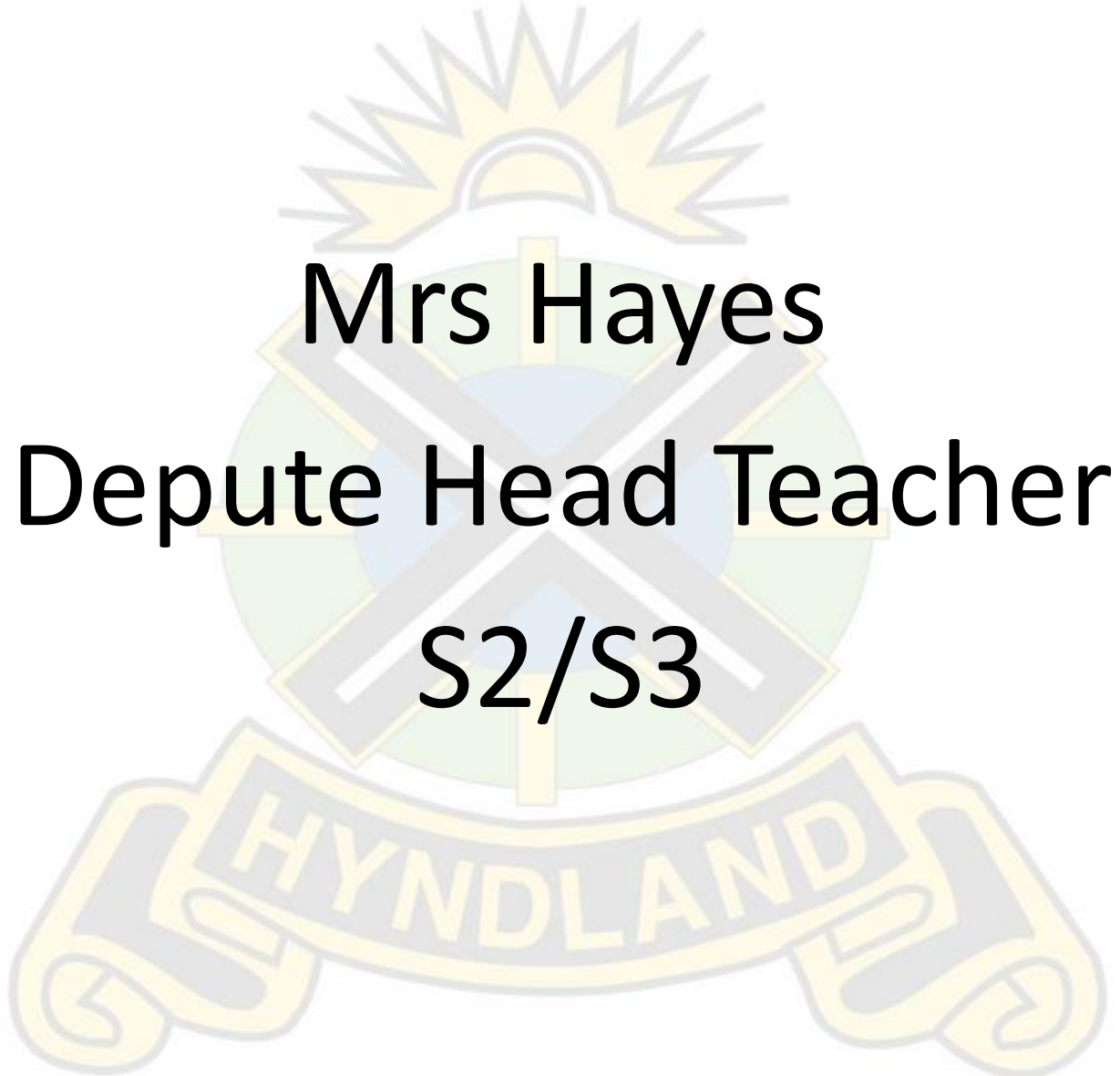
- Inadequacy about your life or appearance
- Fear of missing out (FOMO) and social media addiction.
- Isolation.
- Depression and anxiety.
- Cyberbullying.
- Self-absorption - Sharing endless selfies and all your innermost thoughts on social media can create an unhealthy self-centeredness and distance you from real-life connections.

How Parents can help

- Talk to young people about their phone use
- Be aware of what they are viewing/posting
- Reinforce 'acceptable use' message
- Remind young people that what they post will remain online and may resurface years from now
- You pay – its your phone – look at their posts!

How Parents can help

- Use an app to track how much time is spent on social media each day.
- Turn off phones at certain times of the day.
- No phones in bedrooms – charge in another room overnight (with your school iPad)
- Disable social media notifications. Especially during the school day.
- Try removing some social media apps from your phone so you can only check from your tablet or computer.

