

OCT
2018



Whitburn

Academy

WHITBURN ACADEMY NEWSLETTER - Autumn 2018

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- Dux Award Winner
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- Charity Haircut
- National Poetry Day
- School and House Captains
- International Literacy Day



Our School Captains, House Captains and Vice Captains for Session 2018/19



Oct
2018

FROM THE HEADTEACHER...

Dear Parent/Carer,

It's hard to believe that we are already approaching our first mid-term break. Please read on to find out just what an action packed first term it has been!

On 20th August eight new members of staff joined our dedicated team of teaching staff. On behalf of all in the school I would like to extend a very warm welcome to Louise Cameron who joined the English department as a full time member of staff and our seven probationer teachers who will spend the year at Whitburn Academy. They are Colleen Rowan (Business Education), Sarah Addison (Mod Languages), Sarah-Jane Anderson (English), Holly Drysdale (Maths), Mark Ravie (CDT), Alan Ross (History) and Sean McLean (Modern Studies).

I would also like to congratulate our newly elected Captains who are on the front cover of the newsletter. They are as follows:

School Captain:	Natasha Brown
Vice-Captain:	Rachel Harris
Bruce House Captain:	Chloe Robinson
Bruce House Vice-Captain	Cameron O'Boyle
Douglas House Captain:	Allwyn Gardiner Young
Douglas House Vice-Captain:	Eirinn McKay
Wallace House Captain:	Scott Gilchrist
Wallace House Vice-Captain:	Taylor McCaw

Our Captains are also joined by a team of Sports Captains and Music Ambassadors. Congratulations in being elected in to your new leadership roles. We are looking forward to working together with you this year to make Whitburn Academy an even better place.

One of the highlights of our first term has definitely been our Senior School Awards Ceremony. Results day in August saw our senior pupils achieve our best results ever and I was delighted to share in celebrating the successes and achievements of so many of our young people along with their parents/ carers and families and staff.

A full list of award winners can be found on page 8

As always, I'd like to thank our pupils for the outstanding start they have made to this session in terms of their behaviour and commitment to their learning. I would also like to thank the staff too, as they continue to go above and beyond what is expected of them to ensure that we work towards achieving our vision of empowering our young people to learn and achieve, allowing them to thrive now and in their future.

Have a great October break.

Tracey Loudon



West Lothian
Council



TEA AND TOAST

On Friday 31st August, the Charity Committee provided Tea and Toast in the staff room at break time.



The purpose of the tea and toast morning was to raise some funds for the group to be able to purchase items for some of the other charity events that will be held during the session.



The group raised the fantastic total of £37.

Thank you to the members of the Charity Committee and Mrs Peebles who helped on the day and to the members of staff who attended the event.



CHARITY HAIRCUT

One of our S5 pupils, Kirstie, recently got her cut for charity.

Kirstie decided to donate her hair to the Little Princess Trust, a charity providing real hair wigs for free to children and young people who have lost their hair due to cancer and other illnesses.

Well Done to Kirstie for doing this for such a worthwhile cause.

GREEN PLAN IT CHALLENGE

On 4th September, members of the school's Eco Group visited the Royal Botanic Gardens in Edinburgh to take part in the Green Plan It Challenge.

The Green Plan It Challenge is a 10 week project inviting pupils aged 12-14 to rethink the role of green spaces.

We sent a group of 6 S2 pupils to the launch event for the challenge, where they met their mentor for the project, Dougal Phillip from New Hopetoun Gardens in Newton.

Over the course of the challenge, the pupils will work as a team to research and create an idea for a new green space.

They will build a 3D model of the space and at the end of the project, will present their ideas to a panel of assessors.

The project also involves a visit to the school from the group's mentor, a visit to the mentor's workplace and the opportunity to communicate with their mentor on a weekly basis.



INTERNATIONAL LITERACY DAY

On Friday 7th September, Whitburn Academy's PEF literacy group held a celebration of reading event for International Literacy Day.

As well as the literacy group, some of their parents / carers also attended for a day of fun and creative activities.

After a brief introduction, the group read the scene from 'Harry Potter and the Philosopher's Stone' where Harry visits Olivander's the wand

maker's shop to choose his wand. They then went to the Art Department, where they worked with Miss McKay to make their own wands using paper, glue guns and spray paint.

The group then read the scene from 'George's Marvellous Medicine' where George comes up with his plot to get his own back on his Gran! They then went to Science where Mr Steven demonstrated a few experiments including making foam and changing the colour of water.

It was now breaktime and time for the 'Mad Hatters Tea Party', where the group ate loads of delicious cakes washed down with juice!





After the break, Naomi, Ross, Cameron and Connor gave a presentation about the literacy group, then the group read an excerpt from the 'Hunger Games', then went to the Assembly Hall to play some games.

The event ended with the S1 pupils from the literacy group being presented with a couple of books to take away with them.

Thank you to all the pupils and the parents/carers who were involved in the event and to

the staff who helped on the day, organised activities and dressed up as characters from their favourite books.

HANDBALL TEAM DEBUT

Well done to the S1-S3 Girl's Handball team, who took part in their first competition of the new session.

