

DEC  
2017



# Whitburn Academy

WHITBURN ACADEMY NEWSLETTER - Winter 2017

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Our Mock Court Case Team for Session 2017/18





Dec  
2017

## FROM THE HEADTEACHER...

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Dear Parent/Carer,

Welcome to the winter edition of our newsletter. Please read on to get a flavour of what has been happening during this very busy term.

This week of course has been all things Christmas. On Tuesday I had the absolute pleasure in attending my first Whitburn Academy Christmas concert. I spent most of the evening in awe of the many different talents of our young people not to mention the brilliance of our newly formed staff band!

I believe that Christmas is very much about a time for giving to those less fortunate than ourselves and this week we have also been demonstrating our value of compassion in abundance with all of our senior pupils organising events as we focus on raising money for our nominated charities. So far we have raised in excess of £2500 and we still have another day of events to go!

I would also like to take the opportunity to say a huge thank you to all of our staff who, as ever, work tirelessly for our young people to ensure they have so many opportunities both within and beyond the classroom.

Finally, I hope you all have a relaxing and restful festive break.

Merry Christmas.

Tracey Loudon

Head Teacher,  
Whitburn Academy



West Lothian  
Council



## PAIRED READING

As part of our efforts to improve the learning experience and attainment of pupils, the paired reading programme is well underway in the Academy.



S6 volunteers support their S1 buddy with reading in the library every morning during tutor time except their assembly day until the end of first term. This is an opportunity for S1 pupils to read a range of different fiction and non-fiction stories, supported by an S6 pupil.

The programme is designed to enhance pupils reading skills and their engagement with books. Most importantly we hope they enjoy the experience.

## P7 OPEN EVENING

On Wednesday 11th October, Whitburn Academy held it's annual Open Evening for the parents/guardians of Pupils in Primary 7 at

Primary Schools within the school catchment area.



Over 250 parents/guardians and children came to see some of the excellent learning opportunities and extra curricular activities that our schools offers.

This was followed by a brief welcome and introduction to the school by Deputy Head Teachers Miss Totten and Mr Shankland. Our guests were then split into groups and our S6 guides took them on a brief tour of various departments around the school, including Science, DMG, Art, Home Economics, Music, English, Languages, Learning Support, Social Subjects, Maths, Business Studies and Computing.

Feedback from our visitors was positive and we would like to thank everyone who attended, including the many pupils and staff who participated in a successful night.

## FAT BOY SWIM QUIZ

Over the past few weeks, as part of our One School, One Book scheme, pupils in S1-S3 have been reading chapters 1-7 of 'Fat Boy Swim' by Catherine Forde.

On Friday 13th October, the English Department tested their pupil's knowledge of the adventures of Jimmy Kelly with a fun quiz during class time!

The quiz was well received with some friendly competition taking place between some of the classes and Ms Loudon to see who could get the highest score!



Our photograph shows some of our S1 pupils taking part in the quiz.

## SCOTTISH PARLIAMENT VISIT



Mr McNeill's National 5 Modern Studies class went to on a visit to the Scottish Parliament in Edinburgh on week beginning 23rd October.

When they arrived at the parliament, they were given an brief talk introducing the parliament, the people involved either as MSP's or behind the scenes and they were given a brief history of the parliament.

At 12 noon, they had front row seats in the viewing gallery of the debating chamber to watch First Minister's Questions. The pupils found this really interesting to watch.

After First Minister's Questions, the class met Neil Findlay MSP and got the opportunity to ask him some questions.

The class enjoyed their visit to the parliament and would go again if they ever get the opportunity.

## GLENOCHIL PRISON VISIT

Mr McNeill's National 5 Modern Studies class went on a trip to Glenochill Prison on week beginning 23rd October.

The class were given a tour round the prison by Nicole, who is one of the employees there. She also answered a number of questions that the pupils had.

During the tour, they visited an area of the prison called 'Devon', which is for prisoners who are a danger to themselves and others.

The class got to look inside a cell and found that not only is the cell very small, but the facilities within them are also basic. The class passed some prisoners while they were walking around and they had no handcuffs on and were able to walk around freely.

Some of the class commented on how friendly the prison was and that it was nothing like what they had expected.

Overall, the class felt that it was a worthwhile trip that would help with their assignments.



## FASHION PHOTOGRAPHY DISPLAY



Ellie and Gemma, two of our senior pupils, have had some of their work on display as part of a fashion photography project.

