



## Head Teacher's Update 19<sup>th</sup> March 2021

It was great to see so many young people return to St. Augustine's this week and reconnect with friends, staff and the community. Please find this update on different aspects of our community. As always, we are here to support in any way we can.

### Return to the Building

A reminder of the days and timings for learners to attend school:

Year	Days in school building	Timings
S1	Monday – full day	0840 – 1530
S2	Tuesday – full day	0840 – 1530
S3	Wednesday – full day	0840 – 1530
S4	Monday – Wednesday (afternoons only)	1300 – 1530
	Thursday – full day (note 0900 start)	0900 – 1530
	Friday morning	0900 – 1200
S5/6	Monday – Friday (mornings only)	0900 – 1200

Those learners who are in the “mini” school will continue with their arrangements and join their relevant year group as appropriate, although they will attend in school uniform and finish at 3:30 each day.

Please note that the building is not available to learners in the morning until 10 mins before their lessons start. We will continue to move the learners outside for breaks and lunch, thank you in supporting learners to dress accordingly.

Here are the attendance figures for this week so far:

Monday	S1	93.18%
Tuesday	S2	93.45%
Wednesday	S3	92.35%
Monday – Thursday	S4	93.88%
Monday – Thursday	S5/6	93.63%

We thank all the learners who returned this week and followed the Health and Safety protocols. We look forward to another week of learning!

### Remote Learning

We continue to deliver remote learning for all our learners. We encourage our young people to engage with the material as much as possible and seek support if they need it. Please find support in using “Teams” [here](#). This week, Monday 22<sup>nd</sup> March – Friday 26<sup>th</sup> March is **Week A**.

## E-Sgoil Easter study support

This is a Scottish Government funded scheme. Pupils need a Glow account and SCN. If learners are unsure about how to access their GLOW account, they can contact **Mr Boothroyd** or **Mrs Fyfe**. The lessons may well continue until end of May, so it is well worth pupils registering. They will also have access to resources from many sources about many different subjects:

<http://www.e-sgoil.com/easterstudysupportsessions2021/>

## Congratulations!

Well done to **Rowan Wallace** (S4) who was successful in applying to become a Youth Volunteer for Magic Breakfast UK. Rowan will help promote positive change in the policy, meet with decision makers, create campaigns, media training, radio time, podcasts, blogs and overall help shape the charity

There was an application and interview process with only 10 places available in the whole of the UK, only 3 in Scotland.

Rowan's response to this achievement was: "I am very proud to be representing our school". All the best Rowan.

Please note that we have breakfast food available (free) on offer every morning in the canteen before lessons – learners are welcome to help themselves.

## Dates for your diary

Please find below key dates from this week until the last day of the Summer term. The additional inset days for staff have been agreed by the authority and are shown below (please note that learners will not be in school for these days):

S3 Reports to Parents/Carers	Tues 30 <sup>th</sup> March
Easter Holidays	2 <sup>nd</sup> – 19 <sup>th</sup> April (inclusive)
Bank Holiday	Mon 3 <sup>rd</sup> May
Inset day – Staff only	Tues 4 <sup>th</sup> May
S2 Report to Parents/Carers	Fri 14 <sup>th</sup> May
Bank Holiday	Mon 24 <sup>th</sup> May
<b>INSET DAY – Staff Only</b>	<b>Tues 25<sup>th</sup> May</b>
Parent Council Meeting	Thurs 3 <sup>rd</sup> June 6pm (tbc)
<b>INSET DAY – Staff Only</b>	<b>Wed 9<sup>th</sup> June</b>
S1 Report to Parents/Carers	Fri 18 <sup>th</sup> June
End of Term	Fri 25 <sup>th</sup> June

## Health & Well Being – Building Resilience Focus

In welcoming the learners back to the building, we will focus on building resilience over these next three weeks. We'll be referring the learners back to the 'cups' analogy we used in tutor time before Christmas:

*Learners all start the day with 10 cups of 'energy'. They lose these over the day through effort/stress/interactions. They can rebuild these with food/sleep/mindful activities. They need to learn to plan ahead to make sure their cups don't run out and they don't "snap" or "crumble."*

The work we did relating to this is available on the Well Being Teams page, so all learners can refer back to it in case they need a reminder.

