



LOCHSIDE ACADEMY

Newsletter

December 2018

WORD FROM THE HEAD TEACHER

Less than one hundred school days into this session, our young people have taken the opportunity to become involved in a wide range of activities and events, many of which feature in this newsletter. Some of the highlights over recent weeks have included our 'Christmas Showcase', Young Enterprise Group activities, the St Fittick Rotary Christmas shoe box appeal, senior students reciting poetry at the ACC Service of Remembrance, a visit by the author Tomas Jefferson, the Go4 SET launch, the Higher Administration pupils attending the Elevator Conference and the school supporting Kirkhill Primary with their Science Evening.

The highlight for me must be our Junior Girls' Football team winning the Scottish 7 a-side Cup at ToryGlen on penalties. The girls now have their place in history bringing back the first piece of silverware to Lochside Academy.

Our sponsored activity afternoon in October raised over £3000. All this money will be used to enhance extra-curricular opportunities. To those who have perhaps not yet taken the step to join an extra-curricular club please have a look at the timetable included which will help you plan when and where a group that you may be interested in joining takes place.

Such a wide range of events are not possible without the commitment and time of staff, school partners and support of parents. Thank you.

Can I remind everyone that tracksuit bottoms and leggings are not acceptable in line with our school uniform policy.

Finally, on behalf of all at Lochside Academy I would like to wish everyone associated with the school a Happy Christmas holiday and very best wishes for a successful and happy 2019.



CHARITY GROUP

KEY DATES FOR NEXT TERM

JANUARY

MONDAY 7TH – Start of Term

TUESDAY 15TH – S3 Parents

Consultation Evening 5.30 – 7.30

MONDAY 21ST TO FRIDAY 1ST FEBRUARY – S4/5/6 Assessment weeks (pupils will attend classes when not sitting exams)

TUESDAY 22ND – S3 Subject

Choice Information Evening

TUESDAY 29TH – S4/5 Subject

Choice Information Evening

WEDNESDAY 30TH – S1 Outward Bound Information Evening

FEBRUARY

MONDAY 4TH TO WEDNESDAY 6TH – S1 Group One at Outward Bound, Loch Eil, Fort William House Groups A B C D E

TUESDAY 5TH – S2 Subject Choice Information Evening

WEDNESDAY 6TH TO FRIDAY 8TH – S1 Group Two at Outward Bound, Loch Eil, Fort William House Groups F G

FRIDAY 8TH – S2 Tracking Reports

MONDAY 11TH – Mid Term Holiday

TUESDAY 12TH AND WEDNESDAY 13TH – Inservice Days

FRIDAY 22ND – S4-6 Tracking Reports

TUESDAY 26TH – S1 Parents Consultation Evening 5.30-7.30

MARCH

TUESDAY 12TH – S4 Parents

Consultation Evening

MONDAY 25TH – SQA Parents

Information Evening

FRIDAY 29TH – End of Term

APRIL

MONDAY 15TH – Start of Term

Getting a good night's sleep

Many young people struggle to get to sleep, or to get enough sleep. This can affect their physical & mental health and have a negative impact on their attainment at school. Did you know that secondary age pupils should be getting 9 hours & 15 minutes sleep every night?

Funded by the Scottish Attainment Challenge (SAC), Lochside Academy is the only secondary school in Aberdeen to offer a tiered Sound Sleep Programme to our pupils. On the 16th of November, seven of our senior pupils gave up their day off to be trained as Sleep Mentors. A number of staff have trained as Sleep Ambassadors and two of those have gone on to train as Sleep Counsellors.

We conducted a whole school sleep survey and the results are quite concerning!



Pupils sleeping between 8 – 10 hours every night

14%

Pupils sleeping right through the night

37%

Pupils finding it difficult to get up in the morning

70%

Pupils experiencing a broken night's sleep and finding it difficult to get back to sleep

32%

36%



Over the coming months the Sound Sleep Programme will be rolled out across the school with pupils being taught about the importance of a good night's sleep to their health and well being.