The stunning work produced by both pupils is part of a larger exhibition that has seen work by pupils from eight secondary schools from across Scotland feature.

Ellie and Gemma's work was on display in the Learning Centre Foyer on Level 4 of the National Museum of Scotland in Edinburgh from October until Sunday 10th December.

## HALLOWEEN POP UP CAFE

On Friday 27th October, a group of S4/S5 pupils planned, delivered and evaluated a Halloween Pop - Up Cafe as part of their Level 5 West Lothian Employability Award.

They have been working towards this award every Friday morning so far during session 2017/18. The course is being delivered in partnership with The Larder catering school.



The pupils made and sold a number of items including nachos and Hot Chocolate. This was the first Pop up Cafe event that the pupils have held this session and hope to run more of them over the course of the year.

## MOCK COURT CASE 2017

On 1st and 2nd November, two teams of pupils took part in the Mock Court Case trials in Edinburgh.

Our Defenders team was led by Samira and Jenna who took the role of solicitors. They ruthlessly destroyed the compensation claim and had it reduced by 75%. Andrew, who played the role of a medical witness, was praised by the Sheriff for his confident and detailed delivery.

Our Pursuers team also did well. They were lead by Elena and Andrew and gained a 50% award for damages for their client (Amy) after proving that the defender was partially negligent.



Unfortunately neither of the teams got through to the final, however it is possible that some individuals may win awards. The award winners will be announced at the awards ceremony, which is being held in the Signet Library on Wednesday 15th November.

## DANCE COMPETITION SUCCESS

On 1st November, our junior dance team took part West Lothian Schools Dance Competition.

For some of the girls it was their first competition for the school and they finished in 3rd place following an excellent performance! Well done to Ellie, Billie, Zoe, Summer, Linzi

and Jenna who made up the team and earned our best result in this competition in recent years.



## LESSONS FROM AUSCHWITZ PROJECT

On Thursday 9th November 2017, two senior pupils, Megan and Cari visited Auschwitz-Birkenau for the day.

This was part of the Holocaust Educational Trusts 'Lessons from Auschwitz' project, which consists of two seminars, a one-day visit and a next steps project, through which students share their experience with their peers and local communities.

The project aims to increase knowledge and understanding of the Holocaust based on the premise that 'hearing is not like seeing' and to signal what can happen if prejudice and racism become acceptable.

Both pupils found this experience emotional and an unforgettable one. They proudly represented the school as they participated in discussion and reflection with Educators from the Holocaust Educational Trust and with pupils from schools across Scotland.



The day finished with a memorial service, in which pupils were asked the role in which they could play to ensure this event in history is never forgotten.

The pupils placed a memorial candle on the tracks of Birkenau and will now go on to become ambassadors of the trust to ensure the pupils of Whitburn Academy are aware of the History of the Holocaust and its relevance to today's world.

## KARATE BRONZE FOR CHLOE

During November, Chloe, one of our S4 Pupils took part in the European Karate Championships in Paris.



After a fantastic effort throughout the competition, Chloe won a bronze award. Well Done Chloe!

## DEFIBRILLATOR HANDOVER

Whitburn Academy students raised funds last year through a non dress code day and other events so that the school could purchase a defibrillator for the school building.



This dream became a reality today with ALBA Care sourcing us a defibrillator that can be



used in school and with the local community.

We will be launching this to the school and the community in the coming weeks and training staff on how to use the equipment.

More information to come.

## MOCK COURT CASE AWARDS CEREMONY

On 15th November, the pupils involved in the Mock Court Case attended the awards ceremony for the event at the Signet Library in Edinburgh.

Anna and Andrew, two of our pupils performed the song 'Hallelujah' at the event.

Although we did not win the competition, our defenders team won the 'best solicitor' award which is shared between Jenna and Samira.

Meanwhile, Andrew and Jenna were selected for the shortlist to win a place at the International Mock Court Case which will be happening in The Hague in Holland in January.

Both of our teams have worked really hard over the past few weeks so it is satisfying to see their efforts acknowledged by these rewards.



## ECO COMMITTEE AT THE HARRISON HUT

Whitburn Traders, a local community group, are working to improve Whitburn and the surrounding area.

They were given permission by West Lothian Council to upgrade the Harrison Hut, located behind the library, for community use, this included the fitting of new windows, doors and flooring as well as a repaint.

