



Weekly News 29th November 2019



From the Head

We are always looking for new ways to share and celebrate our girls' achievements and successes. To this end, the art and design department would like to invite parents and pupils to see the **exhibition of this year's presentation for National 5, Higher and Advanced Higher portfolios**. Work is on show in the art corridor (National 5) and in the first floor art studio (Advanced Higher). This will take place between 3:00 and 5:00pm on Thursday 5th December. We hope you will be able to join us in celebrating our girls' creativity. I do recommend that you pop in to school next Thursday to see the exhibition, which brought tears to my eyes!

Tonight we look forward to welcoming schools from all over the north of Scotland to the North of Scotland Schools Debating Competition, the final of which we are hosting at St Margaret's. We wish our own team of Sophie and Kasia the very best of luck!

Looking ahead to next Friday night, 6th December, the PTA warmly invite you to the **Festive Family Event** at 6.30pm in the school hall. Tickets cost £3 each or £10 for a Family Ticket which entitles the bearer to admittance of four (any combination of adults and children and additional single tickets can be purchased for additional family member/s as required). These can be purchased from the school office. The highlight of the event is the annual hamper raffle draw. Raffle tickets have been sent home with each pupil. Please note that further raffle tickets can be purchased from the school office, and can be paid for via bank transfer, cash or cheque. Any unsold tickets should be returned to the school.

There are fantastic prizes to be won in the raffle, and the event is a wonderful way to celebrate the festive season with family, friends and the rest of the St Margaret's community. The PTA would also appreciate any donations to the tombola. We look forward to seeing you then!





Below is the fourth instalment in the series of parent guides from www.thinkuknow.co.uk, an invaluable online resource in supporting schools and families in delivering education and raising awareness of online child abuse and exploitation.

SHARING PICTURES OF YOUR CHILDREN ONLINE

Most parents love sharing photos of their children with friends and family. But remember - pictures you share online could be out there forever. Learn how to protect your child whilst staying social.

Are you a 'sharent'?

For many children online life begins before birth, when their excited parents-to-be post ultrasound images on social media. A recent report stated that 42% of parents share photos of their children online, with half of these parents posting photos at least once a month (Ofcom, 2017). For parent bloggers the frequency of posting photos is likely to be more.

The internet can provide fantastic tools for sharing special moments from your child's early years with family and friends. And online parenting forums, networks and blogs often provide valuable support and reassurance through parenting's ups and downs.

But before you share, give thought to exactly who can see photos and comments featuring your child, and how this online footprint might affect your child in years to come.

What should you consider?

- **Who's looking?** When did you last check your privacy settings? On most social networks the default is that any other service user can access your pictures, which may also appear in internet search results. Remember that anyone who can see a photo can also download or screenshot it, and could go on to share it.
- **What else are you sharing?** You might be sharing more than what's in the post. As default, many cameras, phones and apps tag posts and photos with 'meta-data' which can include location details and other identifying information. This is potentially risky for any child, but poses particular risks for vulnerable children such as those who have been fostered or adopted and could be sought online by members of their birth family.
- **Ownership** Under the terms and conditions of most social networks, when you share a photo you licence the network to use and reproduce your image, and grant it the right to licence it for use by third parties. It could be used for commercial purposes, a point deliberately highlighted by the Danish company [Koppie Koppie](#), which sold mugs featuring freely downloaded pictures of young children. Another online activity which has distressed parents and carers is the ['Baby Role Play'](#) game played by some Instagram users, who repost photographs of other people's children and create fictional identities based on them.
- **Their digital tattoo** Every publically accessible image or comment featuring your child contributes to a public image which will follow them into the future. That apocalyptic nappy incident might make for a hilarious tweet now, but if it comes to light when they're older, how could it affect the way they feel about themselves, or you, or how others see them? Could their online childhood become an issue if they are seeking a job, or a relationship, or even election to public office?
- **Your child's right to privacy** Psychologist Aric Sigman has [expressed concerns](#) about the impact on children of the eroding boundaries between private and public online: "Part of the way a child forms their identity involves having private information about themselves that remains private."



Parent bloggers

If you've set up a blog to share your parenting experiences with a wider audience, you've probably already given plenty of thought to issues like your child's privacy, managing their digital footprint, ownership and copyright, and commercialism.

