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Our Ref: PG/CC

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Dear Parent/Carer

Well this is the final newsletter of Term 3 and what a term it has been. I really want to thank everyone hugely for all their very hard work and support throughout this term and wish you all a well-deserved relaxing Easter break.

I think Speyside High School community is something special and this has just been underlined over this past term and year. I want to take a moment to reflect on all the extreme difficulties that everyone has experienced and offer my support and thanks to you all.

You may be aware that the Scottish Government is not making a final decision on a full return until Tuesday 6 April. We are however working on the assumption at this time that a full return will happen – so to this end there are a number of things I would like to remind everyone of and I would like to refer you to the attached Spey Safe Bulletin.

Self-Testing Programme

Following publication of the advice from the Scottish Government and NHS Test and Protect participants of the voluntary self-testing programme are not required to test during the Easter holidays. However, we have advised that all participants must re-commence testing on Sunday 11 April and we appreciate your support with putting this in place.

Please can we also remind you that tests should only be undertaken by the person they have been allocated to and should not be distributed to anyone else.

We continue to use our school website to upload copies of correspondence sent home and we have created a section for the self-testing programme. Copies of documentation issued is available via the link below and we will also upload copies of updated documents received from the Scottish Government.

<http://speysidehighschool.net/parent-news/self-testing-program>

The self-testing process has proven to be an effective measure in ensuring the health and safety of all at Speyside High School. Please, if you have not already collected kits please do this as soon as possible to protect the health and wellbeing of all at Speyside High School.

Laptops

Thank you to everyone who returned laptops this week. Please can we ask that remaining laptops be returned to the school next week, ie from Monday 29 March through until Thursday 1 April. This will allow us time to get them operational again for when all young people return on Monday 12 April. There will be a clearly labelled box at the school reception for you to place laptops in.

Assessment Calendar for Senior Phase/.



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Assessment Calendar for Senior Phase

As per the SQA timeline sent previously, the first round of assessments will begin on Monday 19 April and run for 2 weeks. The second set will run from Monday 17 May for 2 weeks. This assessment calendar is still being worked and will be shared with you as soon as we are able to.

Parent Wellbeing Toolkit Programme

Speyside High School's Parent Peer-Support Group, in partnership with the Moray Wellbeing Hub, would like to invite you to participate in a free 9-week Parent Wellbeing Programme. The course, which is being run by the Parent Network Scotland, offers parents the opportunity to try techniques which promote wellbeing, nurture, and respect, in both themselves and their children. The programme starts on Tuesday 13 April (10.30→11.30am) followed by a further 8 sessions (same day/time). Further information is available at <https://www.parentnetworkscotland.com/>. Booking is essential: <https://buytickets.at/moraywellbeinghub/486092>.

Parent Council Update

We have had a productive few months and have managed to get to know each other and make the best use of our strengths. Our first formal meeting on Tuesday 2 March was well attended and we enjoyed meeting all three Speyside Councillors and Rev. Andrew Kimmitt. Mrs Goodbrand updated us on how school life was feeling and looking.

There have been individual challenges, tech frustrations, tensions in the home and at school but we have all come a long way in trying to adapt to new ways of teaching and learning. There is an understanding also of everyone's mental and emotional wellbeing and as a parent I particularly valued the opportunity to read and comment on the draft Mental Health and Wellbeing policy. If you haven't had a chance yet, I recommend it, if even as a conversation opener within your family.

Please keep an eye on the Parent and Carer section of the school website for the minutes of our meetings, our contact details and for any upcoming fundraising events.

We have some fundraising ideas in the planning stages but for now please use the Clothing Bank at the school as this keeps the funds trickling in. You will find the 'bin' in the staff car park.

Every parent and carer at Speyside is part of the Parent Forum and from there we can choose to become part of the Parent Council. Our AGM in September will be your chance to become more involved.

Our Parent Council wish to say a huge thanks to Mrs Goodbrand and the whole Speyside High staff team for continuing and developing the learning opportunities for our youngsters and to each and every one of you, we hope/.



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hope you find some rest, recuperation, fine spring weather and maybe a wee bit of chocolate ... Happy Easter everyone.

Children and Adolescents Mental Health Service (CAMHS) – Webinars

The NHS Grampian CAMHS Early Intervention team have developed a series of webinars to support parents to support themselves and their children during a time when we know anxiety is likely to be increased. Webinar topics include: managing anxious behaviours, talking to your child about anxiety, looking after your mental health and wellbeing and supporting your child on the return to school following lockdown. The webinars can be accessed at: <https://www.youtube.com/channel/UCID3OzHwIngMuHVcoQXZvYQ>. We hope that you find these useful.

Yours faithfully

Mrs P Goodbrand
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