Whitburn Academy are working closely with the group on a range of projects, the first of these being to help with planting some winter

plants and shrubs in the gardens surrounding the hut.

On Wednesday 15th November, members of the Eco committee armed with pitch forks and trowels, headed up to the Harrison Hut and spent the morning transforming the garden.

The transformed Harrison Hut was unveiled to the public on Saturday 18th November, with a Farmer's Market being held. Our Vine Trust pupils had their own stall at the event selling a number of home made items including Tablet and Shortbread.

Our collection of photographs show the pupils hard at work in the Harrison Hut Garden.



## CHILDREN IN NEED

On Friday 17th November, the Charity Committee arranged a non-uniform day, bake sale and held some competitions to raise funds for BBC Children in Need.



Overall, we raised the fantastic total of £846.50! Well done and thank you to everyone who contributed to the event and helped us to raise an excellent sum of money for a worthwhile cause.

## LEAD CLIMBING CHAMPION

On 18th November, Hannah, one of our S2 pupils, represented Whitburn Academy at the Climb Scotland Schools climbing competition at Glasgow Climbing Centre.

She finished first in the Lead Climbing championship for her age group. Hannah will

be taking part in the UK wide competition in December.

Well Done Hannah!



## SWIMMING COMPETITION QUALIFIERS

Recently, a number of our pupils have taken part in qualifiers for the Scottish Schools Swimming Finals.



Well Done to Daniel, Erin, Katie, Summer and Sophie, who have all qualified for the finals!

## MOCK COURT CASE AWARD WINNERS



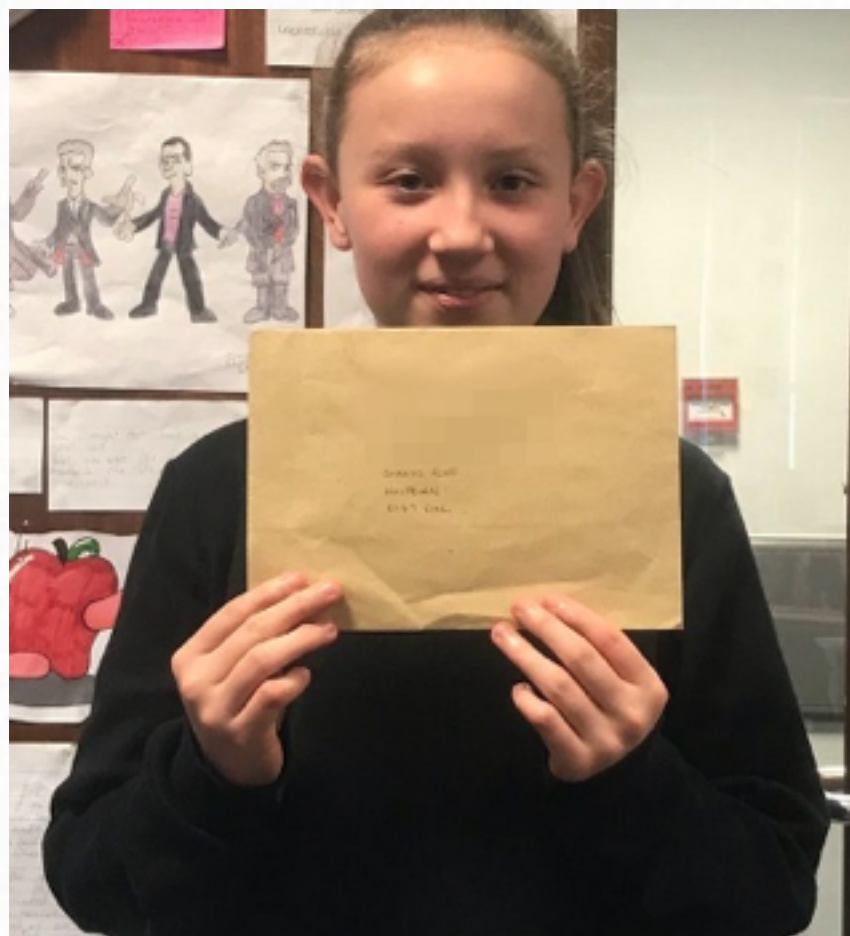
During the Mock Court Case, the pupils who took part put in a fantastic effort and although we did not win the competition, we did have two pupils win an award.

