



Weekly News 25th January 2019



From the Head

Our Parent Teacher Association are excited to invite you to the first PTA event of this term, a Spring Afternoon Tea to be held in the function suite of the Park Cafe, Hazlehead Park AB15 8BJ on Sunday 17th March from 1 to 4pm. A number of side stalls are planned to accompany the main event.

AFTERNOON TEA

Freshly cut sandwiches
A selection of savoury pastries
Freshly baked plain & fruit scones
Served with clotted cream & strawberry jam
A selection of sweet treats & cakes
Tea, coffee or squash

Gluten free available on request
There will be a bar for those wishing to purchase additional /
alcoholic / soft drinks



Tickets cost £20 each and should be purchased in advance by Thursday 7th March. Please return the slip on the following page with cash/cheque made payable to 'St Margaret's Parents Association' to school for attention of the 'PTA'. Tickets will be sent electronically. Alternatively, tickets can be bought from the school office.

Everyone in the school community is very welcome - girls, parents, family members, staff and former pupils but numbers are limited to 80 so don't delay in purchasing your tickets!

We also look forward to welcoming you to our uniform sale on Friday 22nd March.



PARENT TEACHER ASSOCIATION *fun*raising + *fund*raising



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Spring Afternoon Tea Tickets (will be sent electronically)

Name _____ Mobile No. _____

Total tickets requested _____ Value of cash/cheque enclosed _____

Number of Gluten free tickets required _____

To be returned to school for attention of 'PTA'



Please join us at the St Margaret's PTA

*Spring
Afternoon
Tea*

at The Park Café
Hazlehead Park

Sunday 17th March
1 – 4pm
Tickets £20
in advance by 7th March

Everyone is Welcome!

Gluten free Afternoon
Tea available on request



TICKETS are available to be purchased *in advance* by 7th March from the school office



Nursery News - Appeal for Dressing Up Clothes

The nursery children are having bundles of fun dressing up in our restaurant role play area. We would like to extend the everyday dressing up clothes and wondered if anyone had pre-loved children's clothes aged between 5 and 10 years which may include casual dresses, tops, skirts, jackets, hats, shoes, boots or bags. Please see the pictures below for some examples. They are to be used in real life role play such as the home corner, restaurant and café, however as you can see the children are keen to wear them whilst doing other activities.

Miss J. Minett





1, 2 and 3 Junior Admire Wee Cinderella!

Last week the 1 to 3 Juniors took the opportunity to watch The Scottish Ballet perform Wee Cinderella, an hour-long performance of this enchanting well-loved ballet, at His Majesty's Theatre. The girls were enthralled by the beauty of the costumes, set, dancing and music. The short interval gave them an introduction to the sections of the orchestra and the opportunity to make some noise following the conductor's orders!

Here are some comments from the girls:

'Delicate, incredible and exciting' – Ava, Emily and Lily 3J

'I could understand what was happening even though they weren't talking' - Arabella 3J