What we focussed on this week:

WEEK 1	
General gist:	Humans are sociable beings – we need to communicate with and be around others. We may be out of practice – so it's useful to review key skills
 <p>Keep Connected</p>	<ul style="list-style-type: none"> <li>Relationships are important for our health and wellbeing</li> <li>Belonging to a group can be a good way to build relationships</li> <li>Good relationships are a two-way thing</li> </ul>
 <p>Be Kind To Others</p>	<ul style="list-style-type: none"> <li>Kindness makes a difference to ourselves and others</li> <li>Being unkind hurts others and it hurts us too</li> <li>It's important to be kind to ourselves</li> </ul>
 <p>Talk Things Over</p>	<ul style="list-style-type: none"> <li>At times we all feel worried</li> <li>If worries are not dealt with, they can sometimes get out of control</li> <li>If you are struggling, it is important to ask for help</li> </ul>
Make a Difference?	<p>Isolation has been essential for ours and others' physical health.</p> <p>Now that the rules are starting to ease, we need to address what's essential for our mental and emotional health.</p> <p>Thinking back to 'filling our cup' analogy that we looked at in Wellbeing Wednesdays before Christmas.</p> <p>We need to make sure we are aware of when our cup is becoming empty and also this starts with communication and getting used to being around and working with others.</p> <p>By reviewing these key skills, you will regain your confidence in helping others as well as really helping yourself.</p>

This coming week's focus is:

WEEK 2	
General gist:	<p>It's week 2. The excitement of seeing friends again has worn off a bit and we may be struggling a little with combining in-school and online learning – our cups may be running on empty.</p> <p>We need to be kind to ourselves, be aware of when we may feel stressed and have strategies to help us feel more positive</p>
 <p>Get Active</p>	<ul style="list-style-type: none"> <li>• We all experience a range of emotions every day</li> <li>• Sometimes we feel stressed</li> <li>• We will all have ways to help us cope</li> </ul>
 <p>Have a Goal</p>	<ul style="list-style-type: none"> <li>• The way you think can affect the way you feel</li> <li>• There are different ways of looking at the same thing</li> <li>• Focusing on what you are grateful for can help</li> </ul>
 <p>Respect yourself</p>	<ul style="list-style-type: none"> <li>• Who we are and what we are good at is not fixed</li> <li>• The way we think, feel or learn shapes our brain</li> <li>• We can change through the choices we make</li> </ul>
Make a Difference?	<p>All emotions are perfectly normal, and we regulate changes in these every day.</p> <p>Sometimes though, if we have too many things affecting our emotions all at once, these can become harder to regulate (ie you're out of cups).</p> <p>We need to know how to refill our cups, so we are better able to manage overwhelming emotions and remain positive.</p> <p>Focussing on our future and the impact that things we do now can have on it is important. Your future is not prewritten – you can change it and make it positive.</p>

### Morning Check-ins

Mrs Macdonald, our Health and Wellbeing Development Officer, has set up a daily “check-in” for all learners! Every morning from 0845 – 0915.

Please access the “**STA Auggies Wellbeing 2020**” team which has all these activities and resources to support learners across a variety of different themes. In addition, you can follow **@StahsWellbeing** on Twitter.

If you have any concerns/issues or would like to talk to someone about your wellbeing, please contact Mrs. Macdonald:

[Julie.Macdonald@st-augustines.edin.sch.uk](mailto:Julie.Macdonald@st-augustines.edin.sch.uk)

## SQA Consultation

Please follow this [link](#) to a survey regarding the appeals process for National Qualifications this year. This web page has a lot of context and is not easily understood but this is your chance to influence how the SQA will deal with any appeals about your child's grade. The closing date for this consultation is next Friday: **26<sup>th</sup> March 2021**.