The background features a large, faded crest of Hyndland School. The crest consists of a shield with a blue cross on a green field, topped by a yellow sunburst. Below the shield is a yellow banner with the word 'HYNDLAND' in blue capital letters.

Mrs Hayes
Depute Head Teacher
S2/S3

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Making decisions on Course Planning

- S1-S3 is designed to provide a broad, general education, but there is scope for choices. The S2 Course Choice Programme allows pupils to focus on subjects in which they have a particular aptitude or interest, increasing specialisation at the end of S2.
- This flexibility helps ensure learners have the right level of challenge and support & will provide a strong basis for moving on to S4 and learning for qualifications.

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Subjects for All

- English, Maths, Languages, Health & Wellbeing, PSHE, RE + Choices

Curricular area	Curricular area	Curricular area	Curricular area	Curricular area
Creative & Aesthetic	Science	Social Subjects	Technologies	Elective Choice

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English & Literacy	Maths & Numeracy	Languages	PE & Wellbeing
4 periods	4 periods	3 periods	4 periods
English	Mathematics	French	Core PE + Wellbeing
		Spanish	
		Languages for Life & Work Units French & Spanish	N5 PE + Wellbeing
		Achieve	

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Creative & Aesthetic	Sciences	Social Studies	Technologies
3 periods	3 periods	3 periods	3 periods
			Admin & IT
			Computing Science
Art and Design	Biology	Business Management	NPA Games Development & Digital Media
Drama	Chemistry	Geography	
Music	Physics	History	
Physical Education	NPA Applied Science	Modern Studies	Design Manufacture
Fashion & Textile Technology			Engineering Science
Dance			Practical Cookery
			NPA Photography
			Physics

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Additional - 1 Options	Wellbeing EXAMPLES
3 periods	Over the last year, we have offered
Admin & IT	Chess
Art and Design	Practical Cookery
Business Management	Fitness
Chemistry	Basketball
NPA Games Development & Digital Media	Read & Chill
Computing Science	Duke of Edinburgh Award
Design Manufacture	Dance Performance
Dance	Creative Art
Engineering Science	Song Writing
Media Studies	Building Team Building Kit
Modern Studies	Couch to 5k
Music	Yoga
Practical Cookery	Conversational Spanish
Spanish	



English	Maths	Languages	Creative & Aesthetic	Sciences	Social Studies	Technologies	PE & Wellbeing	Additional - 1 Options		
& Literacy	& Numeracy						4 periods	3 periods		
4	4	3	3	3	3	3				
English	Mathematics					Admin & IT		Admin & IT		
						Admin & IT		Art and Design		
		French			Business Management	Computing Science	Core PE + Wellbeing	Business Management		
		Spanish	Art and Design	Biology		NPA Games Development & Digital Media	N5 PE + wellbeing	Chemistry		
		Languages for Life & Work Units French & Spanish	Drama	Chemistry	Geography			Modern Studies	Design Manufacture	NPA Games Development & Digital Media
			Dance	Physics	History					
			Music	NPA Applied Science						
		Achieve	Physical Education			Engineering Science	Computing Science			
									Practical Cookery	Design Manufacture
									NPA Photography	Engineering Science
							Physics	Media Studies		
								Modern Studies		
								Music		
								Practical Cookery		
								Spanish		

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New/Unfamiliar Courses & Qualifications

- Languages for Life & Work
- Achieve
- NPA Applied Science
- NPA Digital Media
- NPA Photography
- Option for everyone to do N5 PE
- Wellbeing Choices

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WINNING WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



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What does this mean for qualifications?

- This will allow most young people to attain eight qualifications at the level most appropriate to their ability by the end of S4.
- In S4, we have offered Applications of Maths as an additional qualification
- Young people who do not take a language in S4 can 'top-up' in other subjects, or add wellbeing/ elective courses
- Pupils will then progress to the most appropriate courses as they narrow further to 5 courses in S5.