If you and your son/daughter would like advice on how, through making a few simple changes to their routine, they could get a decent night's sleep, we are here to help! In the first instance, they should tell their Guidance teacher or come along to TS2 (opposite the feature staircase on the ground floor) and speak to either Miss Stove or Mrs Gordon.

Skills Development Scotland

UPDATE

In addition to one to one and group guidance the pupils are encouraged to use the online resources provided on My World of Work national careers website. The website offers tools the pupils can use to help them to reflect on their skills and strengths and look for information on different careers. The website has sections for parents and teachers to use in supporting the pupils in career decision making. The website has a new profiling tool where the pupils can save their quiz results, CVs and personal statements in one place. The pupils can share their profiles with their Careers Adviser and the profiles are further

explored during the Career Guidance appointments. The S3 pupils are encouraged to volunteer as My World of Work Ambassadors to promote the national careers website. This is valuable work experience where the pupils get experience of top transferable skills including team work, planning, communication, problem solving and leadership skills. The pupils have been given a registration form during their PSE classed and they can express their interest in the role by leaving the form with their Guidance Teacher or school reception for the attention of the Careers Advisers.

Science at Lochside

The first 3 months at Lochside have been busy within the Science Faculty.

We have a number of different clubs running including:

- Go4Set
- LEGO Robotics Challenge
- Rampaging Chariots Robotic Club
- Make ROV Scotland
(Remote Operated Vehicle) Competition
- Science Club

In the first week of November we had all S2 pupils participating in a Marine Engineering event run by the Sea Cadets. S2 pupils had a presentation on buoyancy and ship design before trying their luck at designing a boat as part of a national competition. We had some exciting designs which came close to the current Scottish record. Well done to all those who took part.

We are looking forward to more challenges and visits from outside specialists in the new term with Girls in Engineering and Energy Events being organised.

Youth Work in Schools

Congratulations to Callum Hirst for the huge achievement of completing a very impressive 73hr Dynamic Youth Award challenge. He took part in cooking challenges for a year and a half and during the summer he volunteered with the Youth Work in Schools Team to support primary 6 and 7 pupils from Tullos and Walker Road Primary Schools with confidence to cook and science projects which also gained him a Saltire Award.

Congratulations also to senior pupils Rebecca Duncan, Abbie Gray, Jasmin Message and Kate Evans for volunteering with the Youth Work in Schools Team at Loirston Primary School to deliver Leadership skills to P6 pupils and support facilitating the P7 art group.



S3 Outward Bound Trip

At the start of October this year, S3 Lochside Academy pupils were given the exciting opportunity to sign up for a five day Outward Bound leadership course. Pupils who were keen to get a week out of school and embark on a new adventure filled in an application form and went through an interview process to secure a spot on the fully-funded trip. The twelve successful candidates departed from Aberdeen with Mrs Burns (Geography teacher) at 8am on Monday 12th November and arrived in Fort William later on in the afternoon. Fort William is a town located in the western Scottish Highlands and is home to the UK's largest mountain, Ben Nevis. It is well-known for its beautiful scenery, wildlife and wilderness. Over the 5 days Lochside pupils were encouraged to step outwith their comfort zones physically, mentally and socially, all while developing key leadership skills which will enhance their C.V's and improve their future career prospects. Pupils undertook various physical activities such as a 'jog and dip', raft building, canoeing, camping, abseiling and ziplining - just to name a few!

Pupil Experiences - Our Favourite Memories



Beautiful Scenery Surrounding Fort William (picture taken on expedition by a pupil)

Cassie Shand: "I never thought in a million years that I would do the things that I did on my amazing Outward Bound trip... I met so many amazing people and I loved having hot chocolate while discussing how thrilling our day was each evening."