Jenna and Samira, our defenders team, won the 'best solicitor' award. Our photograph shows both girls with the trophy.

Well Done Jenna and Samira!

## LETTERS TO PRIMARY SCHOOL

Every year, our SI pupils write a letter to the teachers at their old Primary Schools.



This year has been no different, with our pupils putting great effort into writing a letter over the past few weeks to thank their old primary school and their teachers and to let their old teachers know how they are getting on.

The letters have been sent off in the past few days and we have already had our first reply back!

Our photograph shows one of our SI pupils with their letter!

## INTERNATIONAL MOCK COURT CASE

Congratulations to Jenna who has been selected for the Scottish team that will be completing in the international Mock Court Case competition in the Hague in January 2018.



Jenna had already won the 'best solicitor' award along with Samira last week and was selected after delivering a three minute speech to the team tutors last Sunday.

## GEOGRAPHY GOES LIVE ON TEAMS APP

All pupils who have opted to study Geography from S3-S6 have been added to our new digital learning platform Teams.

This means Geography students will be able to communicate with all other pupils from their

class as well as Geography pupils from other year groups. In addition to this, everyone has an easy way to communicate with their teacher, Mrs Whyte, outside the classroom.

This week we have already seen pupils post up photos of their favourite aspect of Geography. The Teams App can be used for a large range of activities like posting homework tasks, asking a friend or teacher for help with homework.

In addition to this pupils will be using the App as an interactive revision tool and as a platform for in depth discussion of their learning in Geography. Pupils can upload photos, post comments, upload videos, post links to articles and websites, upload files as well as see files and notes posted by the teacher.



Each week a pupil will be assigned as 'Teacher of the Week' and they will try to

invoke discussions surrounding topics they have been studying in class. All we need now is for everyone to interact on the App to ensure pupils get the full benefits from using Teams.

With commitment from pupils, this truly is Anytime Anywhere Learning (AAL) in action.

## S6 AND STAFF CEILIDH

On Friday 24th November, the S6 Events Committee held a Ceilidh for S6 pupils and staff.

It was a brilliant and hugely successful evening with a fantastic turnout of S6 pupils and staff.

The S6 pupils spent the full night on the dance floor and highlights included everyone dancing to the Gay Gordons accompanied by a piper playing the bagpipes live and Auld Lang Syne at the end of the night.

The Ceilidh will be an event that the pupils will remember for a long time.

The S6 Events committee would like to give a special thanks to the following people who helped with the event:

: Mrs Lingham from the Office who organised the music for the evening

: Our musician, who was fantastic!

: Mr Hawthorn (IT/AV Technician), who set up the lighting and sound for us

: Miss Laing and the PE staff, who took the time to teach the pupils how to dance during their PE Lessons

: Home Economics, who allowed us to use their rooms to prepare the buffet



:The Janitors, who opened up the school for us

Please visit the School [Twitter page](#) to see some more photographs and a few videos from the Ceilidh.

## ONLINE CAREERS SERVICE AMBASSADORS

West Lothian is the first local authority in Scotland to have My World of Work Ambassadors in place throughout all of its secondary schools.



My World of Work Ambassadors act as peer advocates within their schools for Scotland's careers web service. All 11 West Lothian schools have signed up for the 2017-18 session and a total of 109 volunteers from S3-S6 year groups.

The volunteer ambassadors have started their training and are planning activities to encourage

others to use the great tools and resources available on My World of Work.

As well as helping pupils develop key transferable skills for employment, the programme develops their career management skills and provides evidence for Wider Achievement Awards, personal statements, C.Vs, applications and interview preparation.

Please visit <http://www.skillsdevelopmentscotland.co.uk/news-events/2017/november/online-careers-service-ambassadors-in-every-school/> for more information.

## CHRISTMAS IS COMING!

On 29th and 30th November, the Assembly Hall was decorated for Christmas with the building of the Christmas Tree and hanging of the '12 Days of Christmas' banners around the hall.

The tree, which included almost 280 branches which had to be individually opened was built and decorated by Mr Woods and Mr Hawthorn with help from 10 S1-S3 pupils and is looking fantastic!

Thank you to everyone who was involved!





## FOREIGN LINKS AROUND THE GLOBE

For further information, please visit [www.flag-intl.co.uk](http://www.flag-intl.co.uk), email [flag@flag-uk.com](mailto:flag@flag-uk.com) or phone 01382 698670.



