



## Head Teacher's Update 1<sup>st</sup> April 2021

What a term this has been! We have moved to remote learning and then to blended learning with some in school provision and hopefully we will move to a full return after the Easter break.

As we finish today, we must not forget that today is Holy Thursday and we remember the Last Supper:



Our Easter celebrations are reaching their culmination. Please note that you can find virtual celebrations on the Archdiocesan Facebook page, located [here](#).

Please find an update on different aspects of our learning community.

### Easter Term

School will stop for Easter holidays on **Thursday 1<sup>st</sup> April at 3:30pm**. The plan is for all learners to return to the building on **Tuesday 20<sup>th</sup> April at 08:40am – Week A**. Please note that the Scottish Government will make an announcement to confirm this on 6<sup>th</sup> April. If this plan changes, we will contact you.

### Close Contacts

Please note that we have given out sheets for learners to record their close contacts from this week at school. If your child tests positive for Covid-19 then

their close contacts will have to be identified and notified. We appreciate your support in making sure your child has completed these sheets and taken a photo on their phone (if possible) as a backup.

### Formal Assessments for Seniors

We have collated the assessment calendar for our learners and have sent out an individual timeline. We hope you and your child find this useful in preparing for the assessments.

We know that this can be a stressful time for learners, please [click here](#) for further information and support.

As always, please contact us if there is any help you or your child need.

### Targeted Study Sessions during Easter

A letter was sent yesterday detailing the sessions that learners can sign up for. Please note that the learners **must** sign up as there is a limit to how many we can have in the class. Please note that attendance at these sessions are voluntary. There are plenty more resources available to support your child in their preparations for the assessments after the Easter Break (e.g. see E-Sgoil below).

### March to Tokyo

And just like that, March is over!

We've stepped, walked, run and jogged in our challenge to reach Tokyo by the end of the month - but how did we do?

Our final Forms is now up, collecting figures from Monday 22 March right up to yesterday, Wednesday 31 March. We'll be collating the figures over the holiday and will share our result when we return.

Will we triumph? Which of our lovely pupil support leaders will get to claim the Cup for their House?

It's all to play for and every step counts so make sure yours are included. All Forms documents are on the Auggies Wellbeing page - you can go back and complete any of them to record all of your March stepping up to today and make sure they count!

We hope we've inspired you to get active, get outside and get ready for things returning to a little bit more like 'normality'. Keep it up (safely!) over the Easter break and we'll share our success when we return.

**Active April 2021**

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|--|---|---|--|---|---|--|
| 1<br>Commit to being more active this month, starting today            | 2<br>Listen to your body and be grateful for what it can do           | 3<br>Spend as much time as possible outdoors today              | 4<br>Have a day free from TV or screens and get moving instead     | 5<br>Eat healthy and natural food today and drink lots of water         | 6<br>Turn a regular activity into a playful game today                | 7<br>Do a body-scan meditation and really notice how your body feels |
| 8<br>Get natural light early in the day. Dim the lights in the evening | 9<br>Give your body a boost by laughing or making someone laugh       | 10<br>Turn your housework or chores into a fun form of exercise | 11<br>Be active outside. Dig up weeds or plant some seeds          | 12<br>Set yourself an exercise goal or sign up to an activity challenge | 13<br>Move as much as possible, even if you're stuck inside           | 14<br>Make sleep a priority and go to bed in good time               |
| 15<br>Relax your body & mind with yoga, tai chi or meditation          | 16<br>Get active by singing today (even if you think you can't sing!) | 17<br>Go exploring around your local area and notice new things | 18<br>Make time to run, swim, dance, cycle or stretch today        | 19<br>Have a 'no screens' night and take time to recharge yourself      | 20<br>Spend less time sitting today. Get up and move more often       | 21<br>Focus on 'eating a rainbow' of multi-coloured vegetables today |
| 22<br>Regularly pause to stretch and breathe during the day            | 23<br>Enjoy moving to your favourite music. Really go for it          | 24<br>Go out and do an errand for a loved one or neighbour      | 25<br>Get active in nature. Feed the birds or go wildlife-spotting | 26<br>Try a new online exercise, activity or dance class                | 27<br>Take an extra break in your day and walk outside for 15 minutes | 28<br>Find a fun exercise to do while waiting for the kettle to boil |
| 29<br>Meet a friend outside for a walk and a chat                      | 30<br>Become an activist for a cause you really believe in            |   |  |   |   |  |

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

### Parents of S4 – S6 learners

We appreciate your time in completing a quick survey gathering your feedback on the Parent Consultation this year. Thank you if you have already actioned this. If not, please [click here](#) to complete the short survey.