The girls put in a fantastic performance, in the competition which was held at Bathgate Academy. This was for many of the team, their first ever handball competition.



FOOTBALL SUCCESS!

During week beginning 3rd September, the West Lothian Schools County football trials took place.



Four Whitburn Academy players have been selected from the trials to represent West Lothian Schools. Elliot and Josh (S5) have been chosen for the senior squad while Steven (S3) and Ben (S2) have been chosen for the under 15 squad.

The boys will be part of the squad, which will play matches against Forth Valley and Lanarkshire schools. If they progress from their groups, they will go on to play against other regions in the knock out stages of the competition.

Congratulations to all four boys on making the squad.

INTER HOUSE CHAMPIONS!

Congratulations to the pupils and staff of Wallace House, who were crowned as Inter house Champions at the Senior Awards Ceremony on 12th September.

The Inter house cup is keenly contested between the three houses and points towards the trophy are awarded for the various inter house events that take place throughout the year, for taking part in various events and competitions including in the Summer Festival.

Our photograph shows Wallace House Captain for 2017-18, Lewis Munn and the 2017/18 Wallace House staff team: Miss Richmond, Miss McGrath and Mrs Gair with the House Trophy.



DUX AWARD WINNER

Whitburn Academy are proud to announce that S6 pupil, Scott Gilchrist, has won the Professor George Salmond Dux award.

Scott earned this prize following his excellent performance in this year's SQA Exams, where he achieved 5 Grade A's in the Higher exams, four of which were Band 1.

Congratulations to Scott from everyone at Whitburn Academy, we hope that

Scott winning this award shows all our pupils that effort and hard work brings success.

SENIOR AWARDS CEREMONY

On 12th September, Whitburn Academy held it's annual senior awards ceremony to celebrate and reward the many academic and extra curricular successes of our S4-S6 pupils throughout Session 2017/18.

Following a brief welcome and Headteacher's address from Ms Loudon, the audience were treated to the Wind Band playing 'Camden



'Crossing' by Michael Oare. This was followed by an inspirational talk by our guest speaker, former pupil, Stephen Sharp.

The Academic Excellence Awards were then presented followed by the Guitar Ensemble playing 'Couldn't Stand the Weather' by Stevie Ray Vaughan. Next the Outstanding Effort awards were presented, followed by a cello solo by Mia who performed 'La Cumparsita' by Gerardo Matos Rodriguez.

The Wider Achievement awards were then presented and this was followed by a video on the school values, which was made by the Media Department. The final batch of awards were the Presentation of Value Ambassadors, the announcement of the winner of the House Cup and the presentation of the Special Awards.

The evening ended with a Vote of Thanks to everyone who was involved in the Awards Ceremony.

S4-S6 AWARD WINNERS

Academic Excellence Awards

S4 National 5 Award Winners:

Brandon Allan	4DI	Art and Design
Ryan Brown	4BI	French
Adam Gilmour	4DI	Graphic Communication, Maths and Physics
Ellie Gilmour	4DI	Hospitality: Creative Cakes

Scott Kilgallon	4DI	Media
Mia Lewington	4W2	Geography, English and Music
Anna Martin	4DI	Modern Studies, English and Music
Chloe MacKnight	4DI	Hospitality: Practical Cookery
Abbie McCormack	4D2	Hospitality: Practical Cookery
Jenna McMahon	4WI	Religious, Moral and Philosophical Studies
Melissa McMullan	4BI	Design and Manufacture
Riley Polland	4DI	Chemistry
Joshua Redpath	4W2	Physical Education
Anna Scott	4W2	Biology and Computing Science
Briany Smith	4WI	Administration
Aimee Johnstone	4D2	Early Education and Childcare

S5 National 5 / Higher Award Winners:

Matthew Benfold	5BI	Business Management
Sean Cameron	5W2	Art and Design, Design and Manufacture and French
Daniel Ferguson	5DI	Biology, Maths and Physics
Scott Gilchrist	5W2	English, Geography, Music and Media
Kayleigh Middleton	5WI	Media
Graeme Jamieson	5WI	Computing Science and Chemistry
Leon Kay	5W2	Physical Education
Ellie McCaig	5DI	Health and Food Technology
Chloe Robinson	5BI	History
Jenna Stevenson	5W2	National 5 History
Claire Todd	5W2	Graphic Communication
Megan Watt	5D2	Modern Studies

S6 Higher / Advanced Higher Award Winners

Alexandra Baff	6D	Advanced Higher French and Advanced Higher History
Abigael Mitchell	6B	Advanced Higher History
Amy Begbie	6D	Administration
Andrew Carnan	6W	Advanced Higher English and Advanced Higher Music
James Fisher	6W	Advanced Higher Biology and Psychology
Amy Fleming	6B	Sociology
Ellie Moffat	6B	Advanced Higher Art and Design
Katherine Palmer	6B	Photography
Callum Stewart	6B	Advanced Higher Graphic Communication and Advanced Higher Maths