"Jog & Dip" - Laura & Nikol - Cameron Clan

My favorite memory was watching the sun disappear behind the mountains before jumping into the freezing lake. I have learnt so much about teamwork and what it means to be a good leader."

Jade Gibson: " My experience on the Outward Bound trip was ace, you can do activities that you have never done before and also make new friends!"

Laura Dwojak - "My experience on the trip was amazing, the activities made us work together and come

together as a group. People in each group all had a part to play, so no one was left out. I really surprised myself on the trip as I never thought I would be able to do many of the activities I took part in - such as making our zipline (creating the knots and using the different types of carabiners!). It was a bit challenging but with everyone working together it made it much easier."



Camping in the Scottish Wilderness

Aisha Gaye: "When I went on the Outward Bound trip it was amazing! I took part in many activities for example abseiling, jumping in a freezing lake and going camping for a night. I never thought for a moment I would get to do anything like this. It really helped raise my confidence levels and improved my leadership skills. I also made new friends that I had really good fun with throughout the week. Each evening we had a social time called 'supper' which included drinking hot chocolate and eating biscuits in our groups and we would discuss how much fun we had each day. We also had free time to get to know and meet new people throughout the week!"



Waterfalls on the Expedition

Verity Bremner: "The trip was really good. My best part was on the expedition - getting to camp out in the wilderness and being in the bothy playing games at night - even though it was freezing cold! I really struggled with my confidence throughout the week, often pushing myself to the limit and feeling like I was always going to give up... but I didn't! Everyone was good at working together to keep energy levels high whilst motivating each other."

Luie: "My favorite memory was when me and Alec got to the top of Jacob's Ladder - it was epic!"

Alec Kilminster: "My best memory was with me and Luie Duncan...when we got to the top of 'Jacobs Ladder' and worked as a team!"



Wild Horses



Luie & Alec at the top of Jacob's Ladder



For more information on the Outward Bound Trust, visit their website: <https://www.outwardbound.org.uk/>



Physical Education



This term has seen our Extra-Curricular programme get up and running with a number of different activities being offered at lunchtimes and after school. We are always looking for more participants so for the full programme please visit the school website, see the notice board in the PE department or ask a member of PE staff for more information.

The opening of the swimming pool and fitness suite this term has been another wow factor for pupils when working in the PE department. Pupils have started using the amazing 6 lane 25 metre pool during class time with the hope that extra-curricular sessions will be offered in the near future.

The fitness suite has been kitted with top of the range equipment and as well as being used during class time, is very popular with both pupils and staff during lunch and after school.

School football teams have been working hard with all players performing very well in both the local and national competitions. S2 boys, U15 girls and senior girls are still flying the flag for Lochside in the Scottish Cups with fixtures coming up against Inverurie, Inverkeithing and Nicolson Institute respectively.



Congratulations to the U14 Girls 7's football team who are the first team to bring silverware back to Lochside. The girls won their regional section in Mintlaw and therefore qualified for the finals at Toryglen, Glasgow. The girls went undefeated through the tournament and were crowned champions after defeating Hamilton Grammar School on penalties in the final. Well done girls.

School basketball teams have started their season with the junior team performing very well in the recent local festival where they were undefeated. Although the seniors have lost their first 2 games, they continue to improve and we are confident that it won't be long until they record their first win.



Petrofac 

Following on from the logo design project, eight of our S4 Graphic Com pupils were invited in to work with their



in-house graphic designer as part of their prize for winning the competition. Josh Milne, Callum Grant, Connor Mennie, Katie Fraser, Aedan Duncan, Kyle Nicol, Ross Beagrie and Alicia Hutcheon all had the opportunity to see first-hand the process of their designs being professionally produced. They then worked as a team to produce a range of graphics as part of a mini marketing campaign which included their winning design in all the publications. Pupils really enjoyed their session and gained a great insight into the work of an in-house graphic designer as well as some valuable tips and advice as to how they could pursue this type of career.