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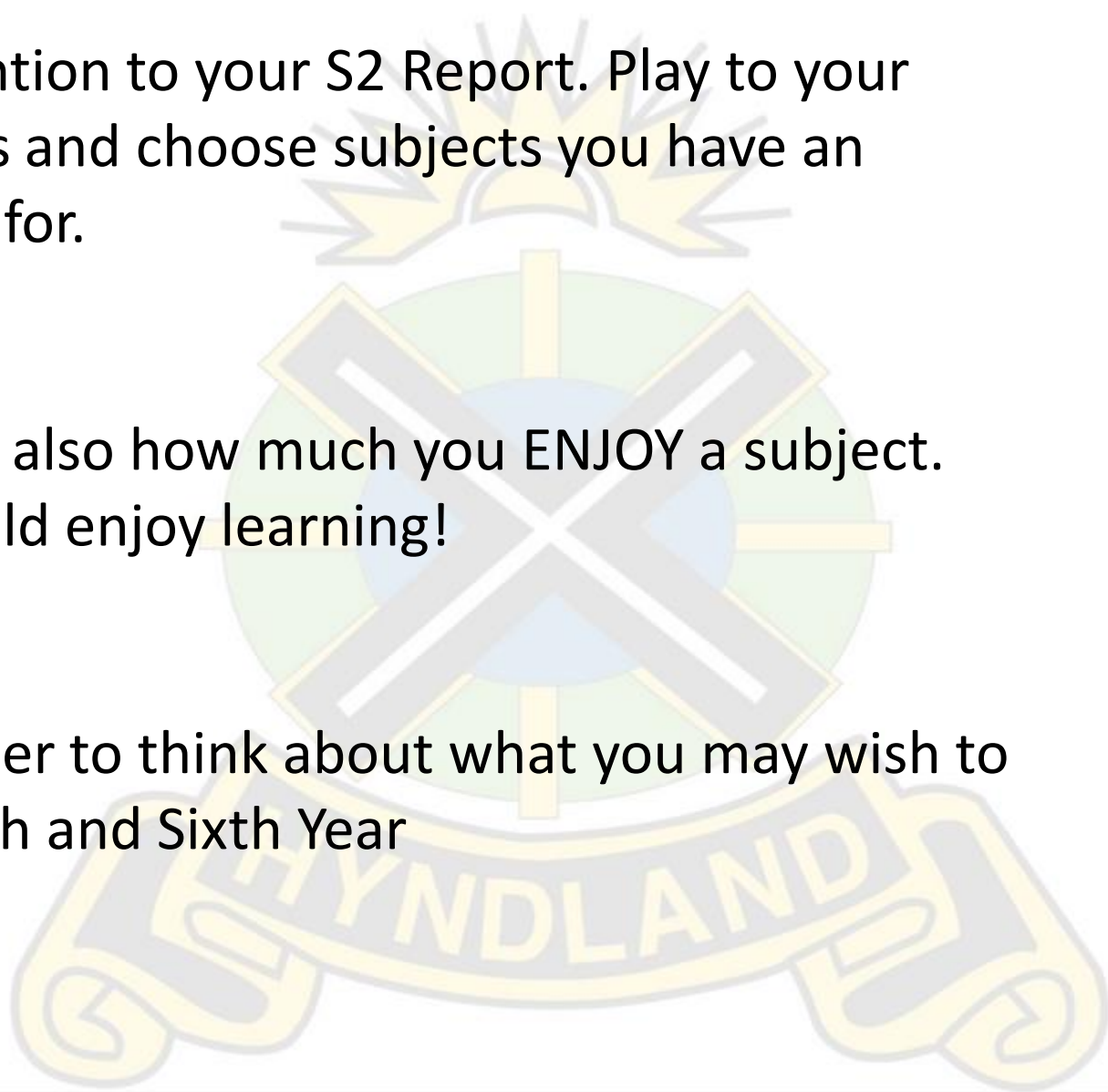
Some DOs and DON'Ts

What you should do:

- Remember that you are choosing a course that you will study through until the end of S4
- Choose a BALANCED timetable. You **must** have a range of different types of subjects.
- Listen to advice from your teachers, your parents, and Skills Development Scotland.

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- Pay attention to your S2 Report. Play to your strengths and choose subjects you have an aptitude for.
- Consider also how much you ENJOY a subject. You should enjoy learning!
- Remember to think about what you may wish to do in Fifth and Sixth Year



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What you should not do:

- Don't narrow your curriculum e.g. Choose three Sciences or three Social Subjects. You can access the third subject in S6
- Don't base your decision on friends choices – you have different talents! Classes are mixed so you may not be together.
- Don't choose a subject just because you like (or dislike) the teacher. You may have a different teacher next session.
- Don't give up a subject without finding out whether or not you may need it for a specific career you intend to pursue.

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Mr Mullin PT

My World of Work



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Mr Carstairs
Pastoral Care Team

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The story so far...

- Interim Reports - December 2020
- Self Evaluation: Target Setting Strengths/Areas for Development
- PSE Support
- Pupils registered with 'My World of Work'
- Presentations from PTs on subjects and pathways



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continued....

- Interactive My Strengths and My DNA
- Research on specific professions/courses and specific entry requirements
- General research on areas of interest
- Appointment with the Career Adviser



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Next Steps.....

- Course Choice SWAY presentations posted on Teams and School Website along with Subject video clips January / February 2023
- Further S2 tracking week ending 10th March 2023
- Further discussion in PSHE and at home
- Each young person will have a 30 min One to One interview with Careers Advisor
- Torridon Katrine 26.1.23 – 3.3.23
- Lomond Rannoch 30.1.23 – 7.3.23.