On Friday 1st December, the S6 pupils had an extra assembly led by 'Foreign Links Around the Globe'.

'Foreign Links around the Globe' offer the opportunity for S6 pupils to spend an academic year in the USA, giving them the chance to experience the American way of life.

They also offer the opportunity for a 4 week long visit to the USA during the summer.

A copy of the PowerPoint shown at Friday's assembly and the flyer handed out can be downloaded from the [School Website](#)

## WIND BAND SUCCESS!

On Saturday 2nd December, the Wind Band took part in the Scottish Concert Band Festival at Inveralmond High School in Livingston.

The band received a silver plus award for their outstanding performance and efforts that they put in. This is a massive achievement for the pupils as many of them have never competed as a band before! The pupils have also qualified for the finals of this competition, which take place in Perth in March 2018.



Congratulations to everyone involved with the band.

## MUSIC EXAM SUCCESS



Congratulations to Tori, one of our S2 pupils, who recently sat her Level 2 ABRSM flute exam.

Tori passed with Merit! This was a fantastic award and was the first music exam that Tori has sat. Well Done!

## CAMPAIGNING FOR VOTES

During week beginning 4th December, S1 Social Studies pupils have been getting political!



Working in groups, the pupils were given a political party and they then had to choose issues to campaign for that are important and relevant to the people of Whitburn.

After designing posters and publicity materials, the pupils then had to present their campaign to their class.

## ART EXHIBITION

On Monday 4th December, the Art and Design department held its annual Art Exhibition.

The exhibition featured some of the amazing artwork and photography by our current S1-S3 pupils as well as last year's S4-S6 pupils, including a selection of work from folios presented at National 5, Higher and Advanced Higher level earlier this year.



The Art Department staff would like to thank all the pupils, their parents and guardians,

members of the local community and fellow staff members who came along to view the exhibition.

## SENIOR HANDBALL COMPETITION



Congratulations to our Senior Handball team, who were the West Lothian School Sports League West Conference winners!

They followed this excellent win up with a 3rd place finish in the finals, which were made up of teams from the West and East Conferences.

Well Done to all the pupils who made up the squad for the competition!

## BASKETBALL SHOOTOUT

The Whitburn Academy Sports Leaders arranged an inter house basketball shootout competition.

139 pupils participated during lunch break and the final results were as follows:

In 1st place was Douglas House with 37 points

In 2nd place was Wallace House with 36 points

In 3rd place was Bruce House with 22 points



Well Done to Douglas House on winning the competition!

## DIZZY PENALTY COMPETITION

On 14th December, The sports leaders organised an inter house dizzy penalty kick competition!

The competition involved spinning round five times before attempting to take a penalty kick! The event was well attended by Pupils and Staff and the results are as follows:

1st Place - Wallace House with 26 points

2nd Place - Bruce House with 25 points

3rd Place - Douglas House with 21 points

Well done to Wallace House who were the winners!

## SCOTTISH OPEN SNOOKER TRIP



As a reward trip, a group of pupils were invited along to the Scottish Open Snooker World Championships at the Emirates Arena in Glasgow on 14th December.

The group got to see top world snooker player Ronnie O'Sullivan in a televised match against Hang Li, followed by a chance to try out the sport for themselves alongside top coaches and officials in a special snooker workshop. Much fun was had by all.

## AUTHOR VISIT

On Monday 18th December, Whitburn Academy welcomed Cathy MacPhail to talk to a selection of s1-s3 pupils about her novels and the art of creative writing.

An interesting talk was filled with hints and tips to improve the writing skills of pupils, especially her insight into how she builds suspense and intrigue into her novels.

What was particularly inspiring was when she told the enthralled junior pupils that "the best way to become a writer was to read books" and to deconstruct and reconstruct them, asking yourself "what if 'x' did or didn't happen". Advice that will be invaluable to the budding writers of Whitburn Academy.



This was the latest in a long line of authors to visit the Academy over the years. Past writers include Keith Gray, Kathy Ford and James Docherty and we look forward to inviting more in the future.

## CHRISTMAS CONCERT 2017

On 19th December, Whitburn Academy held its annual Christmas Concert.

The concert was well attended by Parents, Carers and invited guests and everyone who attended was treated to a fantastic show.