Maths Camp 1-3 March 2019

The Maths Faculty are planning a residential weekend away for Higher and Advanced Higher Pupils on 1-3 March. We plan to take the group of seniors away to Alltnacriche Outdoor Centre near Aviemore for a weekend of study, tutorials and outdoor activities. We hope that this will help pupils in their preparation for their

SQA Maths exams and build relationships too. The weekend will be split up into study sessions (run by members of the Maths Faculty), games, outdoor activities provided by the centre, a quiz and, if the previous Camps are anything to go by, a lot of cakes and fun! The cost for this weekend is at the bargain

price of £20 which is made possible by funding from many different bodies. This money covers travel, accommodation, revision materials, all food and the all-important Maths Camp hoodie to prove you were there! More information and forms are available from Mrs Simpson, Maths Faculty.

Language Ambassadors Visit

On the afternoon of Thursday 11th October 2018, all S2 pupils (who are currently studying French and Spanish) attended a presentation by Aberdeen University's Language Ambassadors, who visited Lochside Academy. The Ambassadors are 4th year foreign language students at the university who had been doing their year abroad last year. The two students shared experiences and photos and talked about how the knowledge of a foreign language and their experience abroad had so many advantages. It was a great opportunity for our S2 to hear the presentation and many of them enjoyed it.

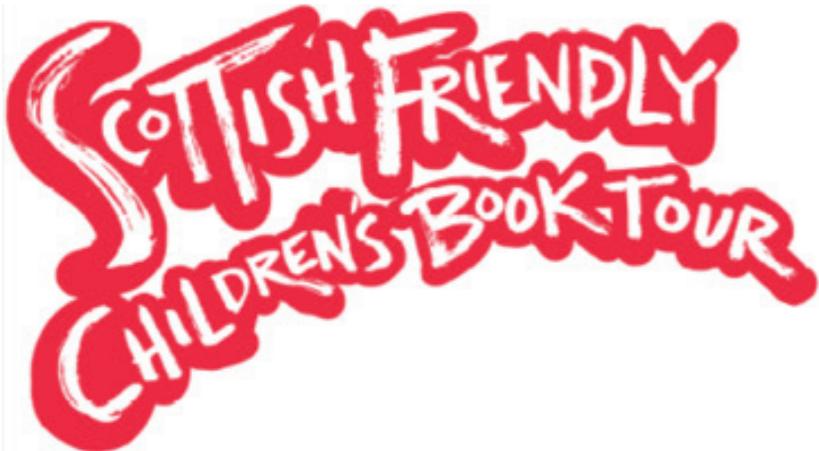
Carol Singing In the Local Community

The music department have been hard at work preparing pupils for various carol singing events throughout December. Senior pupils will be singing at Petrofac's Senior Citizens Lunch on Friday 7th and at the Linx Ice Arena's Magical Christmas Event on Saturday 8th December. The school choir will also be singing at the Cove Christmas Concert on Sunday 9th December at Aberdeen Altens Hotel at 3pm. To finish the term, the school Pop Band have been asked to perform at Sue Ryder Care in Kincorth and at the Old Torry Community Centre Christmas Lunch. Both staff and pupils are looking forward to spreading festive joy in our local community!

Belmont Cinema - French Film Festival

On Wednesday, 7th November 2018, a group of S1 pupils attended a screening of the French film 'Belle et Sébastien 2' as part of the Belmont Film House's French Film festival. Both pupils and staff loved the film, and there were even some tears at the end! This trip would not have been made possible without the generosity of Total, who paid for the bus to take the pupils and staff to and from the cinema- for this we are extremely grateful!

Lochside Academy Library



Lunchtime Clubs

We launched a few different lunchtime clubs in the library after the October Holidays.

On Monday's we have Film Club, where so far we have watched Avengers: Infinity War and Ready Player One.

On Tuesday's we have Drop Everything And Read, where you can spend 30 minutes chilling out with a good book.