Tia Wardlaw 6B Religious, Moral and Philosophical Studies

Billy Wallace 5D1 Music

S4 National 5 Outstanding Effort Award Winners:

Aaliyah Apete 4B1 Music
Ryan Brown 4B1 French
Sarah-Jane Buchanan 4W2 Biology and Religious, Moral and Philosophical Studies
Ellie Gilmour 4D1 Hospitality: Creative Cakes
Kerry Gordon 4D1 Media and Physics
Anton Kennedy 4B1 History
Scott Kilgallon 4D1 Physical Education
Natasha Lawrie 4W2 Geography
Mia Lewington 4W2 English
Chloe MacKnight 4D1 Hospitality: Practical Cookery
Harry McLaughlin 4W1 Maths
Melissa McMullan 4B1 Design and Manufacture
Sam Morrison 4B1 Computing Science
Sophie Neilly 4W1 Art and Design
Riley Polland 4D1 Chemistry
Scott Queen 4W1 Modern Studies
Chloe Simpson 4D2 Graphic Communication
Andra Zelencu 4D1 Administration

S5 National 5 / Higher Outstanding Effort Award Winners:

Lewis Allan 5D1 National 5 History
Natasha Brown 5B1 Art and Design
Chloe Fisher 5W1 Business Management
Andrew Gardner 5D2 Physics
Allwyn Gardner-Young 5D1 Sociology
Scott Gilchrist 5W2 English
Mya Greens 5D1 Physical Education and Sports Leader
Rachel Harris 5B1 Health and Food Technology
Leon Kay 5W2 Physical Education
Leona McKenzie 5W1 Chemistry
Stephanie Maclean 5B2 Geography
Jakub Mazurek 5D2 Biology
Ellie McCaig 5D1 Religious, Moral and Philosophical Studies
Taylor McCaw 5W2 Administration
Ethan McDowell 5D2 National 5 Mathematics
Ewan McMahan 5D1 Modern Studies
Kayleigh Middleton 5W1 Media
Tegan Mighton 5B2 National 5 Practical Cake Craft
Cari Renwick 5D2 Computing Science
Chloe Robinson 5B1 Photography
Claire Todd 5W2 Graphic Communication

S6 Higher / Advanced Higher Outstanding Effort Award Winners

Tamila Apete 6B Art and Design
Alexandra Baff 6D Advanced Higher English and Advanced Higher French
Amy Begbie 6D Administration
Emma Campbell 6B Health and Food Technology
James Fisher 6W Advanced Higher Biology
Chloe Hunter 6D Sociology
Ptryk Kubacki 6B Computing
Rhianne McKay 6B Graphic Communication
Gemma Meek 6W Photography
Chelsea Minto 6D Music
Lewis Munn 6W Design and Manufacture
Callum Nichols 6D Sports Leader
Rebekhar Robb 6D Physical Education
Rachel Smart 6B Religious, Moral and Philosophical Studies
Aaron Taylor 6W Business Management
Tia Wardlaw 6B Mathematics

Wider Achievement Awards

Chloe Fisher 5W1 For outstanding effort in fundraising for the Vine Trust's trip to Peru
Amy Begbie 6D For outstanding effort in fundraising for the Vine Trust's trip to Peru
Mia Lewington 4W2 For representing Whitburn Academy at the West Lothian String Sinfonia and Edinburgh Youth Orchestra
Daniel Ferguson 5D1 For winning gold in the Scottish Schools Swimming 400m freestyle
Raegann White 4B1 For qualifying as a solo, duo and as part of a team for the Dance World Championships.
Adam Gilmour 4D1 For winning gold in the Karate team event and silver in the individual competition at the Karate World Championships
Matthew Benfold 5B1 For representing Whitburn Academy as part of the wind band at the Scottish Concert Band Festival and achieving Silver Plus.
Reece Cunningham 4B1 For representing Whitburn Academy as part of the wind band at the Scottish Concert Band Festival and achieving Silver Plus.

Scott Gilchrist	5W2	For representing Whitburn Academy as part of the wind band at the Scottish Concert Band Festival and achieving Silver Plus.
Stephanie MacLean	5B2	For representing Whitburn Academy as part of the wind band at the Scottish Concert Band Festival and achieving Silver Plus.
Sophie Neally	4W1	For representing Whitburn Academy as part of the wind band at the Scottish Concert Band Festival and achieving Silver Plus.
Kirstie Russell	4B1	For representing Whitburn Academy as part of the wind band at the Scottish Concert Band Festival and achieving Silver Plus.
Megan Watt	5D2	For representing Whitburn Academy as part of the wind band at the Scottish Concert Band Festival and achieving Silver Plus.
Samira Mir	6D	For winning best solicitor award as part of the School Mock Court Case Project
Jenna McMahon	4W1	For representing Scotland at the international mock court case at the Haig in the Netherlands as part of the School Mock Court Case Project