Strategies adopted by some successful bloggers include: anonymising their own and their child's identities; involving their child in the material you create and only posting material they are happy with; and carefully monitoring their child's online presence, for example by checking their name in search aggregator services or setting up a Google Alert for their name.



SPREE Book - Shopping Discount

Please note that the Spree discount book is now available at the Black Friday Sale price, reduced from £20 to £15.

The PTA is offering St Margaret's families a fantastic opportunity for huge discounts in hundreds of Aberdeen's top restaurants, shops, cinemas, sports facilities and local attractions. Spree booklets can be bought at the school reception for £15 (cash), £4.00 of which goes to the PTA funds - which in turn support additional extras for the school for the greater benefit of pupils. Each booklet comes with 3 membership fobs - so several family members can enjoy the benefits. The Aberdeen Spree Book 2019/20 is the ultimate savings guide to the best of your City, divided into five easy sections: Eating Out; Informal & Takeaway; Leisure & Recreation; Health & Beauty; Shopping.

Valid from date of purchase until 1st October 2020, the Spree Book is packed with bargain offers and guaranteed to save you money. Where else would you find over £5000 worth of savings?! The PTA thank each and every one of our parents for your continued support.

St Margaret's School for Girls PTA



Junior School Resilience Sharing Assembly



Earlier this term the junior school were introduced to Skipper, the lead character in our Health and Wellbeing programme - 'Building Resilience'. Skipper is the captain of his boat and like all of us, he goes through many ups and downs on his journey through life. As the programme progresses, Skipper will introduce us to a variety of tools and strategies we can use to help us become more resilient. With each class having now spent a number of weeks looking at some of the ways we already know can help us bounce back when we experience tricky times, last Tuesday's assembly was a lovely opportunity for each class to share some of the work they had done.

1 Junior girls were learning about how we have grown and changed since they were babies. They learned about how resilient toddlers are when they learn to walk by watching a time lapse video of a toddler trying to stand up and walk. The toddler had a positive attitude and never gave up. They then talked about how they are learning new things all the time and how they should keep trying, ask for help and have a positive attitude when they make mistakes to make them become more resilient.

Mrs J. Garden



2 Junior looked at all the things they could do well and the things that made them special. They realised it was good to remember these things when they found something new tricky or when they were sad. They also looked at all the things they can do and thought about the things they can't do yet. They read the story of the 'Giraffe Who Couldn't Dance' and learnt that when he tried he could dance really well. Then they tried drawing a picture of a giraffe. They followed the instructions and were not allowed to rub out. Their drawings were really quite good, but the second time they tried, after they had practised, the giraffe drawings were really very good, showing that you have to be resilient and keep trying to get things correct.

Mrs N. Murray



Junior School Resilience Sharing Assembly (continued)



A few weeks ago 3 Juniors spent time making pompoms. They can be used to help us as we experience the ups and downs each day can bring. We are allowed to keep them in the pocket of our pinafore so we can feel it if we need to. They feel soft and comforting.

“My pompom helps me to calm down when I am angry. It also helps me not to do mean things back.”

“I use my pompom when people are mean and say unkind things to me. It also helps me to relax.”

“I use mine to help me when I think about family members who have died.”

“My pompom helps me relax when I feel frustrated.”

Ms A. Dressel





Junior School Resilience Sharing Assembly (continued)

4 Junior have been exploring mindfulness meditations as a way of relaxing and unwinding. We started our journey by practising some meditation ourselves and examining the features of a good meditation. This inspired us to create our own meditation as a class. We split up into 5 groups and decided on what we wanted our meditation to focus on. We came up with a magical door that takes us away to a beautiful and calming meadow, with a lake and boat. We worked hard to include lots of adjectives and detail so that the listener could imagine every part of the journey.

Miss K. Madison

Feeling anxious or need to relax – why don't you try 4 Junior's mindfulness meditation?

Close your eyes. Breathe in through your nose and out through your mouth, do this once more. Are you calm yet? You have nothing to worry about right now.

You wake up from your smooth silky bed. You smell a gorgeous scent of lavender. You open your eyes and look ahead to see a sensationally decorated door.

This magic door looks like a miracle with a large, bright red rose. Outside the rose are shiny stars, pink hearts and two eye-catching, orange butterflies that look as if they're alive.

You open the door and you see a wonderful, green meadow with a ginormous round hill that reminds you of a smooth stone. The grass looks so fuzzy and warm, and you can't resist taking your shoes off.

