



ELLON ACADEMY WEEKLY INFORMATION FOR PARENTS/CARERS

Date: Friday 13th January 2023

Happy New Year and we hope that you have had a very peaceful and restful Christmas.

Quote of the week beginning 16.1.23



Assemblies

There are no assemblies during the Senior Phase Assessment Block over the next 2 weeks.



S4/5/6 January Assessment Block

Please find below a link to the finalised Ellon Academy Winter Assessment Timetable for 2022-2023.

This has also been posted to the school website in the Parent Zone.

<https://drive.google.com/.../1cEgv3RB0pWgJ1W3MMwB.../view...>

Most Merits/Over and Above:

The pupils below have accrued the most merits week beginning Mon 9.1.23 and will receive their canteen fast passes on Monday 16th January after registration in the sunken social area. Well done, everyone!

Lawrence	G	1C2	5
Ewan	B	1M1	5
Alyssa	E	1M2	5
Lucas	G	1M2	5
Vanessa	M	1M2	6



For your information - Breakfast at Ellon Academy Canteen:

The breakfast menu has been revised for all secondary school canteens. Pupils who are entitled to Free School Meals will have a £1.00 allowance added to their cards, available to access up until brektime daily.

Here are all the great choices on offer and the prices:

Breakfast items available or as a Deal 3 items for £1.00	Other items available
Toast 20p	Malted baguette 7.5-inch 50p
Cereal 40p (30gram portion only cereals that comply)	White baguette 10-inch 50p
Bagel 50p	Scones 55p
Petit Pan 35p	Porridge
Beans on toast 50p	Cereal bar
Egg on toast 50p	Fruit salad 85p
Piece of fruit (Banana/ apple/Orange)35-45p	Fruit Salad 1.00
Crumpet/USA Pancake 45p	Granola 85p
Tea 60p (Coffee if instant)	Hot drinks machine 90p
Flavoured milk 45p	Mac B Flav still water 85p
Milk cup 50p	Bottled water 60p
	Bottle milk 60p





Social Media Advice for Parents and Carers



Cybercrime Harm
Prevention Unit
Police Scotland

27/12/2021

Police Scotland have produced a helpful guide with advice on social media for parents and carers. To access the document, please click on the link below:

<https://ellonacademy.aberdeenshire.sch.uk/parent-zone/>

There is also a guide for pupils too and this has also been uploaded to our school website. Please click on the link below to view:

<https://ellonacademy.aberdeenshire.sch.uk/pupils/>

Pupil Achievement:

A huge well done to the S1 and S2 pupils who took part in the NASSA basketball on Thursday 12.1.23. Both teams put in some outstanding performances and came away as winners of both the S1 and S2 tournaments, with members of staff from other attending schools complementing our pupils on both their performances and behaviour.



For Your information - Mental Health Assistance for Young People in Aberdeenshire



This document can also be accessed on our school website via the link below:

<https://ellonacademy.aberdeenshire.sch.uk/pupils/>

- Social Work Social Work Community Learning Disability Service helps people with learning disabilities and complex needs to cope independently, learn new skills, and provides support to adults with learning disabilities and their family and carers. For those that have left School; young adults, families or professionals can directly request a Social Work assessment, however, please note Social Work have a set eligibility criteria. For further information/details, see links below: [Community Learning Disability Service - Aberdeenshire Council](#)
- The Community Mental Health Team (CMHT) are an integrated team of different health and social care professionals including Community Mental Health Nurse, Occupational Therapists, Social Workers, Psychologists etc. The team assess, treat, and manage care needs and provide support to people experience serious mental health problems, normally termed 'severe and enduring' and those 'at risk'. Please note, at present, a GP can only make the referral into the Community Mental Health Team. If young person is not 'eligible' or does not meet criteria, then the GP can help support/signpost the young person to provision/support in their locality. Community Mental Health Team - Aberdeenshire Council For some clients, they might be eligible for both the teams noted above (dependent on diagnosis), this will be discussed within Social Work and the most appropriate team will support the young person/young adult. For those clients who would not meet the above criteria, please see below alternative/useful info/links: [Community Mental Health Team - Aberdeenshire Council](#)
- ACTION 15 workers – ALL GP Practices have access to A15 link workers. They deliver CBT/support (no home visits) to those suffering from 'low' to 'medium' mental health issues – at present this provision is being delivered 'virtually', clients should contact their GP for advice/referral.
- Aberdeenshire Council Mental Health support page - provides signposting to services and useful information pages e.g., SAMH My Life Dynamics, Pillar in K&M Mental Health, and Wellbeing support - Aberdeenshire Council [How to look after your mental health and wellbeing - Aberdeenshire Council](#)
- Barnardos Works – Barnardo's – support to help those who are experiencing low confidence, anxiety, or low mood, to explore future opportunities. Initial enquiries to Miranda.aitken@barnardos.org.uk
- Aye Feel | Young Scot - Young Scot, the national youth information and citizenship charity aimed at young people aged 11+ Find information about how to look after your emotional wellbeing, tips on how to promote a positive mindset, including young person's blogs, improving sleep routine etc. [Aye Feel - Mental Health & Emotional Wellbeing Information | Young Scot](#)

- FOUR PILLARS – Aberdeen based Support for the LGBT+ community in manners of mental, emotional, physical & Sexual Health and offer information & support on a person-to-person basis
[Four Pillars – Supporting Grampians LGBT+ Community \(fourpillarsuk.org\)](http://fourpillarsuk.org)
- Breathing Space – Free Confidential service for people in Scotland. Open up when you are feeling down, <https://breathingspace.scot/> 0800 83 85 87 [Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down - phone 0800 83 85 87](https://breathingspace.scot/)
- Mind - Living with a mental health problem, or supporting someone who is, having access to the right information is vital. 0300 123 3393 <https://www.mind.org.uk/>
- Togetherall provides support for young people and adults aged 16 years and upwards. Trained accredited professionals are available 24 hours a day, 7 days a week, meaning that any young adult who may be struggling can chose from a range of safe therapeutic services at a time that best suits them. This service can be accessed by inputting your postcode at www.togetherall.com and creating completely anonymous user account
[Togetherall](http://www.togetherall.com)
- Kooth Online Emotional Wellbeing & Mental Health Service for 10 – 18 years - Kooth is working with Aberdeenshire Council to launch our Kooth online emotional wellbeing & mental health service for young people in the area from 21st June 2021. Please do not hesitate to contact Kooth in Aberdeenshire with any queries via: ksmith@kooth.com or aberdeenshire@kooth.com
- SAMH – have created a Young People Wellbeing Directory for Aberdeenshire which contains details of organisations, apps, and support services. Please email Opportunitiesforll@aberdeenshire.gov.uk for a copy of the directory.
- Education Scotland – Have pulled together a set of resources on the topic of health and wellbeing to support practitioners, parents, and young people. Includes links to professional learning and covers areas such as mental health, domestic abuse, gender-based violence, stigma, and discrimination. <https://wakelet.com/wake/g0cSAs-7XEXOWW8kgyZfs>
- Prevent Suicide NE Scotland - contains suicide prevention information, a space to create a Safe Plan, and local and National signposting - one of the sections is 'Children and Young People'. If any organisation would like anything added to the app/website in the way of signposting information, they can email NorthEastSuicidePrevention@samh.org.uk so that the team can let the app developer know. App is available on all major app stores and is free to install. You can find the website here - Prevent Suicide Northeast Scotland - App and Website [Prevent Suicide Northeast Scotland - App and Website \(preventsuicideapp.com\)](http://preventsuicideapp.com)
- Directory of Mental Health Support for Ethnic Minority Communities – there is a directory of support for ethnic minority groups in and around Grampian. If you would like access to this, please contact OpportunitiesforAll@aberdeenshire.gov.uk or Hilary.bell@nhs.scot 10
- WELL Aberdeenshire - Penumbra Mental Health Aberdeenshire - <https://www.penumbra.org.uk/services/aberdeen-well-well-empowered-linked-locally/>
If you're looking for ways to look after your mental health and wellbeing, our free short-term support can help you feel well, empowered, and linked locally.
- Mind Yer Mind - a campaign to encourage the people of Aberdeenshire to look after their mental wellbeing - <https://www.mindyermind.com/#toolkit>