Values Ambassadors

Respect

Anna Martin	4D1
Ewan McMahon	5D1

Integrity

Ewan Shaw	4W2
Cari Renwick	5D1

Compassion

Sophie Neally	4W1
Stephanie MacLean	5D1

House Winner

House Points Trophy Winner: **WALLACE HOUSE**

Special Awards

Head Teacher's Awards

Head Teacher's Award for Head Boy

JACK NISBET

Head Teacher's Award for Head Girl

BETHANY McCORMACK

Head Teacher's Award for Depute Head Boy

ANDREW CARNAN

Head Teacher's Award for Depute Head Girl

SAMANTHA DOCHERTY

Russell Athletic Trophy

Outstanding contribution to PE, curricular and non-curricular:

DAWN KANE

Professor James Sommerville Awards

The Award for Achievement - the student with the best academic performance in S4: **MIA LEWINGTON**

Medal for Sciences and Technologies - the student with the best academic performance in S4: **ADAM GILMOUR**

Medal for Arts and Humanities - the student with the best academic performance in S4: **ANNA MARTIN / SOPHIE RUSSELL**

More Special Awards

Whitburn Amateur Stage Productions Award - the senior student who has contributed hugely to the Music department over six years: **ANDREW CARNAN**

The Andy Muir Award - the senior student who has made a significant contribution to the life of the school:

LEWIS MUNN

Rotary Award - S4 student who has shown commitment and determination to succeed and is now leaving school :

LAUREN WOODS

Creative Writing Trophy - the senior student who has displayed an outstanding talent for creative writing: **ALEXANDRA BAFF**

Lodge Polkemmet Trophy - the student who has made a significant contribution to the community or charity

AMY FLEMING

Professor George Salmond Awards

Science and Technology - the senior student with the best academic performance in relevant subjects:

GRAEME JAMIESON

Arts and Humanities - the senior student with the best academic performance in relevant subjects:

MEGAN WATT

Quaich - the senior student who has made the biggest impact on, or contributed most to, interactions between the school and the local community: AMY BEGBIE

Sneddon Morrison Award

Languages - the senior student with the best academic performance in relevant subjects:

SCOTT GILCHRIST

Dux Awards (sponsored by Professor George Salmond)

Proxime Accessit 2018

NATASHA BROWN

Dux 2018

SCOTT GILCHRIST

SPORTS LEADERS

On 20th September, our Sports Leaders helped to organise and lead their first Sports Festival.

The Leaders developed their teamwork, leadership and motivational skills by leading the Whitburn cluster's Primary 6 cross country competition. Well done to everyone involved to the Sports Leaders for the hard work they put in to leading the competition.



DIZZY PENALTIES COMPETITION



Our new Sports Captains for session 2018-19 arranged Whitburn Academy's first inter house competition of the session, the dizzy penalty competition.

The results of the competition were:

- 1st place: Bruce House - 34 points
- 2nd place: Douglas House - 25 points

- 3rd place: Wallace House - 16 points

Well done to Bruce House who were the winners and thank you to everyone who took part.

DRESS DOWN DAY FOR MACMILLAN

On 28th September, Whitburn Academy held a non uniform day to raise funds for MacMillan Cancer Support.

Pupils and Staff paid £1 to wear non-uniform clothing, raising £623. There was also a competition running to guess the number of sweets in a jar and in the staff room at break time staff were treated to a coffee morning organised by the Charity Committee.

Both events raised £148, making a grand total of £771.

Well done to everyone who participated and helped us raise such a fantastic sum of money for a great cause, also to the Charity Committee who organised the events.



MUSIC AMBASSADORS

The music department have introduced Music Ambassadors this session.



The Music Ambassadors are senior pupils who will lead extra curricular activities, represent the department at events and work alongside department staff to improve the department. After applying and interviewing before the summer, this year our music ambassadors are: Matthew, Natasha, Scott, Mia, Stephanie, Sam, Sophie, Kirstie, and Megan. The music staff look forward to working alongside the ambassadors and continuing to offer more opportunities to pupils within the department.

ENTERPRISING MATHS COMPETITION

Well done to those pupils who represented our school in this years West Lothian

Enterprising Maths Competition on 3rd October.

The team took part in three different rounds involving difficult problem solving tasks, puzzles and then ending with a maths relay. Danielle, Erin, Alyssa and Melissa did the school



proud!

NATIONAL POETRY DAY

To celebrate National Poetry Day on 4th October, S2 students were invited to the library to create Book Spine Poetry.

Working in groups, students selected books from the shelves and stacked them vertically to create wonderful, imaginative poems from book titles. Read each poem pictured in the image from top to bottom. (see page 14)



GIRLS MEAN BUSINESS

On Thursday 4th October, seven girls from S5 and S6 attended the #girlsmeanbusiness event at the Howden Park Centre, Livingston.

The event, organised by West Lothian Developing the Young Workforce and the West Lothian Chamber of Commerce, was held to increase the visibility of female business leaders / entrepreneurs to senior phase pupils and inspire an increasingly determined and ambitious generation of women in industry.



