

# Harris Academy

Parent / Carer Newsletter | *Session 2021 - 2022*

Issue 25 | 25<sup>th</sup> March 2022

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Dear Parent / Carer,

**As we enter the final week of this term,**

This week's newsletter focusses on information that supports our senior pupils in the lead up to their exams along with updates to support our whole school community in advance of our summer term.

As a reminder, the school closes next Friday (1<sup>st</sup> April) for our two-week Easter break, and we will welcome our school community back on Monday 18<sup>th</sup> April.

During the holidays, our building is open for our senior phase Easter school programme. Details of which are included below.

## Asymptomatic Test Programme

The Scottish Government have announced the Asymptomatic Testing Programme will **cease on our return from the Easter break.**

As a result, staff and young people no longer require to complete a lateral flow test twice weekly.

In line with the latest Government advice, all other protective measures will continue in our school, including:

- Face coverings in all communal areas
- Hand and desk sanitising on entry / exit from each classroom
- Increased ventilation in all classrooms

Self-isolation remains in place for any young person or staff member who:

- Have symptoms of COVID-19
- Have tested positive
- Have been identified as a close contact IF older than 18 years and 4 months and not fully vaccinated

Earlier this week, a letter from Professor Jason Leitch was sent to all families explaining the above in more detail. A copy of the letter is available by click [this link](#)

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## House Entrances for the Summer term

On our return from the Easter break, young people should enter school in the morning through the following doors:

**Birnam – Main entrance**

**Cawdor – Maths entrance**

**Forres – Art/ Music entrance**

**Kinloch – Plaza / Clock Tower**

## Easter School – All S4 to S6 Pupils

On Monday 28<sup>th</sup> and Tuesday 29<sup>th</sup>, we will communicate directly with all young people who have signed up for Easter school to confirm which sessions they had requested to take part in are running.

It is not too late for other young people to sign up. To do so, please see Mr Beattie.

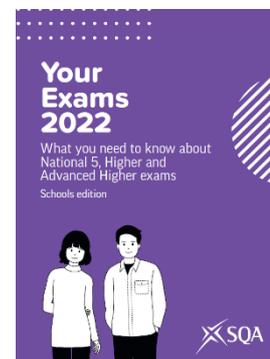
## P7 Open Evenings

Over the past three weeks we have facilitated three very successful P7 Open Evening / Roadshow sessions to support the transition of our prospective S1 pupils and their parents / carers to Harris Academy. Thanks to everyone who supported the evenings.

## SQA Your Exams 2022

SQA 'Your Exams 2022' booklets will be issued to S4, 5 & 6 pupils next week once they arrive in school. A pdf version will be e mailed to all Senior pupils next week. The pdf will be available on our school website from Monday and is available via the following link:

[https://www.sqa.org.uk/sqa/files\\_ccc/SQA-Your\\_Exams2022.pdf](https://www.sqa.org.uk/sqa/files_ccc/SQA-Your_Exams2022.pdf)



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## Additional supports in the lead up to SQA exams

### Tree of Knowledge

All senior pupils in all Dundee schools have the ability to attend the following virtual event, hosted by Gavin Oates from the company, Tree of Knowledge. This session will be an inspirational hour that will challenge young people's thinking about screen time, themselves, and school/education/exams in general. It will help them focus on a positive mindset in relation to attitude to studies.

The session can be joined on Teams, using the following link.

This session will be recorded and young people will have access to the recorded session up to the start of study leave – **3<sup>rd</sup> May**.

<https://teams.microsoft.com/l/meetup->

[join/19%3ameeting\\_Yzg4ODJmMDYtOTMyYS00ZDczLWI3MDItZjhhMTJmYTVMOTJi%40thread.v2/0?context=%7b%22Tid%22%3a%22fd261188-b639-4279-b07a-7757ca48dc40%22%2c%22Oid%22%3a%22efea02ea-0f65-44b7-85bc-ff8f3373216e%22%7d](https://teams.microsoft.com/join/19%3ameeting_Yzg4ODJmMDYtOTMyYS00ZDczLWI3MDItZjhhMTJmYTVMOTJi%40thread.v2/0?context=%7b%22Tid%22%3a%22fd261188-b639-4279-b07a-7757ca48dc40%22%2c%22Oid%22%3a%22efea02ea-0f65-44b7-85bc-ff8f3373216e%22%7d)

### Offer from e-Sgoil

e-Sgoil Easter Study Support will run between April 7<sup>th</sup> and 14<sup>th</sup> 2022 and comprises live, interactive webinars delivered by experienced, GTCS registered teachers. 66 courses are on offer, with a total of 80 webinar groups. Each group will meet for three separate webinar sessions. Last year, there were over 15000 webinar registrations and learners' evaluations were overwhelmingly positive. The service is free to all learners.

Please find links below which will enable schools to promote the offer:

- [Nutshell guide for learners](#)
- [Nutshell guide for schools](#)
- [FAQ document](#)
- [Flyer](#)
- [PPT slide](#)
- [Short promotional video](#)
- [2022 Easter Study Support timetable](#)

Registration is open for the month of March, and there may be upper limits for registration numbers on some courses, therefore registration is on a first come, first served basis. The link to the registration and information page on the e-Sgoil website is [here](#).

Please also find information on [how to register](#)



## Supporting anxiety in young people



**SilverCloud**  
ON-DEMAND VIRTUAL MENTAL HEALTH CARE

## Supporting An Anxious Teen for Parents, Teachers and Carers of children aged 12-18

### What you will learn...

#### Parenting An Anxious Teen

Empower you to recognise and focus on the helpful sides of anxiety.

#### Changing Thoughts

Learn how the use of externalization to unites you and your child against the common enemy of anxiety.

#### Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

#### Facing Fears

Facilitate recognition of the importance of teenagers facing their fears, rather than avoiding them.

#### Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

#### Creating A Plan

Supporting you in ongoing anxiety management planning.

#### Problem Solving

Learn how to facilitate positive communication channels between parent and child.

#### Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.

If interested in accessing this package, please contact our department on  
[Tay.taysideccbtt@nhs.scot](mailto:Tay.taysideccbtt@nhs.scot)



## Charity Update

Over the last week of term, we plan to run a few events to show our support for Ukraine. Our charity events are always exceptionally well supported, and we hope that you will once again join us in living our school values.

### Friday 1<sup>st</sup> April – Non-Uniform Day for pupils and staff

Staff and pupil are welcome (but not required) to wear **Blue** and **Yellow** to show their support for the Ukrainian People

We are inviting our pupils and staff to donate items and / or a monetary donation. Below is a list of much needed items.

If you wish to donate before this date, then please bring items along to the Home Economics Department.

Monetary donations can be taken through ParentPay, **this is the preferred method**. We will also have collection boxes at each of the House Doors on Friday 1<sup>st</sup> April

**New or nearly new coats / clothing**

**Sleeping Bags /Quilts**

**Face Cloths**

**Towels**

**Toothpaste / toothbrushes**

**Sanitary Products**

**Nappies / Baby Wipes**

**Toiletries**

**First Aid Kits**

### Friday 1<sup>st</sup> April – Bake Sale

During interval and lunch S6 pupils will be selling homemade baked items to pupils at various locations across the school.

*Thank you for your on-going support,  
The Charity Committee*