Useful Links Autism - Young People in Aberdeenshire

- Autism Understanding Scotland – services for people in Aberdeenshire and Aberdeen City - We provide pre and post diagnostic autism related support for people living in Aberdeen City and Aberdeenshire. We cover a variety of areas including Employment and Autism Services. <https://www.autismunderstanding.scot/services>

For your information - School Activities

S6 PUPILS – YEARBOOK COMMITTEE

The next meeting will take place in S42 at 12:30 today (Friday 13th January). Please make sure that you have decided on the final number of pages so that we can open the profiles to the rest of S6!

Mrs Duffus

S6 PUPILS – LEAVERS' HOODIES

The Leavers' hoodies are now available to order. Please see your Registration or S6 PSE Google Classroom for further information. All orders must be placed by Thursday 16th February and the hoodies will be delivered directly to school. Please see Mrs Duffus in S42 if there are any issues.

Mrs Duffus

ALL PUPILS – BADMINTON

Badminton will resume on Monday 16th January. Please see Mr Murdoch (Humanities) if there are any questions/issues. Mr Murdoch

ALL PUPILS – DUNGEONS & DRAGONS CLUB

Dungeons & Dragons club has been temporarily postponed due to the upcoming Prelims. Once the Prelims have finished, the club will resume in F12 at lunchtime on a Wednesday. The first session will be Wednesday 1st February and pupils can bring their lunch with them. New members are always welcome! If you have any questions, please speak to Mr Goan.

CROSS COUNTRY 2022/23

Active Schools are delighted to announce the return of our Cross-Country series for this school year! Pupils will run a 3km course in 6 different locations across the North of Aberdeenshire.

NEW FOR THIS YEAR: Each Primary & Academy school will have the opportunity to win an overall winners' shield. This will be based on the percentage of participants attending all 6 races from each school. Therefore, Active Schools would advise each school to encourage as many pupils as possible to also attend the Run 4 Fun series 2022/2023. To sign up, please follow the link below and complete the online form. Details of payment will be sent in a confirmation email. <http://bit.ly/asabevents>

For more information, please contact your local Active Schools Coordinator. Kelly Green, Active Schools

ALL PUPILS – ROCKESTRA CLUB

Unfortunately, Rockestra club will no longer take place after school on a Tuesday and will not resume until after the summer holidays.

Mr Price

Library Homework Club:

Times this term will be:

Mondays and Tuesdays 1.20pm to 1.50pm

Wednesdays, Thursdays, and Fridays 12.30pm to 1.00pm

Teen Yoga:

Teen yoga is held in Gym A from 12:20-13:00 every Wednesday. Pupils should wear leggings or sportswear that can be easily changed into, and all years are welcome.

Please see Mrs Winterbottom if there are any questions. See you there!

Mrs Winterbottom

Ellon Academy News Group:

Where? S8

When? Wednesday 12:20-13:00

If you have a keen interest in all forms of journalism and would like to be involved in reporting about what is happening in our community, then the Ellon Academy News Group would love for you to join the team!

Pupils are allowed to bring their lunch along to the session.

Mrs Cawthorne

All Girls – NETBALL:

Girls Netball takes place after school on Thursdays after school.

Miss Daniel & Miss Mathers

S1 Boys – FOOTBALL:

Training takes place on Wednesdays after school.

Mr Caskie

S1-3 PUPILS – JUNIOR BOOK CLUB:

Where? S8

When? Friday 12:20-13:00

Join us for a range of activities – the links to reading will be varied!

Pupils are allowed to bring their lunch along to the session!

Mrs Cawthorne

ALL PUPILS – MANDARIN CLUB

Mandarin sessions will resume next week (from Monday 16th January) and will take place during the following times:

- Monday period 5 (S46) - senior pupils
- Tuesday lunchtime (S40) - all pupils
- Thursday periods 1+2 (S40) - S2 pupils

Please see Mrs Duffus if you have any questions!