The concert included a variety of items by our wind band, brass

ensemble, string ensemble, woodwind ensemble, S4 national 5 class, guitar groups, guitar soloist, percussion group and the rock, pop and blues group.

There were 2 groups making their debut at the concert, the staff band, many of whom had only been playing their instruments for 6 weeks and



the S1 and S2 Drama Group, who performed an extract from 'Matilda' the Musical.



Whitburn Academy would like to thank everyone who attended as well as all the performers, music teachers, tutors and all the helpers who worked tirelessly behind the scenes to make the concert happen.



# CHRISTMAS DOOR COMPETITION 2017

Over the final few days of term, tutor classes across the school have been decorating their

classroom doors as part of the Christmas Door Challenge.

Like the Easter Door Challenge, the Christmas challenge was hotly contested with a number of excellent displays all over the school.



## CHRISTMAS FAYRE

On 20th December, Ms Loudon and Mr Shankland went round the school and viewed all the entries.

En route, the judges were treated to music from 1W2 and 5W1 who had members of the school band playing 'Jingle Bells' and 'Rudolph the Red Nose Reindeer'

We will announce the winning tutor group soon!

The first of Whitburn Academy's Help Week events took place on Wednesday 20th December, the annual Christmas Fayre.

Arranged and ran by the S4 and S5 Personal Development Classes, the fayre included many different stalls ranging from raffles and tombolas to cake stalls and face painting.

Pupils from all year groups attended the fayre during the day and helped to raise money towards our chosen charities.



# CHRISTMAS DOOR COMPETITION WINNERS

After a long discussion (many cups of tea, slices of Christmas cake and mince pies!), Ms Loudon and Mr Shankland picked a winner for this year's Christmas Door Challenge!

It was a very difficult decision to make as there was so many excellent Christmas Doors to choose from this year, however, the winning tutor class was ID1 (Miss Findlay's class), with IW2 (Mr Steven's class) and 5W1 (Mrs Whyte's class) finishing in joint second place!





## STAFF CHRISTMAS CAKES

Over the past 3 weeks, members of staff have been designing, making and decorating their own Christmas Cakes.

For many of the staff, this was the first time they had ever made a Christmas cake or had even decorated any kind of cake and we are sure you will agree that the finished results look fantastic!

Thank you to Mrs Cowan, Miss Findlay and Mrs Peebles from the Home Economics Department, for running the club for the staff and to all the members of staff who took part.



## CARE HOME VISIT

On 21st December, the senior pupils of the charity committee and Ms Watson had a fantastic experience visiting Whitdale care



home, where they generously donated many gifts to the elderly.



We were made extremely welcome by the residents who were delighted to have us there. We had a great chat with them all, including singing a few Christmas carols.

It was certainly an experience the pupils will cherish dearly.



## WIND BAND SILVER AWARD

The Wind Band received their silver plus award at the Scottish Concert Band Festival in Livingston.

Here is Ross, one of our SI pupils receiving the certificate and a group picture of the band at the event.



## SI PARENTS EVENING

The SI Parents evening will be taking place on Wednesday 10th January from 4.30pm to 7pm.

Parents can book appointments via our Parents Evening booking system, which can be found at: [www.parents-booking.co.uk/whitburn](http://www.parents-booking.co.uk/whitburn).

## TIPS ON HOW TO KEEP YOUR CHILDREN SAFE ONLINE



The ITV News website contains a helpful and informative guide about keeping your children safe online.

It includes information such as talking to children about online safety, securing devices, search engines and browsers. There is also a handy guide to using privacy settings on social media, advice for children about their online activity and warning signs for parents to look out for regarding online grooming.

Please visit <http://www.itv.com/news/2017-12-05/tips-on-how-to-keep-your-children-safe-online/> for more information

## ART DEPARTMENT CALENDARS



The Art and Design Department's 2018 calendar is now on sale.

The calendar, which is now on sale for the bargain price of £3.50, features work from pupils from S1 -S6 and is a fantastic showcase of our pupil's creative skills.

## CONDUIT BATHGATE

Conduit in Bathgate offer Fast, fair and flexible loans up to £1000.

They are a non-profit organisation who sit on the West Lothian Council Anti-Poverty

Development Group. They offer low interest loans at a lower rate than many of the companies that provide short term emergency loans.