'The stepsisters were so funny' – Blair 2J

'Everything about it was just beautiful' – Candela 2J

'The step sisters were nasty. They cut up her shoe' – Clara 1J

'Cinderella had a beautiful white tutu' – Alice 1J

Mrs E. Gibb

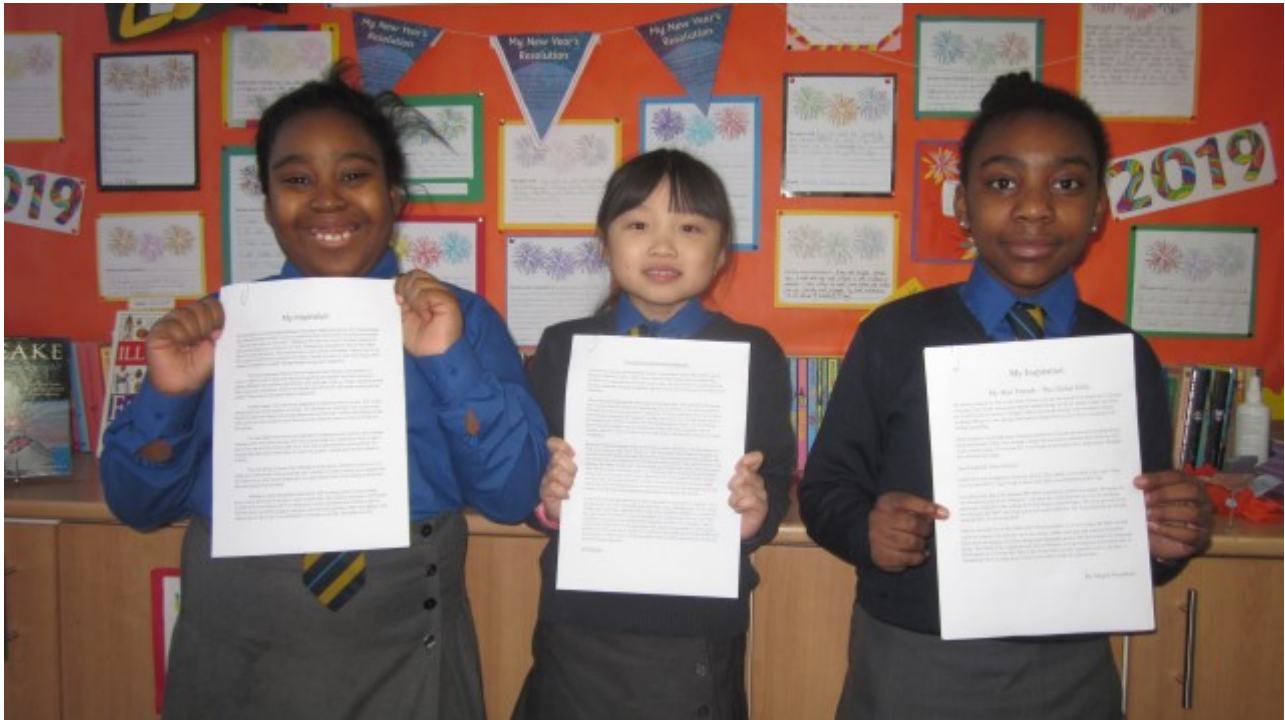




Rotary Club Young Writer Competition

Three girls from 6 Junior have had their writing submitted to the Rotary Club Young Writer Competition. Writing a piece, of approximately 500 words, in response to the prompt 'My Inspiration', Fiona, Abigail and Grace-Ann were selected from their class. If successful at the local level, their entries will then be judged at the District stage.

Mrs G. Wyatt



This week, Heather Whyte from the NSPCC came into junior school to deliver the Speak Out Stay Safe programme to our girls. All of the girls took part in an assembly and both 6 and 7 Junior girls also attended a workshop. The girls from 1 to 3 Junior met Buddy, the NSPCC's mascot, and in a fun, interactive and memorable way we learnt how to keep safe and girls were taught that their body belongs to them.

Pupils' feedback from the assembly included:

"It was really good fun."

"I liked being chosen to answer a question, and I got it right!"

"I can remember what PANTS stands for; **P**rivates are private, **A**lways remember your body belongs to you, **N**o means no, **T**alk about secrets that upset you, **S**peak up someone can help."

The 4 to 7 Junior class's assembly was also interactive and fun and the girls found out about the different types and signs of danger and what they could do to protect themselves from it.

Pupils' feedback from the assembly:

"I really liked the bag of worries, it made me think about how some people might have a lot of problems."

"I know I can speak to people in school if I have a problem even if they are not my teacher."

"I have rights! I have a right to speak out and be heard, be safe and get help when I need it."

"The Childline number is free and nobody knows you are calling. I learned the phone number 08001111. It's really easy to remember."

The NSPCC will be back in school for a whole school Find Out Friday event on 8th February, when they will be delivering a workshop for parents on keeping your family safe online.

Mrs P. Twigg





Careers News

On 14th of January, we were invited to hear from two students from the Massachusetts Institute of Technology (MIT) about universities in America and how to apply, and they also shared some of their experiences with us. Many thanks to Khan and Brandon who gave a very informative talk. We came away with information about different websites which we can use in the future to help understand which courses we could take, a better understanding on how the system works, and two very humorous yet inspiring experiences we can remember to keep us motivated along the way!

