



GRYFFE HIGH SCHOOL

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Head Teacher: Mr Colin H Johnson BSc



Dear Pupils and Parents/Carers (Existing S1, S2 and S3 pupils)

I hope you are well and staying safe.

It's so hard to believe that many of you should have been away on Activities today – Athens and Tolo; Barcelona; Rome and Sorrento; London – and other activities during this week – Creative Bakes; Fishing Frenzy; Fort William; Scary Scotland – Blair Drummond Safari Park, Loch Lomond Sea Life Centre, Edinburgh Dungeons; Ultimate Experience – Flip Out, Climbzone, Scotkart, Laser Quest; Virtual Reality Gaming.....etc

The whole focus and theme of Activities Week is to celebrate the end of the school timetable 2019/2020, build relationships, have fun and improve personal wellbeing, and get all set to start our new timetable 2020/2021 on Tuesday 26 May.

Unfortunately, due to the current circumstances, we have to really focus on staying safe and on our wellbeing, as well as the wellbeing of others – **Caring.**

Welcome to Mental Health Awareness Week at Gryffe

To support and celebrate Mental Health Awareness Week Mrs Costello has put together different ways that we can bring awareness to this key issue in a virtual world!

- The attached **presentation** is a series of slides for ALL pupils that explains the importance of the week and the different activities they can get involved in.
- Miss Dumbreck has produced some amazing work for us all this week. Please see the attached **'Thank You' cards**. Due to the theme of the week being Kindness and the success with our *World Kindness Day* in November, we have produced virtual kindness cards. I am encouraging you to email to both staff, pupil, parent, community member, whoever you would like to thank and help share some kindness with during this unsettling time. Cards have also been designed with some house colours, although this does not have to be the meaning behind the colour. Just download, attach and send to bring some smiles and gratitude this week (and future weeks!)

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Website



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www.gryffehigh.com



Gryffe High



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- The following link takes you to our Mental Health page on the Support for Learning Website. Mrs Costello will upload/change/add information here on a fortnightly basis. <https://gw07brownfiona6.wixsite.com/support/mental-health>
- Please follow **GryffeHigh_Wellbeing** on **Instagram**, where Mrs Costello will be highlighting throughout the week the different ways that all members of our school community are getting involved.

There will be lots more ideas/activities coming your way over the week - when using social media please use the **#GryffeCares** - as Mrs Costello would like to collate all images for a future project with the Mental Health Foundation. A full list of all social media accounts linked with the school will be uploaded to the school website tomorrow.

As you would expect from me, I also believe that routines are very important in maintaining balance and positivity. Please keep doing the tasks sent out by your teachers, and keep in touch with them for help or to simply say that a task will be submitted a little later but that you are trying hard.

As you know we have created a tracking spreadsheet covering all pupils, covering all subjects, and are asking teachers to update us in regard to pupils doing the work and engaging with the learning. **Should a pupil not be engaging we will either contact them and/or parent/carer, or possibly visit the house, albeit with clear social distancing, in order to establish how we can help more. I hope to visit some pupils this week to simply ask how things are going, and possible hand out some resources/course work.**

Timetables have been completed and will be emailed to pupils over the next week, to new S3 and new S4 (as new S2 are mainly following the same subjects), with our timetable changing on Tuesday 26 May:

S1 becoming new S2;
S2 becoming new S3;
and
S3 becoming new S4

Please also remember that resources - jotters, paper...etc – are available from the Church on request. Please look for all the details under 'Brief Updates' on the school website.

Finally, please try your very best to do all your subject work, and take care.

Mr Colin Johnson
Head Teacher

Upcoming dates/priorities

Friday 22 May – Holiday
Monday 25 May – Holiday
Tuesday 26 May – Start of new timetable for new S2, S3 and S4

..... new S5 and S6 should already be following their new timetables

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