Staff up-date:

Principal Teacher Developing the Young Workforce – Mr J Abberley Nicoll has been appointed to this post. Congratulations!

A warm welcome to Mr S Massie Modern Studies Teacher, who started with us on Monday 9.1.23.

Dates For Your Diary

Here is a link to our school calendar on our Ellon Academy website:

<https://ellonacademy.aberdeenshire.sch.uk/parent-zone/>

- Senior Phase Assessment Block – Mon 16.1.23 – Wed 1.2.23
- No morning assemblies during the senior phase assessment block
- S1 Tracking Report to be issued week beginning 23.1.23
- Cluster Occasional Day Holiday – Friday 10.2.23
- Monday holiday – Mon 13.2.23
- In-service Days – Tues 14.2.23 and Wed 15.2.23 (All pupils return to school Thurs 16.2.23)
- World Book Day – Fri 3.3.23
- Music for Spring Concert – Tues 29.3.23 (7.30pm)
- End of Term 3 – Friday 31.3.23

Parents Evenings Term 3:

- S2 Parents Evening (Virtual) Wed 1.2.23 - 4.00pm – 6.30pm
- S3 Parents' Evening (In person) – Thurs 16.2.23 (4.00pm – 6.30pm) to include Curriculum drop-in session with Mr Cowie DHT
- S4 Virtual Parents Evening – Wed 15.3.23 (4.00pm – 6.30pm)
- S5/6 Virtual Parents' Evening - Tues 21.3.23 (4.00pm – 6.30pm)

S2 – S3 Course Choices Key Dates:

- S2 Full Report to be issued w/b 23.1.23
- S2 – S3 Course Choices Presentation to be sent to parents/carers w/b 23.1.23
- S2 Course Choice Guidance Interviews – w/b 30.1.23
- Planned Industrial Action – Mon 30.1.23 – School closed to all pupils
- S2 Parents Evening (Virtual) 1/2/23 - 4.00pm – 6.30pm
- S2 – S3 Course Choice Preferences Google Form issued to parents/carers – w/b 6.2.23
- S2 – S3 Course Choice Preferences Google Form submission deadline – 24.2.23

S3-S4 Course Choices Key Dates:

- S3 Full Reports to be issued w/b 6.2.23
- S3 – S4 Curriculum Pathways Presentation to be issued to parents/carers – w/b 6.2.23
- S3 Parents' Evening (In person) – Thurs 16.2.23 (4.00pm – 6.30pm) to include Curriculum drop-in session with Mr Cowie DHT
- S3 Course Choice Guidance Interviews – w/b 20.2.23
- S3 – S4 Course Choice Preferences Google Form to be issued to parents/carers – w/b 20.2.23
- Faculty Careers' S3 Assembly – w/c 20.2.23
- Faculty Careers/Course Choice Presentations issued to parents/carers – w/b 20.2.23
- S3 – S4 Course Choice Preferences Google Form submission deadline – 3.3.23

S4 – S5 Course Choices Key Dates:

- w/b 27th Feb: Senior Phase Options Form discussed with S4 and S5 in PSE.
- w/b 27.2.23 - Senior Phase Curriculum Slides issued to Parents/Carers.
- w/b 27.2.23 - S4 Guidance Interviews.
- w/b 27.2.23 - Faculty Careers' Assembly and Faculty presentations to Parents/Carers.
- w/b 6.3.23 - S5 Guidance Interviews.
- w/c 6.3.23- Tracking Reports issued to Parents/Carers. Google Course Choice Form issued
- 15.3.23 – S4 Virtual Parents Evening (4.00pm – 6.30pm)
- 21.3.23 - S5/6 Virtual Parents' Evening (4.00pm – 6.30pm)
- 23.3.23 - S4/5 Course Choice form submission deadline

Thank you all for your continued support and have a lovely weekend.

Pauline Buchan

Rector 13.1.23