The bright yellow sun is shining warmly on your face. A refreshing breeze is blowing all your worries away and you can't remember them anymore. Bees and butterflies are flying above you, you hear birds singing sweetly in the trees.

When you look up at the sky, you see it is a yellowy pinkie colour. The clouds are changing colour above you. They look blended as the sun goes down. The clouds look puffy like marshmallows flying in the sky. They make you feel safe and calm.

You start walking on the soft, dew covered grass. It feels so soft under your feet. You take a deep breath in through your nose and out through your mouth.

You investigate the flowers you saw before and they smell like the most extraordinary roses in the meadow. Then you see a whole field of gorgeous flowers! They are so colourful. You see a stunning bluebell and on it you spy a spotty, red ladybird. It flies onto your hand. Its wings are fragile and delicate. Its little legs are moving everywhere like it's exploring your palm – it tickles. Suddenly the ladybird flies off your hand to the shimmering, oval moon.

As you are looking at the bright, big moon, you notice something else shimmering in the corner of your eye. You go to investigate. You turn around and see it... It's a luscious lake. You slowly and calmly walk over to the glittering water. The next thing you spot is a brown platform and a wooden boat. You step on.

Away you go across the glistening pool of water. You feel peaceful and calm. The boat is swaying from side to side, do you feel it?

Then, you feel a jerk. You realize your calm boat ride has come to an end. You carefully and gently step out of the boat, back onto the platform.

You see the magic door again, but this time you see it differently. You see the dazzling white frame and the painted swirls.

You look down and see that your shoes are back on and you know that your journey is over. You want to go through the door and you do. What a great time you had on your fantastic adventure!

Do you feel calm? Take a long soothing breath. When you are ready open your eyes.



Junior School Resilience Sharing Assembly (continued)

In 5 Junior we have been looking at things we could do to help build our resilience. We are then going to choose 8 things that we think would work for us and keep them in our resilience toolbox.

In our assembly we thought: B – Believe in yourself, E – eat well, R – run around, E- exhale, S – sleep it off, I – inhale, L – listen, I- ignite a passion, E – embrace change, N – never give up, T – talk to someone...BE RESILIENT!

Mrs E. Gibb



6 Junior used their artistic talents to create storyboards and then short movies in response to the whole school focus on the topic of resilience. Individually the girls had to imagine a scenario in which they could best demonstrate their understanding of resilience. The completed storyboards featured a variety of messages from making recipes to stories of ballet dancers, footballers and learning to play the piano. Once the storyboards had been submitted, the girls organised themselves into small groups in which to work on one of their ideas. The resulting movies were very entertaining, all demonstrating clearly the meaning of the word resilience.

Mrs G. Wyatt

Both 7 Junior classes have been hard at work creating their very own (and incredibly unique) resilience toolkits. While no two toolkits were the same, everyone has enjoyed sharing the thinking behind what they have chosen and why. On the morning of the assembly, some girls chose one thing from their toolkit to share with us, ranging from 'Barry the Button' who stays in Isla's pocket to keep her calm when she feels anxious, to Adele's missing toy car that she never gave up searching for! 7 Junior have now invited other classes to come and visit so they can explain in more detail the many wonderful things they have included in their toolkits and why these things help them bounce back when they are going through tricky times in their lives.

Mrs S. Smith and Mrs P. Twigg



Junior School Resilience Sharing Assembly (continued)





1 Junior Dentist Visit

Last week, 1 Junior girls were learning about how to look after their teeth. We sorted foods which were good and bad for our teeth. We extracted teeth with tweezers and practised brushing our teeth for two minutes.

'Fizzy drinks and lollies have too much sugar in them. They will rot your teeth.' - Cecilia





1 Junior Dentist Visit (continued)

We then went to visit a dental surgery and the girls were able to sit in the dentist chair, learning about the tools the dentist uses to check teeth. Mr Henderson, the dentist, very kindly gave all the girls a pack of fun activities which included an egg timer, toothbrush and toothpaste so they can practise good tooth brushing at home .

Mrs J. Garden





1 Junior - 'People Who Help Us'

1 Junior finished their topic on 'People Who Help Us' this week with a busy week of activities.

Firstly, they learned how to make bread with the school chef, Mark. He showed them how to pipe in jam and ice a bun. The girls enjoyed packaging their buns and sending them home to taste.

'They were delicious!' said Cecilia's mum.