If you need any further information or advice, please visit [www.conduitscotland.com](http://www.conduitscotland.com) or call 0300 111 0559. Alternatively, you can call in to Conduit Bathgate's offices at 79 South Bridge, Bathgate, EH48 1TJ.

## ACT FOR YOUTH

Police Scotland is supporting Counter Terrorism Policing's ACT For Youth Campaign.

ACT (Action for Terrorism) for Youth's key message is to inform young people, particularly those aged 11 to 16, that in the event of a firearms, weapons or terrorism attack to RUN TELL HIDE until the police turn up.



**POLICE  
SCOTLAND**  
Keeping people safe

ACT have created an animated video entitled 'What to do in a weapons attack'. The video is aimed specifically at young people caught in potential terrorist situation and what they should do if they come across any suspicious behaviour.

More information can be found at: <http://www.scotland.police.uk/whats-happening/news/2017/november/police-scotland-supports-act-for-youth>

## KNOW THE SCORE - PARENTS INFORMATION BOOKLET

NHS Health Scotland have released a booklet for parents titled 'You, Your child and drugs' which gives information about drugs (including legal highs and tobacco).



It gives information about talking and listening, facts about drugs, why young people become involved in drugs, what happens to young people who take drugs, and the law. The booklet is available for download from the school website.

## PREVENTING ONLINE SEX ABUSE

Police Scotland are currently raising awareness of how young people can stay safe online, with a particular focus on preventing Online Child Sexual Abuse.



Police Scotland have set up an information page on their website with key messages and links which give more advice and information on the subject.

This information can be found at: <http://www.scotland.police.uk/whats-happening/featured-articles/preventing-online-child-sex-abuse>

## EATING FOR LEARNING

Whitburn Academy, like many schools across the country does not allow energy juice or fizzy juice in school. We also ask pupils who purchase takeaway food from local outlets to eat this food outside of our school's Academy Café.

Pupils, parents and carers sometimes have questions about this. This information is designed to answer some of these questions.

### **Q1. Why can pupils not eat takeaways in the Academy Café?**

A1. The Academy Café is a licenced food premises. This means that it sells food to customers as part of a contract with the local authority. The company who deliver this for the school have the rights over this area. Just like you can't take food from one restaurant and eat it in another, you can't take food from takeaway outlets into the Academy Café. The only exception to this is packed lunches, which are allowed.

A2. The Academy Café only sells food which meets the government's standards for healthy eating. As part of our efforts to improve the health and wellbeing of every pupil, we encourage pupils only to eat food which has been bought in the Academy Café, healthy foods from home, or healthy foods bought and consumed from other outlets.

Please visit the BBC Good Food website More information on the effects of diet on Health and Wellbeing, and learning.

### **Q2. Why isn't fizzy juice allowed in school?**

A1. Fizzy juice isn't allowed in class for health and safety reasons. Spillage of sugar and chemicals onto surfaces can damage equipment and the fabric of the building. For that reason, water is allowed in class for hydration purposes only.

A2. There is lots of evidence to suggest that fizzy juice prevents good learning. The sugar content creates highs and lows, can cause hyperactivity, or make it difficult to concentrate. None of these helps pupils to learn. The other ingredients are also known to reduce concentration levels, cause hyperactivity, increase the risk of disruptive behaviour, this is all in addition to the other negative effects they can have on health.

### **Q3. Why isn't energy juice allowed in school?**

A1. Energy juice isn't allowed in class for all the same health and safety reasons that fizzy juice isn't allowed.

A2. There is lots of evidence to suggest that energy juice prevents good learning. The sugar content creates highs and lows, can cause hyperactivity, or make it difficult to concentrate. None of these helps pupils to learn. Energy drinks also contain other ingredients, some of which are stimulants. Despite what the word 'stimulant' may lead

you to believe, these are known to reduce concentration levels, cause hyperactivity, and are linked to poor behaviour in class. There is lots of evidence to suggest that drinking water to hydrate is better for concentration and learning.

Links to some information on the effects of energy drinks on learning:

<http://www.bbc.co.uk/schoolreport/35116130>

<http://www.bbc.co.uk/news/av/education-25805750/should-schools-ban-energy-drinks>

## **WHITBURN ACADEMY APP**

Whitburn Academy's App is now live!

The app is available for download from the Apple and Google Play stores. You can keep in touch with our events, news and receive important messages from us!

## **WHITBURN ACADEMY'S TWITTER PAGE**

Did you know that Whitburn Academy is on Twitter?

