



GRYFFE HIGH SCHOOL

Old Bridge of Weir Road, Houston, PA6 7EB

Tel: 0300 300 1323

e-mail: gryffehighenquiries@renfrewshire.gov.uk

web address: www.gryffehigh.com

Head Teacher: Mr Kevin Christie



SUPPORTING HOLOCAUST EDUCATION
VISION SCHOOLS SCOTLAND
Gryffe High School, Level 1, 2020-2023

Friday 17th September 2021

Dear Parents/Carers,

GRYFFE HIGH SCHOOL FUN RUN

As a result of ongoing restrictions, our annual 3 Kilometre Fun Run will AGAIN take place VIRTUALLY from Thursday 23 September 2021 until 9pm on Monday 27 September 2021. The theme of our event is as follows:

Run, walk, cycle or swim!

The event is part of a whole school Health and Wellbeing “GryffeStyles Week”, details of which are attached. It involves considerable input and collaboration across the whole school and reflects our commitment to health promotion.

The event will raise funds for this year’s chosen charity – Lisa’s Gift, a local charity targeting poverty in Renfrewshire – and will have various additional options for our pupils to engage with along with anyone else they may recruit to complete the run, walk, swim or cycle in support of the event. Full details of each of these options will be posted on our social media platforms throughout the week:

Twitter

@gryffe_sports
@GryffeHighSch

Instagram

gryffehwb
@gryffehighsch

FaceBook

@GryffeHighSch

Keep up to date with GryffeStyles week on any of these platforms over the September holiday weekend. We very much hope our pupils and local community can participate in this event and support us in raising money for our chosen charity.

Kindest regards,

Kevin Christie
Head Teacher

CARING LEARNING ACHIEVING



Website



Show My Homework



www.gryffehigh.com



Gryffe High



Follow us on Twitter
@GryffeHighSch
@Gryffe_Sports

Departmental Topics covered through the week

| ABC (ICT/Bus Stds) | |
|---|---|
| | S1 ICT – Online Safety Poster – SMART Rules S2 ICT – Online Safety Lessons – Chatrooms, Cyberbullying, Social Networking, Digital Footprint, Sextortion. |
| Art & Design/Technical | |
| Art & Design | S1 - how mental health and emotion visually links to music, which promotes emotional literacy and relaxation S2/S3 - emotions and trying to personify the letters/words to go along |
| English/Literacy/Drama | |
| | S1 English – GryffeStyles Poetry Competition S1 Literacy – GryffeStyles Week evaluation |
| Health & Wellbeing (Health, Food & Technology/PE) | |
| H,F&T | S2 – Beans on toast - starchy carbohydrate for slow release of energy |
| PE | S1-S3 – 3K Run training sessions |
| Humanities (RME/Social Subjects) | |
| Geography | S4 - Rural and Weather. Food security, environmental issues in rural communities. Impact of weather on public health. Higher - Urban: The impact of transport and housing on health in Glasgow |
| History | S3 - Life in the trenches, but also the home front so living on rations, less control of food, having your life controlled by the government, effects of that on your wellbeing. S4 - Battles of Wars of Independence - effects of conflict, e.g. Stirling Bridge, destruction of Galloway, and Bannockburn. Effects of that on people's life. Higher - Life in the trenches, but also the home front so living on rations, less control of food, having your life controlled by the government, effects of that on your wellbeing. |
| Modern Studies | National 5 - addition issues as a cause of crime Higher - lifestyle related to health inequality Advanced Higher - crime links to poverty/addiction and environment |
| RME | S1 - Meditation and positive mental wellbeing awareness S2 - Importance of sleep (linked to dreams and their purpose) S3 - Moral Dilemmas about making positive choices |
| Maths/Numeracy | |
| | Scoring systems for Olympics and Paralympics |
| Mod Langs/Music | |
| Modern Languages | S1 French – Sports Spanish – Spanish dance and keeping active through music S3 Spanish – Body parts and importance of health |
| Music | S1-S3 – Relating Music tonality to mood |
| Science | |
| Biology | S3/S4 – Healthiest choice of bread Higher – Effect of the environment on your DNA Advanced Higher – Health and Safety in Science |
| Chemistry | The chemistry of sports drinks and elements in the body |
| Physics | S3-S6 – car safety - impact in collisions, air bags, crumple zones, friction on surfaces and around bends and also human reaction times |
| Science | S1/S2 lessons – starter activity describing the importance of a healthy and mind |

CARING LEARNING ACHIEVING



Website



Show My Homework



Renfrewshire
Council

www.gryffehigh.com



Gryffe High



Follow us on Twitter
@GryffeHighSch
@Gryffe_Sports

Wellbeing
GryffeStyles Awareness Week

Events and activities

| <u>Date</u> | <u>Time</u> | <u>Event</u> | <u>Member(s) of Staff</u> |
|------------------------|--------------------|--|--|
| Monday 20 September | 8am – 8:40am | S5/S6 Basketball Shooting Programme | Mr Malcolm |
| Monday 20 September | 8:50am – 1:15pm | S1 Health Day | Mrs Costello & Various Staff |
| Monday 20 September | 1:25pm – 1:50pm | S1-S6 Volleyball *CLUB LAUNCH* | Mrs O’Hare |
| Monday 20 September | 3:45pm – 5pm | S1-S3 Netball *CLUB LAUNCH* | Miss Clark & Senior Pupils |
| Tuesday 21 September | 1:25pm – 1:50pm | S1-S6 Netball *CLUB LAUNCH* | Miss Clark, Miss Holmes & Miss Still |
| Tuesday 21 September | 3:45pm – 5pm | S4-S6 Netball *CLUB LAUNCH* | Miss Clark, Miss Holmes and Miss Still |
| Tuesday 21 September | 3:45pm – 4:45pm | ‘Inside Out’ – Calming outdoor activities to improve wellbeing | Ms lafrate |
| Tuesday 21 September | 3:45pm – 4:45pm | Under 13s Football Trial | Mr Friel & Miss Wright |
| Wednesday 22 September | 12:35pm – 1:00pm | S1-S3 Basketball *CLUB LAUNCH* | Mr Malcolm & Mr Vannet |
| Wednesday 22 September | 12:35pm – 1:00pm | S1-S6 Table Tennis *CLUB LAUNCH* | Mr O’Hare |
| Wednesday 22 September | 3:00pm – 4:00pm | Activ8 Session 5 | Various Staff & Sports Leaders |
| Thursday 23 September | 3:45pm – 5pm | S4-S6 Basketball *CLUB LAUNCH* | Mr Vannet |
| Thursday 23 September | All Day | VIRTUAL Run, Walk, Swim, Cycle Event | PE Staff |

CARING LEARNING ACHIEVING



Website



www.gryffehigh.com



Gryffe High



Follow us on Twitter
@GryffeHighSch
@Gryffe_Sports