The girls also learned about the ambulance service when a paramedic called Donald brought an ambulance to the playground. He taught them what to do in an emergency if someone wasn't breathing and he showed the girls around the inside the ambulance.

'I liked the lights and the sirens!' said Stella.

'I liked being the driver!' said Isabelle.

Mrs J. Garden





6 Junior News

In mathematics, 6 Junior have been exploring square and triangular numbers. Through practical work using different maths apparatus the girls have created 3D models and designed their own sequences using repeating patterns.

In health and wellbeing, for our focus on resilience this term we have been chronicling the changes in our human development from birth to now. The girls are busy creating scrapbooks highlighting key developmental changes in their lives. We have also learned about career choices and the skills needed for particular roles. Many of the girls have changed their minds since thinking about the sort of job they wanted as a 5 year old. A few are still determined to pursue a particular career.

Mrs G. Wyatt





6 Junior News (continued)





6 Junior News (continued)





Conservation Club

The club were out on a tree planting activity on Wednesday this week. With the support of Jen from the Aberdeen Countryside Rangers we were very fortunate to be invited to help plant out a new Discovery Woodland. The area of new planting was a former nursery used by the Council but is being developed into an outdoor space for schools and the community to use. 24 girls, plus parent helpers, ventured out in the rain and worked solidly for over an hour in the mud and wet to plant 80 saplings. The trees included oak, willow, rowan and silver birch. It was such an exciting project to be part of and is at the heart of the club's goals for 2019/20.

A huge thank you to all the girls for their super work, to the parent helpers and Gayle Dixon for setting up the event for us. The girls were rewarded handsomely upon their return by treats from Shannon's mum. Thank you from all the girls.

Mrs G. Wyatt





After School Care - 43 Metre Loom-bands!

In After School Care, Aditi, Misha, Hannah and Katy have been making a giant loom-band trail, which is now around 43 metres long! We have been working for 1 month! This has been a great achievement for us and we hope to make the loom-bands bigger and better; our aim is to make it longer to 100 metres long or more! We have been working extremely hard on this project and it has kept us occupied for the last month. We have been working SO hard that all the loom-bands are finished!

Misha , Aditi, Kavi, Katy and Hannah - 5 Junior





Scholastic Book Fair

A big thank you from all the staff and pupils in junior school to everyone who over the past week has been able to attend our Scholastic Christmas Book Fair. There were certainly some bargains to be had and once again, because of your support, we have been able to boost our school reading resources. As you can see we have added a lovely selection of fiction, non-fiction books.



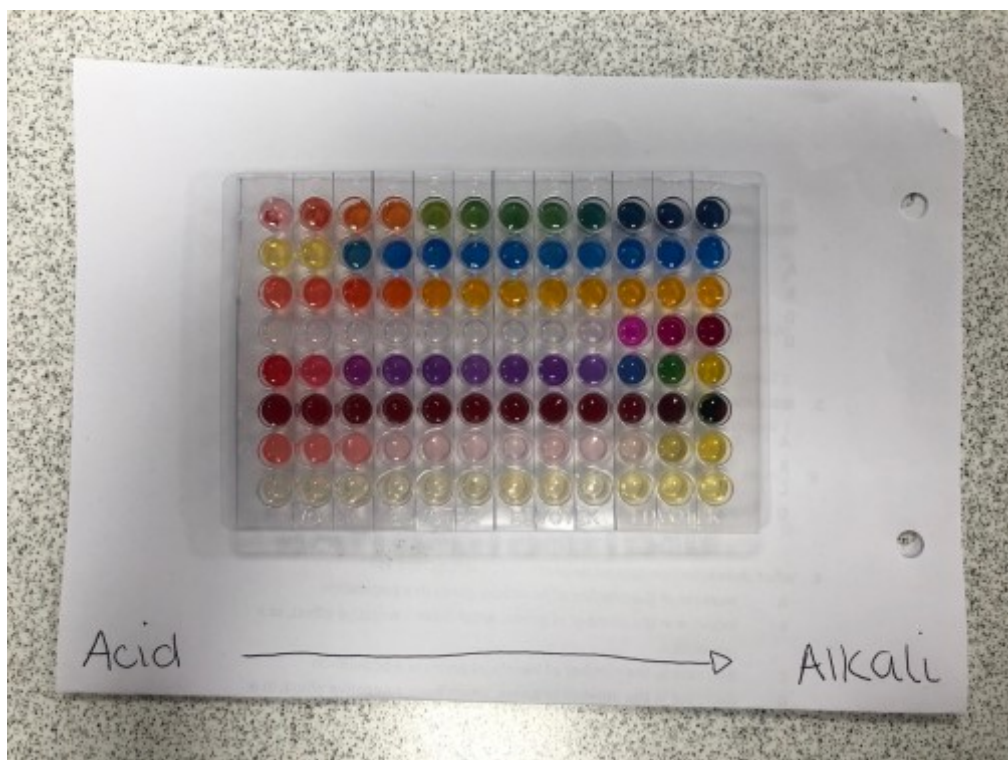
The next book fair will be arriving in school on the 4th March 2020, just in time for World Book Day; further details will follow in the New Year. Meantime, we hope you can all find time to sit down and relax with a good read.