## Support from the Authority

Please note this message from the council about support:

### **Free School Meals payments and the Spring Hardship**

**Payment** <https://www.edinburgh.gov.uk/schoolgrants>

### **Other payments**

If you meet the [conditions for free school meals](#) you may be entitled to other payments to help with meals during school holidays, closures or if your child has to self-isolate.

**You don't need to apply separately.** We will pay these to the bank account we hold for your clothing grant.

### **Holiday payments**

A payment of £2.25 was made for every day during school holidays, closures or where remote or learning is in place up to 29 January 2021.

From 01 February 2021, the payment increased to £2.50 per day.

Free School Meals payments have been made for all pupils up to 12 March 2021.

On 15 March 2021, a Free School Meals payment of £35.00 per child will be made for secondary pupils only as they are returning to school on blended learning. This payment is for the period 15 March 2021 to 01 April 2021.

Free School Meals payments will be made to all pupils for the Easter holidays.

### **Spring Hardship Payment**

The Scottish Government's Spring Hardship Payment (<https://www.gov.scot/news/funding-to-tackle-poverty-and-inequality/>) includes a one-off payment of £100 per child for all children in receipt of Free School Meals before the Easter holiday.

This payment will be included with the Easter holiday Free School Meal payment.

The date for the Spring Hardship Payment and the Easter holidays Free School Meal payment has not yet been confirmed but the payment will be made in advance of the Easter holiday. Once the date is confirmed we will update our web page.

Parents of children already in receipt of Free School Meals DO NOT need to complete an application in order to receive the Spring Hardship Payment, it will be paid automatically using the bank/payment details we already hold.

#### Formal Assessments for Seniors (repeat notice)

Please be aware that after the Easter holidays, seniors will have opportunities to undertake formal assessments during class time. These formal assessments will be in line with the assessment tools the SQA use for the relevant subject, although an adapted version. We will organise a calendar to ensure that your child does not have more than two assessments in one day and give you as much notice as possible regarding these dates.

In the meantime, seniors must engage with staff to complete all tasks set to the best of their ability. If there are any issues or questions, please ask the relevant member of staff, we are only too pleased to help.

#### Term Session Dates for 2022/23 and beyond (repeat notice)

The authority has prepared a survey about the timing of school holidays over the next three years. Parents and staff groups have contributed to the wording of the questions. The survey should only take a few minutes to complete.

The link to the survey is: <https://www.surveymonkey.co.uk/r/schsd2022>

A message from St. Margaret's Parent Council (one of our Cluster Primary Schools) (repeat notice):

A poster for a Quiz Night event. The background is dark purple with red and white abstract brushstrokes. The text is centered on a white rectangular area. The title 'QUIZ NIGHT' is in large, bold, red letters. Above it, the text 'LOOKING FOR SOMETHING TO DO ON A SATURDAY NIGHT?' is in smaller, dark purple letters. Below the title, it says 'St Margaret's Parent Council' in a smaller font. The date and time 'Saturday 27 March 8pm' are in red. The main body of text is in dark purple, describing the event as a lockdown quiz night, free to join, with a prize of ice-cream. It asks for team names to be emailed to 'events@stmargaretparentcouncil.co.uk'. At the bottom, the Scottish Charity Number 'SC046403' is listed.

LOOKING FOR SOMETHING TO DO  
ON A SATURDAY NIGHT?

St Margaret's Parent Council

**QUIZ NIGHT**

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**Saturday 27 March 8pm**

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Join us for a lockdown Quiz Night. It's free to join (although any donations are welcome) and The Little Parlour have donated a delicious prize of a tub of ice-cream and toppings delivered to the winner's door. To enter just email your team name to

[events@stmargaretparentcouncil.co.uk](mailto:events@stmargaretparentcouncil.co.uk)

Scottish Charity Number : SC046403

A moment of reflection –  
(courtesy of the RE faculty)

*“I would like to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea. From this colonnade that embraces Rome and the whole world, may God’s blessing come down upon you as a consoling embrace:*

**Pope Francis, Extraordinary Moment of Prayer, 27<sup>th</sup> March 2020**

May God keep you and your loved ones healthy and safe.