Jennifer Tait and Taylor Cameron



Music Department News



Congratulations to Laura Carter in VI Senior who won the 'Open Slow Melody' category of the Northern Counties Brass Band Association competition at the weekend on her tuba, and she has now qualified for the Scottish National Finals later this year.

Congratulations also go to Amy Stewart in VI Senior for passing her Grade 8 piano with distinction.

Mr P. Parfitt





Better Sleep for the Whole Family

Sleep can be a major problem, no matter how old your children are. Your challenges may be in how to help a child of nursery, or primary age to get into a good sleep routine, or to help an exhausted senior pupil fit the amount of sleep she needs into her busy schedule – especially around exam time. Nobody in the family can be at their best when they're sleep-deprived - that includes parents!

Children running low on sleep are less able to concentrate, more easily distracted, and more hyperactive or impulsive. Pupils of all ages have a harder time learning or functioning well when they don't get enough sleep; from fussy, overtired infants to senior pupils who may feel like nodding off in class.

Sleep is essential, but many of us, children and adults alike, don't get enough of it. One of the best ways to get back on track is through better sleep health. This means establishing habits that promote a good night's sleep, like setting a routine.

The following articles from childmind.org offer good advice and strategies. The links below will lead you to ideas from helping teenagers with manageable sleep routines, to advice on helping younger children reduce anxiety regarding sleep and help keep them in their own beds. These strategies are designed to develop good habits, lessen anxiety, build resilience, and in turn will benefit the family as a whole.

[What Happens When Teenagers Don't Get Enough Sleep?](#)

[Help Teenagers Develop Good Sleep Routines.](#)

[Encouraging Good Sleep Habits in Children.](#)

[How Do I Get My Child To Sleep In Their Own Bed?](#)

Dyslexia Unwrapped

www.unwrapped.dyslexiascotland.org.uk is a website which gives young people helpful and accessible information about dyslexia.

It has sections on the following:



Information and support - targeted at different age groups

Create and Share – stories, photos and films made by young people with dyslexia

Just for Fun – games, case studies and featured books

Films – made by young dyslexia ambassadors talking about what dyslexia means to them, how they found out and strategies they use to help them.



Hockey

After last year's terrible weather I suggested to the other schools that we trial playing indoor hockey for a few weeks to ensure the girls kept playing. Cults and AGS booked the venues and along with ourselves we had some weeks of friendly games and then tournaments to finish off with. In the first tournament juniors and first years played and one of our teams won overall. Not to be outdone the first, second and third year groups then had a winning team the week afterwards. It was excellent for fitness and really helped improve their reaction and stick skills: something worth repeating next season. Now we look forward to the outdoor season again. Details of the up and coming matches are in the weekly diary, the senior girls have the information on google classroom and also of course the cancellation line – 01224 310781.

Cross-Country

The second years were delighted when the snowy conditions last Thursday meant the Sports Village cancelled the hockey pitch booking so we all went to Summerhill and ran the cross-country championships instead! The snow actually worked very nicely for running conditions with the following results:

Gold – Ellen McDonald, Silver – Bethan Wood, Bronze – Erin Gibson.

As planned, the V to VI Senior championships were due to take place last Thursday afternoon. Congratulations go to the following girls:

VS

Gold – Janani Mohan, Silver – Laura McNeill, Bronze – Isla Jamieson

VIS

Gold – Amy Stewart, Silver – Ansu Saji, Bronze – Hagar Libman.

As a treat for their hard work the girls were then encouraged to be creative in the snow. There were some impressive sculptures and a new pupil to join the year!



We've created a **free online safety guide for schools to share with parents and carers about Grand Theft Auto (GTA)**; the 18+ rated game in which sex, violence, profane language and nudity form the main themes of the game. Popular for its criminal narrative, the GTA series encourages users to break the law in order to succeed and progress through the game.

With over 100 million users on the game's online social club alone, Grand Theft Auto is hugely popular amongst young people under the age of 18!