Mrs P. Twigg

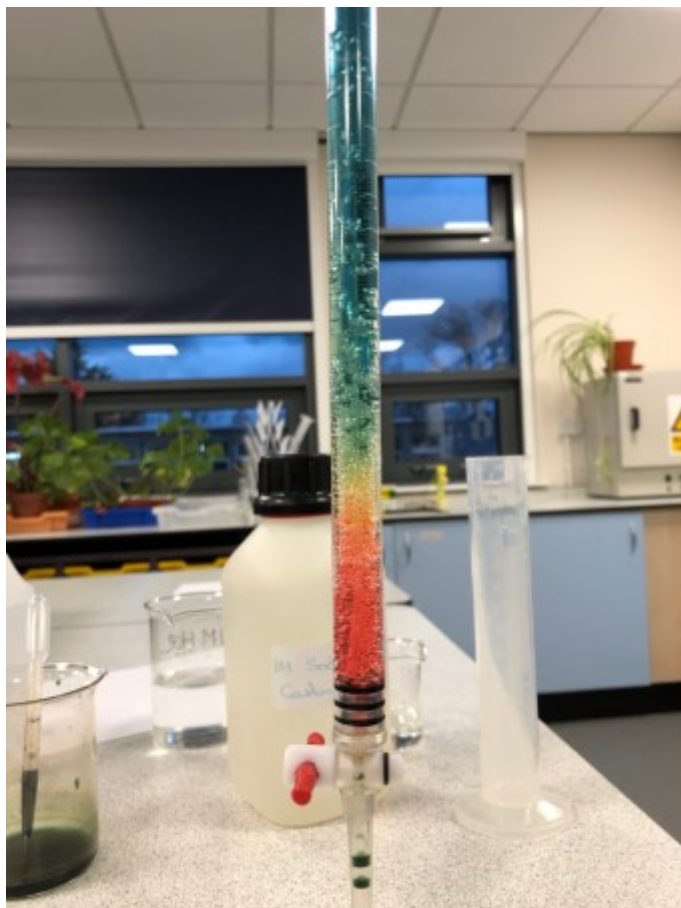


II Senior Chemistry

IIS chemistry classes have been learning about the pH scale. IIA in particular have been conducting a number of colourful experiments to find out about this. We used chemical indicators found in the lab and 'edible' indicators made from blackberries, red apple skin, red cabbage and curry powder to show that indicators have different ranges.



We made a fizzy pH scale rainbow...





II Senior Chemistry (continued)

The girls also made their own serial dilutions to create their own pH scale.



They've had lots of fun seeing all the colours that the indicators have changed to and making some colourful rainbows on the lab!

Mrs L. Howitt



What's On Art and Design

Re-imagining Aberdeen Art Gallery. Thursday 12th Dec 6-7.30pm - an exclusive evening panel event that will showcase the creative journey to transform Aberdeen Art Gallery and Cowdray Hall. Speakers Christine Rew (Aberdeen Art Gallery & Museums), Lyndsey Bowditch (Studioarc Design Consultants) and Nick Van Jonker (Hoskins Architects) share insights into the landmark redevelopment project that has improved the display conditions, expanded the exhibition galleries and reinterpreted the collections to offer new understandings of Aberdeen's impact through its artists and collectors. Chaired by David McClean (The Scott Sutherland School of Architecture and Built Environment, RGU). Doors open 5.45pm. £8 / £6 concession + booking fee.