On Wednesday's we have XP Club, a video game club where you can take on a different video game challenge each week, from retro to modern games, so far we have



Film Club

Origami Club



XP—Video Game Club

Monthly Quiz

played the first Sonic The Hedgehog, Pacman, Crazy Taxi and a Mario Kart tournament.

On Thursday's you can try your hand at the ancient Japanese art of paper-folding at Origami Club.

And on the last Friday of every month is the monthly quiz, Never Mind The Library. The first quiz was on Stan Lee and Marvel and the winners were The Strangers. The theme for the next quiz is.... 2018.

Scottish Friendly Children's Book Tour – Phil Earle



The first author visit of Lochside Academy was from Phil Earle, author of the books Mind The Gap, The Bubble Wrap Boy, Heroic and Saving Daisy among others. He spoke to S1 about where he finds his inspiration from, how a story can begin from something as small as being inspired by an obscure news article (which was where he got the story for his new book, Mind The Gap). We even created the beginning of a story involving a kidnapping involving Peppa Pig and her brother George! We have Phil Earle's books in the library and they have been jumping off the library shelves ever since his visit, which always is a sign of a successful author visit.



Elevator Conference

On 11th October a group of our Higher Business Management and Higher Administration pupils attended the Elevator – Making it Happen Conference. This was an opportunity for pupils to hear from and be inspired by some of Scotland's most exciting entrepreneurs.

We were lucky enough to have an opening speech from Hannah Miley who spoke about the importance of resilience in her successes. Pupils also heard from Ben Leonard of Beast Gear, Gavin Bell a vlogger and Claire Rennie of Summer House Drinks. All of the speakers gave great



insight into how they turned their initial ideas into a career which now generates income for them. Part of the day also involved hearing pitches from some of the schools in attendance. The teams were competing to win a £1,000 prize fund. We saw some excellent pitches and I'm sure it will have inspired some of our pupils to get involved in competing for the prize fund next year!



Home Economics

The In-School heat of FutureChef was held last month where 2 budding young chefs competed to represent Lochside Academy in the finals. After watching both chefs prepare and serve up their dish, the judges, Mrs Bews and

Mr White, decided that IT Imoisil will represent Lochside Academy this year. IT has now started her mentoring sessions with the chefs at the Hilton Garden Inn in preparation for the final. Well done and good luck IT.



EXTRA CURRICULUM TIMETABLE

DAY	ACTIVITY	TIME	ROOM
MONDAY	EXERCISE TO MUSIC	LUNCHTIME	DANCE STUDIO
MONDAY	SENIOR DEBATE CLUB S4/5/6	10.25 - 10.45am	HUMANITIES 6
MONDAY	CHOIR ALL SINGERS WELCOME	1.30 - 2.00PM	MUSIC 1
MONDAY	DYNAMIC YOUTH AWARD	LUNCHTIME	TUTORIAL ROOM 1
MONDAY	HIGHER CHEMISTRY HELP SESSION	LUNCHTIME	CHEMISTRY 3
MONDAY	FILM CLUB	LUNCHTIME	LIBRARY
MONDAY	SENIOR FOOTBALL	AFTERSCHOOL	ASTRO
MONDAY	S1 / S2 FITNESS	LUNCHTIME	FITNESS SUITE
MONDAY	TENNIS	LUNCHTIME	SPORTS HALL
MONDAY	DODGEBALL	LUNCHTIME	GYM
TUESDAY	HIGHER PHYSICS HELP SESSIONS	LUNCHTIME	PHYSICS 2
TUESDAY	DROP EVERYTHING AND READ	LUNCHTIME	LIBRARY
TUESDAY	POP BAND – ALL WELCOME	12.40 - 1.10PM	MUSIC ROOM 3
TUESDAY	SENIOR SUPPORT S4-S6 YEAR	LUNCHTIMES	ART DEPT
TUESDAY	VOLLEYBALL	AFTERSCHOOL	SPORTSHALL
TUESDAY	GYMNASTICS	LUNCHTIME	GYM
TUESDAY	SKIPPING	LUNCHTIME	DANCE STUDIO
TUESDAY	FITNESS S3 / S4	LUNCHTIME	FITNESS SUITE

