

Group Tutors - S3 Vaccinations

Emailed with this bulletin are times for various S3 pupils to have their vaccinations today.

Please let the relevant pupils know the time of their appointment and that they take place in the Conference Room.

1 All Pupils - Mindfulness and Meditation**Wednesday lunchtimes**

Join us to meditate for 15 minutes and then have 10 minutes relaxation/down time.

Place: **GO13, Music department**

Time: **1.25 pm every Wednesday**

All pupils are welcome.

Ms MacDonald, GO47

2 All Pupils - World Milk Day

World Milk Day was established on the 1st of June by the United Nations to celebrate the dairy sector and highlight the importance of Milk as a global food.

Optional Video-Magnificent Milk: how does a cow make milk? (2:24mins)

<https://www.youtube.com/watch?v=wfv4XI2qM0g>

3 All Pupils - Dress Down Day

Friday the 4th of June will be a dress down day raising money for your Health and Wellbeing Coordinators.

Please donate £1 during registration to dress down.

Miss Leslie

4 S4/S5 Pupils - Career Appointments

P1 Thorfinn Kitney 4C2

P2 Leo Lin 4C2

P3 Adam Mackie 4E1

P4 Skyla Nicholson 5F2

P6 Greig Smith 5C1

P7 Luke Lam 5F1

Mrs K Foubister

5 S3/S4 Pupils - Core RMPS

Supported study sessions for students in RMPS wishing to catch up on assessments/complete coursework.

Days: Monday, Tuesday, and Wednesday lunchtimes, and on Thursday at the end of the day.

Any students in S3 or S4 RMPS who requires support to complete units is welcome to come along to room F052.

Mr T Ogbhemhe

6 S2 Outdoor Education

Could the following pupils come to the library today straight after registration please. Thank you.

Sophie McCarthy

Angus Robertson

Katie Drever

Ms Sandor