Reminder ! HAAN, Aberdeen Art Gallery special event, 06/12/2019 - 08/12/2019, various. A local word for 'hand', HAAN celebrates the finest products crafted in the north east. For one weekend only, an inspiring range of skilled designers and makers showcase their products - all under the spectacular new roof of the revitalised Art Gallery: Friday 6 December, 6pm-8pm, Saturday 7 December, 10am-5pm, Sunday 8 December, 11am-4pm

Peacock printmakers - Roddy Buchanan and Exhibition in Worm, 11 Castle street. Aberdeen. 29th Nov – 25th Jan

Mrs J. Richardson



IA Charity Book Sale

On Friday 22nd of November IA held an extremely successful book sale in the school hall. Their sale was in aid of the Scottish Book Trust and Social Bite and they raised £302.75 overall. The girls had a variety of books available for purchase covering a wide range of genres for all ages. They also had a make your own bookmark stall and a book lucky dip, to encourage their audience to read something they might not necessarily choose themselves. Congratulations to everyone who was involved!

Mrs S. Stirton



St Margaret's Supports Round Table Charity Fundraiser

St Margaret's has made its premises available to the Round Table for their annual Christmas tree fundraising sale on Saturday 30th November. If you would like a tree and want to combine your purchase with a charitable contribution, please see details below.

Mr A. Mountain



Aberdeen Round Table
Christmas Tree Sale
Saturday 30th November
9am to 1pm
St Margaret's School, 17 Albyn Place, Aberdeen,
AB10 1RU

Nordmann Fir prices: £35 5ft, £40 6ft, £45 7ft
Collection or £5 delivery available

All proceeds go to local charities!

Pre-order recommended!
Call Neil: 07990971906
Email: aberdeenRT@gmail.com



ROUNDTABLE  



VA will be collecting a number of the items to donate to Abernecessities Christmas Eve Box Appeal. These boxes will go to local underprivileged children. VA will be collecting from form rooms each morning before registration and a box will be left on the stairwell outside the geography department in the senior school. We would ask that all donations are handed in by **Friday the 13th of December**. The poster below provides a list of suitable items for donation.

Thank you for your support.

Mrs S. Stirton



NO CHILD SHOULD GO WITHOUT...

A gift this Christmas

We will be making up a Christmas Eve Box for 150 local underprivileged children which will contain:

- **Cosy Pyjamas**
- **Cosy Slippers/Slipper Socks**
- **A Christmas Story Book**
- **A Christmas Activity Book, Craft or Game**
- **A Selection Box**
- **Christmas Bubble Bath/Shower Gel**
- **Hot Chocolate and Mug**
(for older children)

CONTACT US   

michelle@abernecessities.co.uk



ABER
NECESSITIES

Gift is for a Boy Girl Age _____

Thank you so much for making this Christmas special for a local underprivileged child. Please do NOT wrap your gift (a gift bag would be lovely) and hand it in to one of the collection points **before Sunday 8th December** with this tag securely attached.

Drop Off Points

<p>Union Square Customer Service Desk</p>	<p>Dolphin Fish and Chip Shops Chapel Street Kincorth Hazlehead</p>
<p>Meet the Meat Butchery Store Cove</p>	<p>Tolbooth Pub Ellon</p>



ABER
NECESSITIES

CONTACT US   

michelle@abernecessities.co.uk



Debating Success

On Tuesday this week, Eleanor Burnett-Stuart and Liberty Mountain travelled to Meldrum Academy for the first round of the Law Society Debating competition. The motion was, 'This House would introduce national civic service for all 15 and 16 year olds.' The girls gave a great performance, and won a place in the next round, which will take place in January.

This evening, we are looking forward to the North of Scotland Schools debating final here in school at 7pm. The motion will be 'This House believes that democracy is just an illusion'. We wish good luck to our team, Kasia Bain and Sophie Jennings.

Mrs H. Jennings



PE News

Swimming

Anna McNeill was in Inverness last weekend for the District Age Group Swimming Championships and came back with 2 Gold, 1 Silver and 3 Bronze medals in the 10 to 12 year age group.

Mrs K. Norval



Danspirations

Ballet

Highland

Tap

Freestyle

Modern Jazz

FitSteps

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*07729875088
clairespence87@hotmail.co.uk
www.danspirations.co.uk*

“Never miss a chance to dance!”