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Who Can I Ask for Advice?

- Pastoral Care Staff and Personal Support Tutors
- Careers Adviser
- Subject Teachers
- Senior Leadership Team
- Mentors
- Parents/carers
- Family



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Useful Websites

- Planitplus - Learning Zone
- Mappit - Apprenticeships/Training
- WorkIt - Employment
- My World of Work – Wide range of support

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Supporting well-being

- School website – lots of signposts to materials including Sleep Scotland and Headspace.
- Be kind to yourself – it is ok not to be ok!




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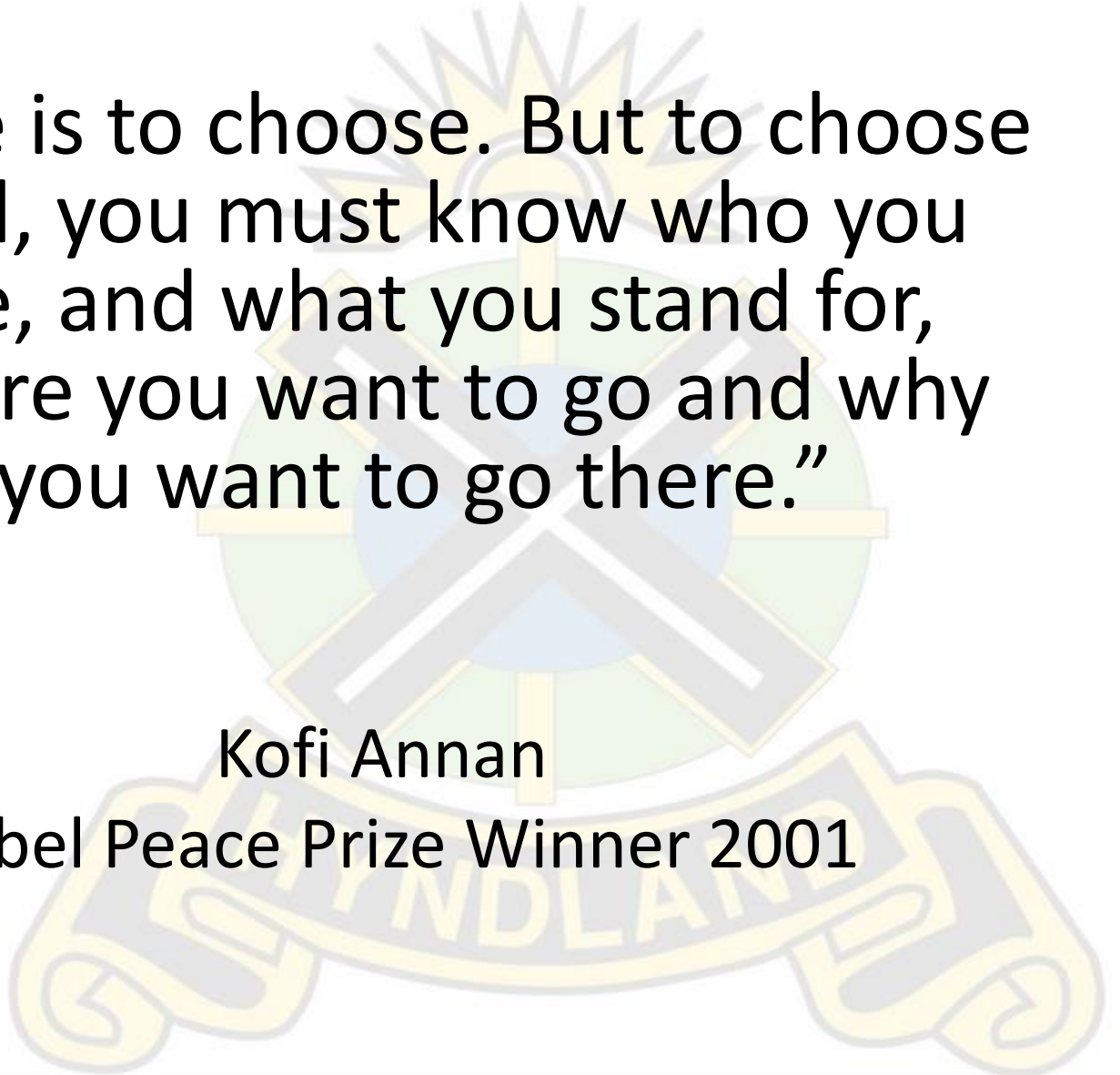
I will not
worry about
things I can't
control

< 

@youngscot

 Save this post for
when you need it

THINGS



“To live is to choose. But to choose well, you must know who you are, and what you stand for, where you want to go and why you want to go there.”

Kofi Annan

Nobel Peace Prize Winner 2001

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Vanessa Kokota

Skills Development Scotland



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