



ELLON ACADEMY WEEKLY INFORMATION FOR PARENTS/CARERS

To: All Parents/Carers
From: Pauline Buchan, Rector
Subject: Weekly Information Up-date
Date: Friday 16th December 2022

Dear parents and carers,

It's good to be back in school today following a few days of closure due to adverse weather.

Thank you to parents and carers for your support and forbearance and particular thanks to our Janitorial Team clearing the car parks and paths around the campus and for following up with Aberdeenshire Council Landscapes to ensure the access road is gritted.

Quote of the week beginning 19.12.22

Seeing is believing, but
sometimes the most real things
in the world are the things we
can't see.



Conductor. The Polar Express

No assemblies next week due to Music for Christmas rehearsals in the theatre.



Last Day for Term:

Ellon Academy Dress Up-Dress Down Day – Thurs 22nd December

Pupils and staff are invited to come to school dressed up or dressed down on Thursday 22nd and to bring £1 for the privilege to contribute to our school fund for pupil resources.

There will be an opportunity for pupils in fancy dress to have a photo take (if they wish) during Period 1 in the sunken social area and the annual S6 Fancy Dress competition will take place during Period 2, also in the sunken social area.

Music for Christmas 2022

Come along and support our young musicians at our long-awaited Christmas Concert. It's been 2 years...



Ellon Academy presents
Music for Christmas 2022

Ellon Academy Theatre
Tues 20.12.22
7.30pm

£5 Adult and £3 Child/ Concession.
On sale at the Main Reception.

Pupil Achievement:

Huge Congratulations to Mya L in S2!!

Scottish Schools National Swimming Champion! 🏆🏊‍♀️🥇

Mya won the 12 and under 50m Freestyle in a time of 30:07s beating her closest opponent by over half a second! A superb result! 🙌🙌🙌🙌

The results are now in and a huge well done to all our other swimmers and especially Alyssa G in S5 who narrowly missed out on a medal placing 4th in the 200m breaststroke.

If any swimmers wish to find out their results, please see Mr Lawson.

Congratulations again to you all! 🏊‍♀️🏊‍♀️🙌🙌

Pupil Achievement

Youth Football Scotland - USA SHOWCASE 🇺🇸

It's time to meet the players, who will play in the Future Pro USA 2022 Showcase on 17th December...

👤 Ethan Walker

🏆 Huntly Football Club

🏫 Ellon Academy



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>

School Activities for your Information:

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

ROCKESTRA CLUB

Rockestra is Ellon's biggest band! Join us in G22 after school (15:30-16:30) every Tuesday. All pupils are welcome to join, regardless of musical ability. Be part of the band, learn new songs and even new instruments - live out your Eddie Munson dreams! The first session will take place on Tuesday 15th November. Please see Mr Price if you have any questions!

Mr Price

S5/6 PUPILS – SENIOR MANDARIN LESSONS

REMINDER: Mandarin lessons are taking place in S46 during period 5 on a Monday from Monday 7th November - Monday 5th December. Please remember to register with your study teacher first. All future updates will be posted on the Google Classroom!

Mrs Duffus

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

Come and learn some Mandarin!

S2 pupils! This term there is an opportunity to learn some Mandarin with Miss Li! If you are interested, please see Mrs Duffus in S42 as soon as possible, or give your name to your usual French/German teacher. 🇨🇳

External Opportunities:



Dates For Your Diary

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

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

Ellon Academy Christmas lunches 2022:

Wednesday 21st December - S4/5/6 and staff

- Weekly Christmas lunches (see above)
- S6 Privilege – S6 pupils can continue to wear their Christmas jumpers from 9th – 22nd December
- Christmas Concert – Tuesday 20.12.22, 7.30pm in the school Theatre
- Dress Up/Dress Down Day at Ellon Academy – Thurs 22.12.22 (Please bring £1 to support our school fund for pupil resources)
- Christmas Ceilidhs – Thurs 22.12.22
- End of Term – Thursday 22nd December.
- Friday 23rd December is an Ellon Cluster Occasional Day so Ellon Academy and associated primary schools will be closed that day.
- Term 3 begins on Monday 9.1.23 (8.25am)

Thank you for your continued support.
Have a lovely weekend.

Pauline Buchan
Rector 16.12.22