**THE ARCHIE
FOUNDATION**
MAKING THE DIFFERENCE
FOR LOCAL SICK CHILDREN

Dear Sir/Madam,

I am writing to you on behalf of The ARCHIE Foundation, the official charity of The Royal Aberdeen Children's Hospital. The ARCHIE Foundation works to transform the lives of sick children during their time in hospital by providing things such as specialist medical equipment, toys, parents accommodation and much more, to make children's life in hospital a much more positive experience – whether that be for hours, days or sadly sometimes weeks.

We are currently organising our annual Beards for Bairns Campaign, in which we ask men to ditch their razors between Christmas Day and Burns Night! All money raised will go towards supporting local sick children and young adults across Grampian. I cannot stress enough how much we need your support on an ongoing basis. You will realise as well as I do that you never know when circumstances can sadly change, and a child and the wider family suddenly require additional support. That's often when we can help most.

Each year we distribute a pack to local schools in the area which allows children to go home and nominate their friends and family to sign up and raise funds for The ARCHIE Foundation. This is becoming more and more popular, and we get many of our sign ups from the children taking home a nomination card and encouraging those around them to take part!

We may have sent you physical flyers already, and I have attached an e-flyer to this email for your information. If you require any more flyers, then please do not hesitate to ask.

We really hope your school and the wider local community will support our campaign again this year by distributing these flyers to the pupils in your school on the 3rd of December. It would not just be appreciated by the ARCHIE team, but also by our children and families across Grampian.

Thank you so very much for your support, and if you require any further information, please do not hesitate to get in touch.

[Best wishes](#)

A handwritten signature in black ink, appearing to read 'David Wood'. The signature is fluid and cursive, with a large initial 'D'.

David Wood
Chief Executive Officer



CAPTAIN



BEARDSTACHE



ROCKER



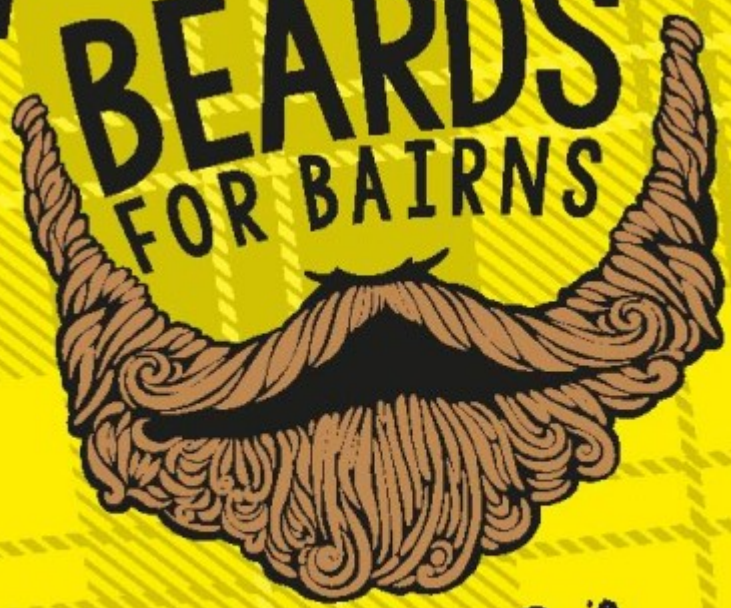
YOU CHOOSE



PROFESSOR



BEARDS FOR BAIRNS



The ARCHIE Foundation is the official charity of the Royal Aberdeen Children's hospital and also supports children in the wider Grampian region.

We strive to make the difference by providing child-friendly hospital environments, free on-site family accommodation, advanced staff training, specialist toys and mobility equipment, and much more!

This winter, you can help us by simply growing or styling your beard! Can't grow one? Get involved by nominating your husband, dad, uncle, grandad, or teacher!

Give or raise a minimum of £10 to take part and help us transform the lives of children in the North East!



THE ARCHIE FOUNDATION
MAKING THE DIFFERENCE FOR LOCAL SICK CHILDREN

The ARCHIE Foundation is a charity registered in Scotland number SC035921

CALLING ALL DADS, GRANDADS,
BROTHERS, UNCLES AND COUSINS!



BEARDS FOR BAIRNS



THE ARCHIE
FOUNDATION
MAKING THE DIFFERENCE
FOR LOCAL SICK CHILDREN

We need you to
unleash your beard
this winter and raise
money for local sick
children.
From Christmas Day
(25th Dec) until
Burns Night
(25th Jan) show off
your grooming skills
with one of these
awesome beards.

WHAT WILL YOU GROW?

REGISTER AT:

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#beardsforbairns



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...or call



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