The girls had the chance to hear women from a number of different companies and charities speak. The companies and charities represented were:

CROSS COUNTRY

- Edinburgh Children's Hospital Charity
- McDonald Hotels and Resorts
- Glenmorangie
- Forth One
- Sky
- Royal Bank of Scotland
- Investing Women Angels
- Young Engineers
- Lucerne
- JHM Dance
- Ooni
- Business Gateway
- West Lothian Chamber of Commerce

On Wednesday 3rd October, 26 pupils represented Whitburn Academy in the annual West Lothian Schools Cross Country event.

Well done to all pupils who proudly represented our school despite the poor weather conditions.

For more photographs of the event and all other PE-related news, follow us on Twitter - @WAC_PE



SCHOOL AND HOUSE CAPTAINS ANNOUNCED

Whitburn Academy are proud to announce our School and House Captains for session 2018-19

The appointments are as follows:

<i>School Captain:</i>	<i>Natasha Brown</i>
<i>School Vice Captain:</i>	<i>Rachel Harris</i>
<i>Bruce House Captain:</i>	<i>Chloe Robinson</i>
<i>Bruce Vice House Captain:</i>	<i>Cameron O'Boyle</i>
<i>Douglas House Captain:</i>	<i>Allwyn Gardner-Young</i>
<i>Douglas Vice House Captain:</i>	<i>Eirinn McKay</i>
<i>Wallace House Captain:</i>	<i>Scott Gilchrist</i>
<i>Wallace Vice House Captain:</i>	<i>Taylor McCaw</i>

Congratulations to all 8 pupils on their appointments and everyone at Whitburn Academy wishes them well in their new roles.

MEDICS AGAINST VIOLENCE

Medics against Violence is a Scottish violence prevention charity founded in 2008 by three surgeons; we have about 250 medic volunteers who come from all branches of healthcare. Sadly we have all seen many young people injured as a result of violence, some very seriously and we realise that all of these injuries are preventable.

Our mission is to reduce violence in Scotland and one of the ways we do this is by visiting schools and talking to young people about our



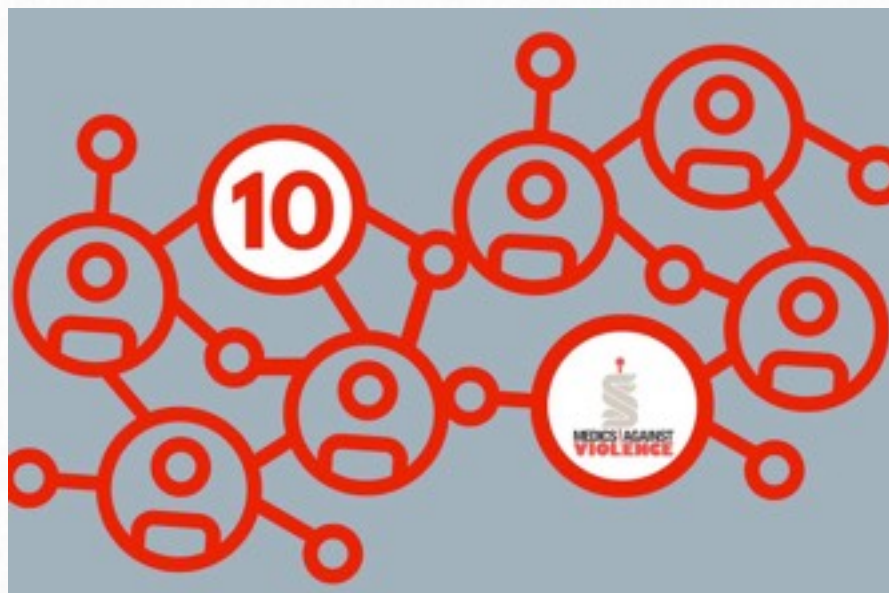
experiences of violence as healthcare workers. Most of the time we present the lessons in class and we have spoken to over 35,000 young people since we started our schools programme.



About three years ago we decided to try something different and let the pupils deliver the lessons. Peer education (delivered by people close in age) is a very powerful way of getting a message across, younger people look up to their older peers and, at least on some subjects, are more likely to listen to them than to adults.

Whitburn Academy joined the MAV Interns programme this year and is only the second school to take part in the programme in Scotland. In Whitburn the interns are drawn from 5th and 6th year and we are proud to have around 13 interns in the school.

Our medical volunteers spend a number of weeks with the interns discussing topics related to violence, like risks, consequences, keeping safe and the role of alcohol, in a fair amount of depth so that when they start to design their own lessons they have a range of material to choose from. Later in the year the interns will deliver their lessons to the younger pupils in the school.



Both groups benefit from this approach, the interns take a leadership role in keeping the whole school safe, they gain new skills and knowledge and they get to participate in something new and exciting. The younger pupils hear important safety messages delivered by their older peers and hopefully

will want to be interns when they get a bit older. We are delighted that Whitburn has decided to be part of MAV Interns and look forward to more important discussions over the coming weeks.

For more information, visit:

www.mavinterns.co.uk

Dr Christine Goodall

Founder and Director Medics against Violence.

THE LARDER

Since August, a group of 8 pupils have been involved in 'The Larder' course.

The course is designed to increase self-esteem and confidence, aspiration, self-reliance, communication skills and enhance employability through building relationships with employers and further education providers in the hospitality sector.