Please visit the link below for further information:

https://nationalonlinesafety.com/resources/platform-guides/grand-theft-auto-online-safety-guide-for-parents/?mc_cid=b9f4c860b9&mc_eid=6ceabe12b2



AGE RESTRICTION
18+

What parents need to know about GRAND THEFT AUTO (GTA)

Grand Theft Auto is an action adventure video game series where players control criminals and wreak havoc in order to complete missions and progress through the game. During the early stages of the game, it safely focuses on completing missions to go up a level. However, as the game goes more popular the makers of GTA decided to introduce a narrative to each edition of the game. The aim of this was to increase user engagement, making gamers believe that they were not just playing as the character, but they became the character. Grand Theft Auto is available on a number of devices including PlayStation and Xbox, desktop computers, PSP, Nintendo DS, and Mobile.

Top Tips for Parents

THE RISK - PLAYING WITH STRANGERS

When buying GTA if you automatically have access to Grand Theft Auto Online, you have the option of playing alone, with players in a game, or in a browser in public 'sessions' where people will be picked at random to play. When you first load into a game you are automatically placed into an open lobby, meaning you play with random people. The 'social club' in GTA's very own social platform where users can chat, share in-game photographs (which users can like and comment on), and even message other users directly.

What parents can do

To prevent your child playing with strangers on the game, you can change the settings to ensure they only play with their approved friends list. Upon signing up to the social club, it automatically sets a player's visibility settings to 'invisible' meaning their name and profile information is made public. Parents can alter this by changing the visibility settings to 'only me'.

WARNING!

Due to the nature of the game and the age restrictions, GTA includes content that is inappropriate for anyone under the age of 18, including sex, nudity, violence, profane language, and substance abuse. These are the main components that make up the game - you have to do certain things and witness certain things in order to move on in the game. Exposing your child to this type of content could affect their mental and understanding of right and wrong. Additionally, your child could become desensitised to similar situations, mistaking the fact they they would find it hard to differentiate between right/wrong and good/bad.

THE RISK - ONLINE HACKERS

Hackers can make money by helping users cheat in the game. They can do a number of inappropriate things, including killing people, stealing weapons, spawning money into the game, and even raping other characters. Spawning money levels to be a game's most popular cheat, being able to buy \$150,000,000,000 of in-game currency for as little as five US dollars.

What parents can do

Actively monitor your child's online activity. These websites are very easy to find, meaning children and young people can easily navigate their way to these websites and pay for hacks. Not only is this an illegal activity, but you have the risk of giving your personal information to someone who may misuse it.

THE RISK - ADDICTION

Addiction is a risk with any game. Game developers use persuasive design techniques to force users to spend their time, and often money, in a game. When GTA, your character is able to progress through the game for completing missions within a certain time frame, encouraging children to keep returning to the game. Gaming addiction is now a recognised health condition and the side effects are concerning including sleep deprivation, decreased attention span and erratic, emotional behaviour.

What parents can do

There are a number of things you can do if you are concerned about your child's screen time, including setting time limits on their device, encouraging them to spend time with friends and family, and encouraging healthy alternatives such as outdoor activities and spending quality time with friends and family.

THE RISK - LIVE CHAT

When playing GTA online, players have the option to use a microphone to broadcast their voice live to other players involved in the session. These live voice chats are not moderated, meaning anything could be said, including inappropriate language, as well as verbal forms of bullying.

What parents can do

Talk openly with your child about not giving away personal information. Also remind them that conversations can be recorded, which could damage their online reputation. Depending on the device/platform, there will be ways to mute conversations. Make yourself aware of the device's platform's individual settings and ensure that your child knows how to block and report.

THE RISK - MICROTRANSACTIONS

By completing missions and partaking in certain activities you earn in-game currency. This allows you to buy things such as prosthetics, vehicles, weapons, armour, new outfits, cars, apartments and more. However, the items that are probably to buy often have a high price that require a lot of game time, meaning the items are pretty unrealistic to buy.

What parents can do

If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest purchasing a pre-paid gift card for your child. These can be purchased in specific amounts which will allow you to limit how much your child spends and remove the need for a credit or debit card to be used with their account.

SOURCES:
<https://www.pwllb.com/1956/12/10/186/parental-guide>
<https://www.telegraph.co.uk/gaming/news/grand-theft-auto-has-made-money-fine-history/>
<https://www.techaddict.torica.com/addiction-to-video-games.html>

NOS
**National
Online
Safety**

A whole school community approach to online safety
www.nationalonlinesafety.com
 Email us at hello@nationalonlinesafety.com or call us on 0800 388 8067