



**PATRICIA GOODBRAND** BSc(Hons), MEd

*Head Teacher*

**Speyside High School Mary Avenue, Aberlour AB38 9QU**

**Tel 01340 871522**

**Email [admin.speysidehigh@moray-edunet.gov.uk](mailto:admin.speysidehigh@moray-edunet.gov.uk)**

**Website [www.speysidehighschool.net](http://www.speysidehighschool.net)**



Our Ref: PG/MF

Date: 26 May 2023

Dear Parent/Carer

I hope this letter finds you all well. The lovely weather has begun just in time for us to move to our new timetable on Monday 29 May.

This means that all young people will move up a year on that day so for example S1 becomes S2 etc.

### **New Timetable**

All young people in S1 and S2 should have received their new timetable this week. New Senior Phase young people will receive their new timetable next week during their Induction days. There may be adjustments that will need to be made to some, so I thank you in advance for your patience and support if this arises

New S4 begin their induction on Monday 29 May with work on their Scottish Studies qualification. We hope the weather holds for their work at Criagellachie Bridge that day.

Further induction activity will take place over Tuesday 30 May and Wednesday 31 May. New S5 and S6 will return on Tuesday 30 May for two days of induction.

### **School Uniform**

With the start of the new timetable I would expect to see all young people in full school uniform as below:-

1. White shirt with school tie and black jumper/cardigan/sweatshirt/black jumper with school logo  
OR
2. Polo shirt **not a round neck t-shirt** with black jumper/cardigan/sweatshirt/black jumper with school logo

AND

Option 1 or 2 along with: black trousers **not joggers or leggings**/skirt/shorts **and** black shoes **preferably not trainers**

Please note that a **plain** (with no other logo) black jumper, sweatshirt or hoodie is also perfectly acceptable as uniform. A jumper or hoodie with the Speyside High School logo does not have to be worn. Any smart black trousers are acceptable, but joggers and sports leggings should not be worn unless for PE, and then they should be changed for uniform trousers.

### **Stepping Out at Speyside Day**

On Tuesday, we welcomed 80 P7 pupils from our local Primary Schools as part of the transition process. The young people had an opportunity to participate in a wide range of activities including Boxercise, Indoor Curling, Football, Rugby, Summer Games and Outdoor Activities which was led by the Speyside Youth Group. It was a fantastic day with young people having an opportunity to make new friends as well as participating in activities to encourage skill development. We look forward to seeing the P7 pupils again in June when they will be joining us for 2 days following their timetable for S1.

**S3 Back /.**



**Healthy  
Respectful  
Responsible  
Achieving  
Ambitious  
Dedicated**



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### **S3 Back to the Future School Day**

On Wednesday we welcomed a group of S3 parents/carers who participated in a range of classes as part of the Back to the Future School Day. Classes included History, PE, HE, Maths, English and Science. The experience allowed the parents/carers to experience what a school day for their young person feels like at SHS. Events of this nature allow us to continue to build on our strong partnerships with parents/carers and we look forward to offering this opportunity again in the future.

### **Moray Wellbeing Hub (MWH) – Parent Empowerment Group Relaunch (30 May 2023 - 7-8pm)**

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 relaunch of the Parental Empowerment Group:

*At MWH 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 relaunch the existing Parent Empowerment Group for 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 relaunch of the existing Parent Empowerment Group!*

*Are you looking to share your experiences of the challenges of raising young people? To connect with and support parents with similar experiences and feel supported yourself?*

*The aim of this Parent Empowerment Group is to relaunch the existing group and to share and support fellow parents that might experience similar challenges. It's also about acknowledging the strengths and qualities of each young person. As a parent, 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 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](http://www.moraywellbeinghub.org.uk).*

*To join us on 30 May from 7-8pm, please click the link below:*

<https://us06web.zoom.us/j/86200576981?pwd=OC9mcmdtYVRRUXRvejJmMnpUeDFqZz09>

*Meeting ID: 862 0057 6981*

*Passcode: 178651*

**Keeping /.**



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### **Keeping Children Safe Online: a workshop for parents and carers**

NSPCC are offering workshops on Zoom for parents, carers and anyone supporting children or young people as part of 'Moray – Let's Chat Online Safety'. The one hour Zoom workshops will:

- help you understand how children 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 our monthly workshops here.](#)

Yours faithfully

**Mrs P Goodbrand**  
**Head Teacher**



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