All students completing the course will be awarded the WL employability award at SCQF at minimum level 5.

The photograph below shows the group of pupils, currently involved in 'The Larder' course.



P7 OPEN EVENING



On Wednesday 10th October, Whitburn Academy held its 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 Head Teacher, Miss Loudon and Head of Wallace House, Miss Richmond. Mr Durkin and the My World of Work Skills Ambassadors also gave a brief presentation.

Our guests were then split into groups and our S5/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.



MY WORLD OF WORK AMBASSADORS

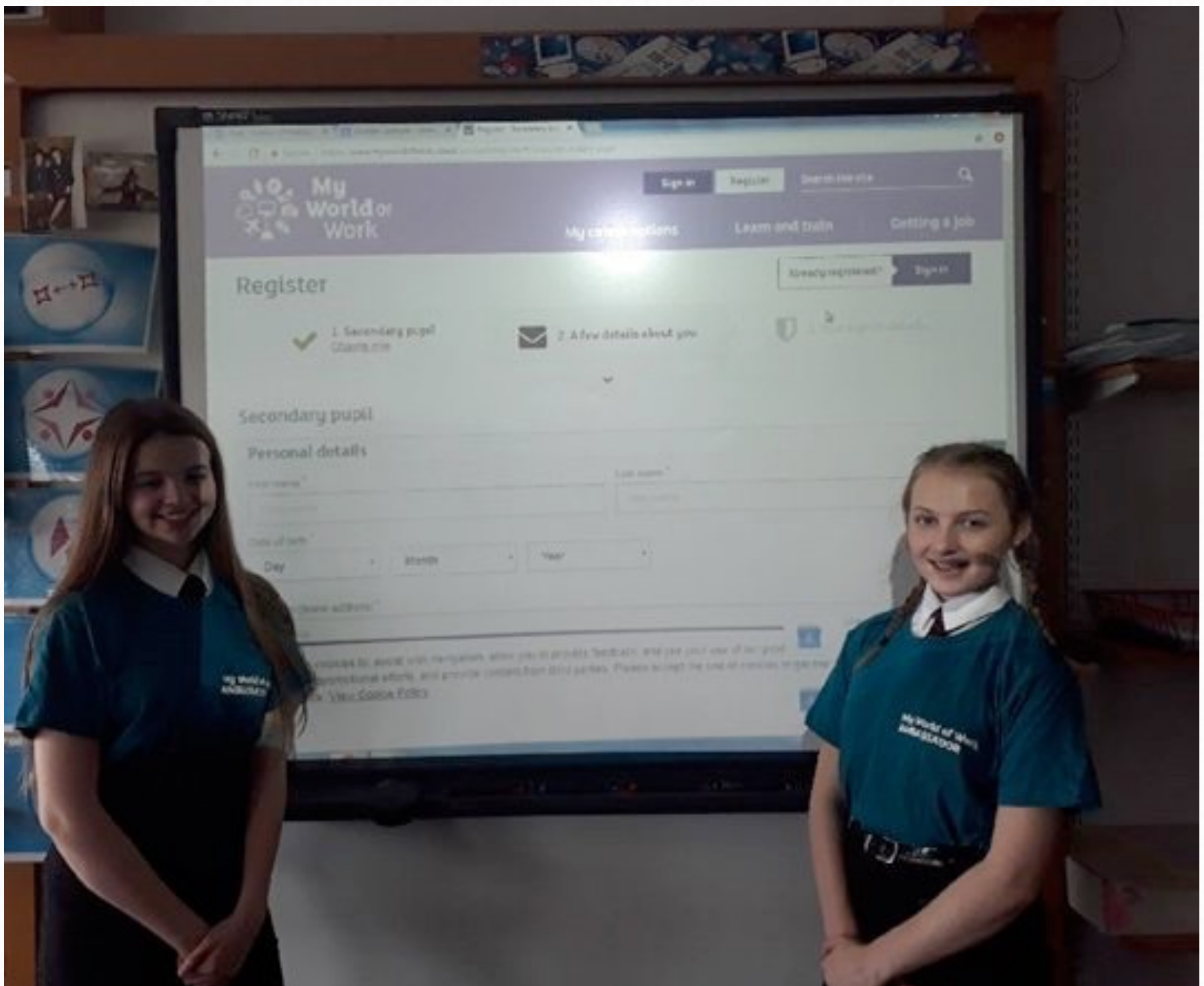
During September, eleven My World of Work Ambassadors were trained.

The ambassadors, who are pupils in S2-S6, have so far been involved in the following initiatives:

- Leading assemblies to promote the My World of Work website to pupils and staff

- Visiting PSE classes to help to register the new S1 pupils for the new website
- Delivering a presentation to parents / carers and P7 pupils at the P7 open evening

There will be an Ambassador team at parent nights and information evenings this year and the teams will also promote the website to staff to show them the range of tools to be used in day to day lessons in class.



CAREER READY PROGRAMME

Five senior pupils from Whitburn Academy are involved in the high impact social mobility development Career Ready Programme.