### Health & Well Being – Building Resilience Focus

We have completed our three-week work on building resilience. We referred 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: **“STA Auggies Wellbeing 2020”**, so all learners can refer back to it in case they need a reminder.

What we focussed on this week:

| WEEK 3   |  |
|--|--|
| General gist:  | For week 3 it's the run up/down to the Easter break and the change (again) of the rules about interaction so we want to encourage the kids to be more active (be aware: some of the kids submitting figures to March to Tokyo are only taking 2/300 steps a day – some have not actually left the house during this lockdown). We want to promote positivity through action – setting goals, actively pursuing these (academic or otherwise!) and doing this safely. |
|  Get Active         | <ul style="list-style-type: none"> <li>• Being active is not only good for the body but also for the mind.</li> <li>• Have a range of hobbies, interests and activities that you enjoy doing.</li> <li>• Doing anything new helps us develop an understanding of how to safely take and manage risks.</li> </ul>   |
|  Have a Goal       | <ul style="list-style-type: none"> <li>• Setting a realistic goal helps to motivate us</li> <li>• Sometimes we fail or make mistakes – that's ok!</li> <li>• It's important to celebrate our achievements</li> </ul>   |
|  Respect yourself | <ul style="list-style-type: none"> <li>• You are unique – there's no one else like you</li> <li>• Everyone has different strengths</li> <li>• Your body/thoughts/digital space are yours to control. Make sure you respect them and ensure you respects others also.</li> </ul>  |
| Make a Difference?   | Kids will hopefully have improved their communication skills, remembered how to be kind to themselves and others and developed a more positive attitude. We can but hope!  |

### Message from Police Scotland

Chief Inspector Sam Ainslie, Local Area Commander for the South East of Edinburgh, said: "Our officers have been responding to growing numbers of reports of antisocial behaviour over the past week. Whilst not exclusively so, these concerns have tended to focus around the Meadows.

"This rise in antisocial behaviour is particularly disappointing and concerning at a time when the government's coronavirus restrictions are set to ease, and our communities should be able to enjoy our open green spaces in peace, without the worry of drink-related disorder. As a result, our officers will be conducting targeted patrols across the area, to engage with the public, explain the current coronavirus legislation and guidance and to encourage compliance where necessary.

"We are asking for your assistance to spread this message to young people across the area and encourage them to continue to follow the guidance and ensure we can get back to normality in the coming weeks and months."

### E-Sgoil Easter study support (repeat notice)

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/>

### Support from the Authority (repeat notice)

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

[\(https://www.gov.scot/news/funding-to-tackle-poverty-and-inequality/\)](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.

### 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 personal message

I joined your community two months ago and am thoroughly enjoying my time here. The welcome and warmth I have experienced has made my transition more comfortable. I wanted to share a few observations I have made since I started.

The first is that the young people are well behaved, extremely polite and focussed on their learning. I am sure you are already proud of them and rightly so as they are a credit to you and themselves.

The second observation is that the staff of St. Augustine's are wonderfully committed to supporting and educating your child. The amount of work, understanding and compassion that I have seen over this difficult time is nothing short of amazing!

In particular, I want to thank the Senior Leadership Team of Ms. Chrystal, Mrs Baird, Mr. Dagleish and Mr. Carter for all their hard work so far (and for the hard work which is still to come)!

My last observation (for now) is how appropriate the words of the School Prayer is. I know that we all have different paths to travel whether you are a junior reconnecting with friends, or a senior preparing for the assessment period to give yourself the best chance of success, or a parent/carer striving each day to minimise the impact of the pandemic on your child, while looking after yourself, or a staff member striving for the same!

A moment of reflection

### **THE SCHOOL PRAYER**

*"God Our Father*

*Let us pray*

*That there will be respect for our world*

*Peace for its people*

*Love in our lives*

*Celebration of the good*

*Forgiveness for past wrongs*

*And, from now on, a new start.*

*St Augustine, pray for us."*

I wish you a safe and happy Easter!