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Our Ref: SLT/CC

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Dear Parent/Carer

As ever I hope this letter finds you all well and I hope we are all able to enjoy some nice weather this weekend as we move into October.

I have been delighted to see the joy with which many young people have shown when being able to take part in extra-curricular activities recently. It gives me a feeling that we are moving in the right direction in terms of COVID-19. We have also been lucky enough to have some young people involved in a fishing experience on the Spey, thank you to everyone who has been involved in organising all of these activities.

The first Monday after the holidays we are holding a 'Fresher's Fair' that will highlight all extra-curricular activities available to young people, all S1 and S2's will be given the opportunity to attend this during the school day.

COVID-19

Unfortunately COVID-19 continues to rule a lot of what we are doing and how things are run in school. In particular I thank all those parents/carers who have been supportive when we have had to send young people home with original or extended COVID-19 symptoms. I am sorry for the inconvenience this may cause but this is a Scottish Government directive and I appreciate your understanding in this matter. The NHS Inform website offers clear guidance around this: <https://www.nhsinform.scot/>

Symptoms: A high temperature, a new continuous cough and/or a change to your sense of smell or taste.

Extended Symptoms: General weakness, sore throat, shortness of breath, diarrhoea, headache, muscle pain, runny nose, dry or productive cough.

If your young person has been sent home with symptoms/extended symptoms please email admin.speysidehigh@moray-edunet.gov.uk with their PCR test result as soon as possible, this must be prior to them returning to school.

School Uniform

As mentioned in my first letter, we had taken a relaxed approach to uniform up until the Summer holidays. I am now keen that we get back to our high uniform standards:

1. White shirt with school tie and black jumper/cardigan/sweatshirt/black jumper with school logo

OR

2. Polo shirt with black jumper/cardigan/sweatshirt/black jumper with school logo

and/.



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-2-

AND

Option 1 or 2 along with: black trousers/skirt/shorts **and** black shoes

Please note that a plain black jumper or sweatshirt is perfectly acceptable as uniform. A branded Speyside High School jumper does not have to be worn. Any smart black trousers are acceptable, but joggers should not be worn other than if attending PE first thing, and then they should be changed for uniform trousers.

Again I thank you for your support in this matter, we are proud to be members of Speyside High School and our uniform is a part of that.

Self-Testing Programme

Please ensure where possible young people are completing a Lateral Flow Test twice a week during the holidays. Young people must test the night before their return to school on Monday 25 October. Test kits continue to be available from the school during lunchtime on a Tuesday and a Thursday and they are more widely available now via your local pharmacy and they can also be ordered online.

Flu Vaccinations

The NHS team will be administering the flu vaccinations on Monday 4 October to all young people who have completed consent forms. Please note the NHS team have advised us that "any child with no consent form returned, will not get vaccinated on the day, but will have to make an appointment at a local pharmacy later in the year." A timetable for the day will be made available in school to young people so they know their appointment time.

If you have consented for the seasonal flu vaccine and are known to have asthma, if any of the following applies in the 3 days prior to Monday, please get in touch with the immunisation nurse via email: kerrie.duncan@nhs.scot

- Increased inhaler use
- Increased wheezing
- Use of oral (by mouth) steroids.

SQA

Please see the attached message from the SQA, this is the latest updated information we have from them.

Yours faithfully

Mrs P Goodbrand
Head Teacher



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