The programme involves pupils from Deans Community High School, Inveralmond Community High School, Whitburn Academy, Armadale Academy, Broxburn Academy, and The James Young High School and involves a two-year programme, designed to complement students' studies.

The programme helps senior pupils to make informed career choices, give them access to real experience through mentoring, provide

masterclasses and a paid internship. It aims to link employers directly with local schools and young people in S5 and S6, bridging the talent and skills gap between education and the world of work.

The pupils have embarked on the structured two-year programme which is designed to give vital employability and career management skills, experience of the world of work and networks to will help them in their future success.

Currently 20 local employers from a wide-variety of sectors are supporting the programme.



Stand 4 SYP!

Scottish Youth Parliament Elections

March 2019

Are you aged between 14 and 25?

Would like to stand as a Member of the
Scottish Youth Parliament?

If the answer is yes you need to get on line at
elections.syp.org.uk between 1st August and 31st
October 2018 and register your expression of
interest!!

* You will be asked to leave your name, address, date of birth, contact
telephone number and area.

If you would like to find out more about the work of the Scottish Youth
Parliament and what is involved in being a Member of the Scottish
Youth Parliament in West Lothian you can also contact
nan.matthews@westlothian.gov.uk



www.syp.org.uk
@OfficialSYP

 STAND 4 SYP

Guide to managing children's screen time

internet
matters.org

Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens



Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep

Effect on the brain

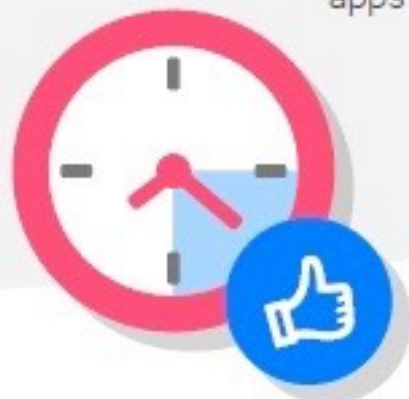
Screens can have a drug-like effect on the children's brains which can make them more anxious

It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

What are the benefits?

- Gives children access to a wealth of information to build their knowledge
- Technology takes away physical barriers to social connections to make children less isolated
- Exposure to tech has proven to improve children's learning and development
- Online games and activities enhance teamwork and creativity

10 tips to get in control with your child's screen time



1. Set a good example with your own device use
2. Have discussions about the risks that they may face based on their online activities
3. Put in place a family agreement and agree an appropriate length of time they can use their device
4. Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing
5. Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes
6. Use tech tools and parental control to manage the time they spend online and the apps they use
7. Get the **whole family to unplug** and create 'screen free' zones at home
8. Together find apps, site and games that will help children **explore their passions** and make screen time active
9. For younger children find ways to **combine touch screen use** with creative and active play
10. Encourage children to **self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing





Supported by



the coalfields regeneration trust

and



Walking Football

Starting Thursday 23rd August 2018
Whitburn Community Centre (Indoor Hall)
10:30 - 11:30am

These weekly sessions are FREE to attend and will run for a year!

Beverages and biscuits will be available after the session to all participants to have a chat and talk about the action from the session

Sessions are funded by The Coalfields Regeneration Trust and delivered in partnership between Whitburn and District Community Development Trust and West Lothian Youth Foundation



Contact david@whitburncdt.org.uk or pop into the CDT office at 61 West Main Street to find out more

Whitburn and District Community Development Trust is a Scottish Charity and a Company Limited by Guarantee. Scottish charity number SC041122. Registered in Scotland number SC368059.

West Lothian Youth Foundation is a Charity Registered in Scotland No. SC042721

SLEEP SUPPORT



FREEPHONE 0800 138 6565

If you are a parent or carer of a child or young person who has sleep problems then you can call us for advice and support.

Mon-Thu 10am-4pm

www.sleepscotland.org

8 Hope Park Square, Edinburgh EH8 9NW

Email: enquiries@sleepscotland.org

Telephone: 0131 651 1392

Registered as a Charity No. SC 027560



10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



Calculator%
This app looks like a calculator but functions like a secret photo vault.



Omegle
A free online chat website that promotes chatting anonymously to strangers.



Yellow
This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.



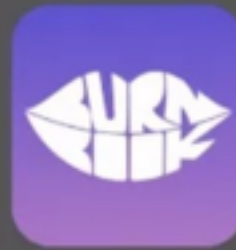
Whisper
An anonymous app where the creators promote sharing secrets and meeting new people.



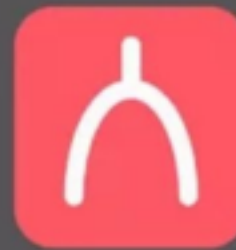
Ask.fm
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



Hot or Not
Strangers rate your profile. Goal is to lead to a hook up.



Burn Book
Post anonymous rumors about people through audio messages, texts, and photos.



Wishbone
An app that allows users to compare kids against each other and rate them on a scale.



Kik
Messaging app. Kik has built in apps and web content that would be filtered on home computer.