WEDNESDAY	EXERCISE TO MUSIC	LUNCHTIME	DANCE STUDIO
WEDNESDAY	GIRLS FOOTBALL	2.55 – 3.45PM	PE DEPARTMENT
WEDNESDAY	XP CLUB	LUNCHTIME	LIBRARY
WEDNESDAY	S3 FOOTBALL TRAINING	3.00-4.15PM	PE DEPT
WEDNESDAY	TABLE TENNIS	LUNCHTIME	GYM
WEDNESDAY	NATIONAL HISTORY REVISION	LUNCHTIME	HUMANITIES 1
DAY	ACTIVITY	TIME	ROOM
WEDNESDAY	DRAMA GROUP	3.00 – 4.00PM	DRAMA
WEDNESDAY	VOLLEYBALL	LUNCHTIME	SPORTS HALL
WEDNESDAY	BASKETBALL – FLAMES	AFTER SCHOOL	SPORTS HALL
WEDNESDAY	SCHOOL FOOTBALL	AFTER SCHOOL	ASTRO
WEDNESDAY	SENIOR / STAFF FITNESS	AFTER SCHOOL	FITNESS SUITE
WENDESDAY	PE NAT5/HIGHER/HW/STUDY /REVISION	AFTER SCHOOL	PE CLASSROOM
THURSDAY	NETBALL	AFTER SCHOOL	GYM
THURSDAY	CEILIDH BAND – OLD AND NEW MEMBERS WELCOME	12.40- 1.00pm	MUSIC ROOM 1
THURSDAY	WIND BAND -ALL WOODWIND, BRASS AND PERCUSSION PLAYERS ARE WELCOME TO JOIN	3.15-4.15pm	MUSIC ROOM 1
THURSDAY	ROBOTICS CLUB (S2-S4)	LUNCHTIMES	PHYSICS 4
THURSDAY	ORIGAMI CLUB & YOUTH WORK DROP IN	LUNCHTIMES	LIBRARY
THURSDAY	MODERN LANGUAGES FOREIGN FILM CLUB	LUNCHTIMES	ROOM 2
THURSDAY	BOYS & GIRLS BASKETBALL TRAINING	3.00-4.15PM	PE DEPT

THURSDAY	ART CLUB S1 -S3	LUNCHTIME	ART DEPT (3rd Floor)
THURSDAY	JUGGLING CLUB	12.45 – 1.10PM	DANCE STUDIO
THURSDAY	SENIOR SUPPORT	LUNCHTIMES	ART DEPT
THURSDAY	BADMINTON	LUNCHTIME	SPORTS HALL
THURSDAY	SCHOOL FOOTBALL	AFTERSCHOOL	ASTRO
THURSDAY	SENIOR BASKETBALL – FLAMES	AFTER SCHOOL	SPORTS HALL
THURSDAY	S5 / S6 FITNESS	LUNCHTIME	FITNESS SUITE

DAY	ACTIVITY	TIME	ROOM
FRIDAY	MODERN LANGUAGE CLUB	12.45 – 1.15PM	ROOM 3
FRIDAY	POP BAND – ALL WELCOME	12.40 – 1.10PM	MUSIC ROOM 3
FRIDAY	SCIENCE CREST CLUB	AFTER SCHOOL	SCIENCE DEPT
FRIDAY	S1–S6 BASKETBALL	LUNCHTIME	SPORTS HALL
MONDAY – FRIDAY			
MONDAY – FRIDAY	BREAKFAST CLUB	8.00 – 8.30AM	GP ROOM

OPEN TO ALL YEARS UNLESS OTHERWISE STATED