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Our Ref: PG/MF

Date: 19 May 2023

Dear Parent/Carer

As ever I hope this letter finds you well and hopefully we will be able to enjoy some nice weather this weekend.

SQA Exams and the End of Exam Leave

Our young people in the Senior Phase continue to conduct themselves very well during the SQA Exams.

Exam leave comes to an end on Monday 29 May and all young people who are returning to S5 and S6 should return to school on **Tuesday 30 May in full school uniform**. Details of our induction programme was sent out earlier this week.

IDL Week

This week has seen our traditional timetable suspended and young people working in an Interdisciplinary way to advance their learning.

Many amazing projects have been taken forward and lots of partnerships with our wider community strengthened.

Young people have had many different experiences and all parties have commented on how respectful our young people have been.

Thank you to all our partners and to all colleagues in school who have made this week such a positive experience.

Moray Wellbeing Hub (MWH) – Neurodiversity Parent Empowerment Group (24 May - 7pm to 8pm)

At Speyside High School we have developed a positive relationship with the Moray Wellbeing Hub as part of supporting young people and families within the area. Please see the opportunity below for parents/carers to become involved in a newly formed Neurodiversity Parental Empowerment Group:

At Moray Wellbeing Hub we seek to improve the mental health and wellbeing of all people in Moray, young and old alike, through the values of Authenticity, Mutuality, Empowerment, Coproduction, Strength-based Focus and Respecting Rights.

One of the ways we do this is to listen to your ideas about what you want in your community to support, enhance and inspire you to live your best life. With this in mind we are looking to create and develop a Parent/Carer Empowerment Group for those who have neurodiversity in their families by setting up an initial meeting whereby you can attend and give your input into what those activities will look like for you going forward.

We will use our expertise and lived experience to support and facilitate the space in a safe, welcoming, peer-led way to best meet your needs.

Join the Neurodiversity Parent Empowerment Group!

Are you looking to share your experiences of raising and supporting a neurodivergent young person? To support parents/carers with similar experiences and feel supported yourself?

Neurodiversity/.



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Neurodiversity is an umbrella term for brains that are wired differently. Conditions that could fall under this term are: Autism, ADHD, Dyslexia, Dyspraxia or DCD, Dyscalculia and many more. (If you are uncertain, please get in touch).

The aim of this parent/carer empowerment group is to share and support fellow parents/carers that might experience similar challenges, but also about acknowledging the strengths and qualities of each young person. As a parent/carer, you will be able to shape the form of this group, how, when and where the group meets, if you would prefer certain activities, drop-ins, less or more structured chats. It's up to you!

This Neurodiversity Parent Empowerment Group is facilitated in partnership between Speyside High and Moray Wellbeing Hub. Moray Wellbeing Hub is a social movement of people with lived experience of mental health and wellbeing challenges that are passionate about using lived experience to provide peer support and create positive change in Moray. More information: www.moraywellbeinghub.org.uk.

To join us on 24 May from 7-8pm please follow the link below:

<https://us06web.zoom.us/j/88913688683>

Keeping Children Safe Online - Workshops for Parents & Carers

Being online is an important part of young people's lives. It's an exciting space for them to explore and connect, with all sorts of fun and educational stuff to discover. However, there can be some risks too.

As part of 'Moray – Let's Chat Online Safety' they will be running monthly workshops on Zoom for parents, carers and anyone supporting children or young people.

These one hour zoom workshops will:

- help you understand how young people experience being online
- show you resources and tools that help keep them safe
- empower you to guide them on their journey

[You can register for one of the monthly workshops here.](#)

For more information, contact Euan Graham from NSPCC Scotland: euan.graham@nspcc.org.uk

Speyside Children's Arts Festival

Please find attached information regarding the Speyside Children's Art Festival on 1 July 2023.

Yours faithfully

Mrs P Goodbrand
Head Teacher



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