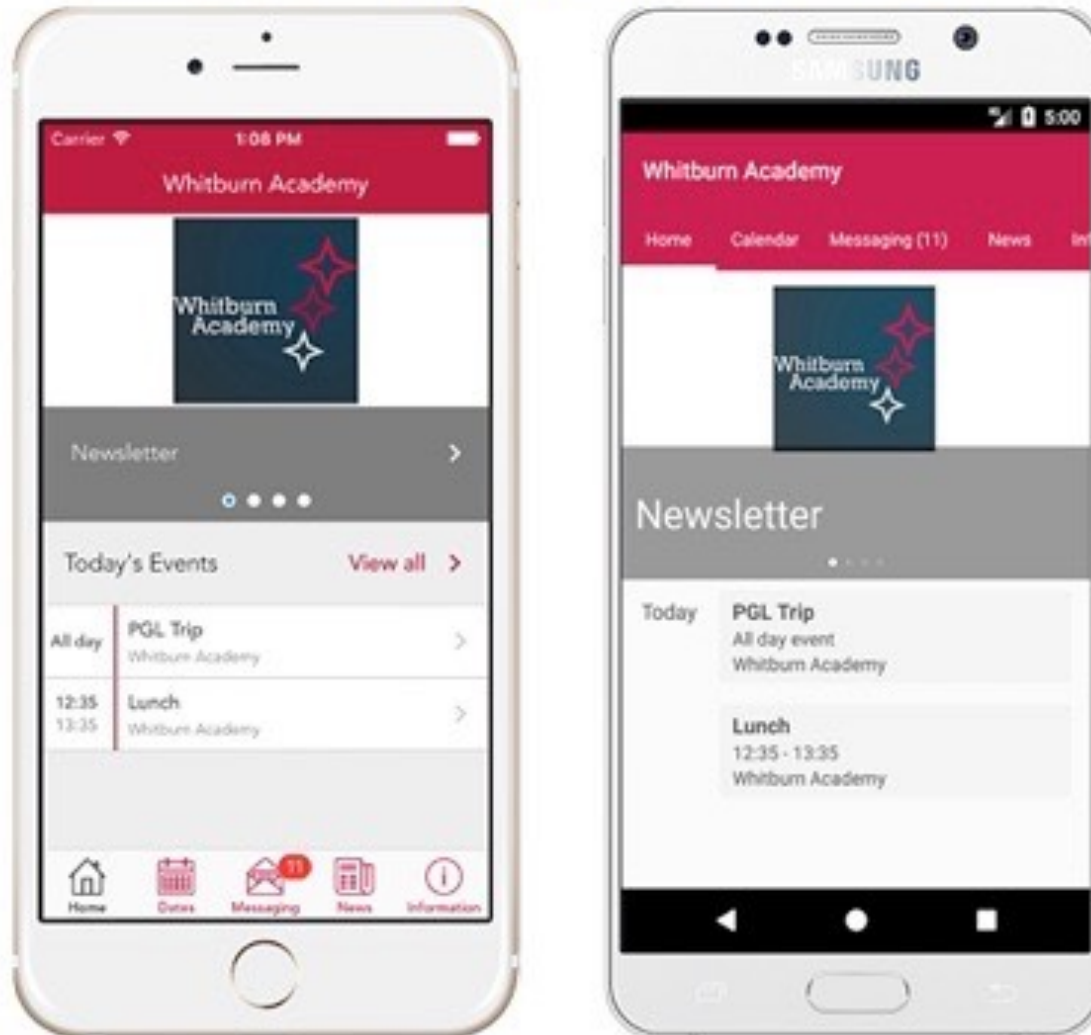


Instagram
Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

Whitburn Academy

**Our App is now live in the Apple and Google Play Stores.
You can keep in touch with our events, news
and receive important messages from us!**



**To download the app scan the QR code below or visit the
Apple or Google Play Stores and search for Whitburn Academy**





Our Expectations of All Pupils



Be Ready to Learn

- Turn up to classes on time
- Bring all materials required for learning

Uniform

- Full school uniform must be worn at all times
- Pupils must wear **school shoes**, trainers are not allowed.
- Outdoor wear and non-uniform items of clothing must be removed in class.
- School ties must be worn at all times.
- S5 and S6 pupils must wear their blazers at all times.

Mobile Phones

- Mobile phones should not be visible in class.
- They should be switched off or put on silent unless and put in their bag.
- The only exception is if the teacher instructs pupils to use their phone as part of learning.

Headphones

- Pupils are not allowed to listen to music in class (unless during learning in music department)
- Earphones should not be visible

Water / Juice

- Pupils can drink water in class, juice however, is not permitted.

Toilet

- Pupils should only ask to go to the toilet during class time in an emergency.
- Toilets are open and available for pupils to use during Break and Lunchtime.

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

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 licensed 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>

OCTOBER HOLIDAYS

Whitburn Academy is on holiday from 12.20pm on Friday 12th October until Friday 19th October. Staff return on Monday 22nd October for an In Service Day, with pupils returning on Tuesday 23rd October.

The Head Teacher, Staff and Pupils of Whitburn Academy hope you have a fun, safe and relaxing October break.