Follow us by searching for @WhitburnAC to get live updates and information about the school and any events taking place.

## VACCINATION NEWS

NHS Lothian carry out a programme of vaccinations during the course of the school year:



### **HPV Vaccine**

The human papillomavirus (HPV) vaccine for girls aged 11 to 13 years helps protect against cervical cancer. The HPV vaccine is offered to girls at secondary schools across Scotland. Millions of girls worldwide have now received the vaccine and rigorous evidence shows it to have an excellent safety profile, meeting the high safety standards required for it to be used in the UK and other European countries.

There is already evidence from Australia, Denmark, Scotland and England that the vaccine is making a difference. There has been a large drop in the rates of infection with the two main cancer-causing HPV types and the vaccine is already demonstrating longer term protection. We expect it to eventually prevent hundreds of cancer deaths every year in the UK.

A wide range of information, including leaflets, posters, videos, information packs, factsheets, Patient Information Leaflets and websites to support all aspects of the immunisation programme is available. This is to make sure that individuals, or those giving consent on their behalf, have enough information to enable them to make a decision before they give consent. This includes information about the process, benefits and risks of the immunisation(s) and ensures that the process for obtaining consent from girls (or those giving consent on their behalf) is consistent with current guidance and based on both the current legal position and standards expected of health professionals by their regulatory bodies.

Further information on HPV vaccine is available at <http://www.immunisationscotland.org.uk/vaccines-and-diseases/hpv.aspx>

### **Teenage Booster (Diphtheria, Polio and Tetanus)**

Every year, pupils in S3 are offered the Teenage Booster to complete their life long protection, through routine immunisations, against tetanus, diphtheria and polio. Any pupils in S4 - S6 who have not yet received this vaccination will also be offered this.

### **Meningitis (ACWY)**



In addition to the Teenage Booster vaccination, all S3 pupils are recommended to have a Meningitis Vaccine (ACWY). This protects against several strains including the W strain of meningitis which is on the increase across the UK. Any pupils in S4 - S6 who have not yet received this vaccination will also be offered this.

## WEST LOTHIAN FOODBANK



Would you like to help feed some hungry people who live in West Lothian?

Whitburn Academy is now a collection point for the Food Bank which is based in Whitburn. Food Banks rely on the support of local communities. If you would like to contribute to the collections basket you can find it in the House Base. The box will be taken to the Food Bank every Friday afternoon.

Thank you in advance

For more information on the West Lothian Food Bank, please visit the West Lothian Foodbank website.

## PE PARTICIPATION POLICY

From January 2018, the PE Department are introducing a new participation policy:

Physical Education is about participation!

Your Right to an Education and Right to Play starts with participating and learning in P.E.

- Whitburn Academy P.E. promotes a fully inclusive, positive learning environment for all learners, regardless of circumstances.
- All pupils who attend school will participate in PE. This means that all pupils need to bring their full P.E. kit at all times.
- Pupils must change for every lesson. If a pupil is injured or unwell they should change into P.E. kit as normal and explain the problem to their class teacher who will give them a suitable role in the lesson, i.e. umpiring, contributing to peer observation tasks etc
- Where a pupil has a serious injury or illness that would not allow them to participate in P.E. for an extended period, parents should inform the Faculty Head in writing who will make suitable arrangements for them to engage in lessons as far as is possible.

- Pupils are expected to participate in the full course including lessons in the swimming pool. If a pupil is unable to participate in swimming for medical reasons they should come prepared with normal PE kit and will be placed into another class to participate in the activity until their medical reason has been resolved.
- In the event of forgotten kit, learners can borrow our brand new, freshly laundered kit.
- Where a pupil refuses to participate in the lesson, we will treat this as a refusal to engage with their education. In these instances the teacher will work with the pupil, the Faculty Head and parents/carers if necessary to ensure that the pupil is not opting out of their educational entitlements.

## CHRISTMAS HOLIDAYS

Whitburn Academy will be closed for the Christmas Holidays from 12.20pm on Friday 22nd December 2017 until Friday 5th January 2018.

Staff return for an In Service Day on Monday 8th January with pupils returning on Tuesday 9th January.

Prelim exams for our S4-S6 Pupils begin on Thursday 11th January.

The Headteacher, Staff and Pupils of Whitburn Academy wish you all a Merry Christmas and a Happy New Year.

