

**Group Tutors – Vaccinations**

Emailed with this bulletin are times for various 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 Registration Classes – National Gardening Week**

Today is the last day of the 2021 gardening week. Did you know gardening also can do wonders for your well-being? Here are eight surprising health benefits of gardening.

1. Gardening can build self-esteem.
2. Gardening is good for your heart.
3. Gardening reduces stress.
4. Gardening can make you happy.
5. Gardening can improve your hand strength.
6. Gardening is good for the whole family.
7. Gardening can give you a boost of vitamin D.
8. Growing your own food can help you eat healthier.

If you wish to have a go at one of the following quizzes:

Vegetable Quiz – <https://www.educationquizzes.com/specialist/gardening/vegetables---vegetables-2/>

Flowers Quiz– <https://www.educationquizzes.com/specialist/gardening/annuals---container-plants-2/>

**3 All Registration Classes – 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 Freya Laing 4F1

P2 Iain McKenzie 4E1

P3 Niamh Baillie 4C1

P6 Jay Sclater 4E2

P7 Andrew Swanson 5C2

Mrs K Foubister