

**1 S4-S6 College pupils – Arrangements for this week**

The pupils in the classes below should attend College this week:

Wednesday morning (9am-11am)

- Higher Psychology
- Higher Childcare & Development
- Higher Care
- FA Social Services & Healthcare Y1 & Fast track Group B

Thursday afternoon (2pm-4pm)

- Higher Psychology
- Higher Childcare & Development
- Higher Care
- FA Social Services & Healthcare Y1 & Fast track Group B
- FA Children & Young People Y2

Friday mornings

- SFW Hairdressing
- N5 Psychology
- N4/N5 Mental Health & Wellbeing

All other college classes remain online until further notice.

SFW pupils may study at home on Friday mornings OR in school in break out areas. If you do attend school on Fridays you need to go to Registration.

Mr N Ewing

**2 To all Registration Classes**

Welcome back to KGS everyone, it's great to have you all back in our classes again. This week we are going to start with a picture caption competition to celebrate getting through another lockdown. Each registration group should come up with one agreed caption and submit via email to Ms Leslie by end of day Friday 23rd of April.



Miss T Leslie

**3 Assessment Checkpoints additional arrangements**

Ms Phillips has emailed everyone who has requested additional assessment arrangements - extra time, reader, room etc.

Please check your email. If you have any questions or anything needs to be changed, please discuss with Ms Phillips as soon as possible.

Anyone who has a reader/ scribe or separate room wait in the music breakout area 10 mins before your exam is due to start.

Ms M Phillips

#### 4 All Pupils – Stress Awareness Month

April is Stress Awareness Month and aims to increase public awareness about both the causes and cures for our modern stress epidemic. The theme for Stress Awareness Month 2021 is 'Regaining Connectivity, Certainty and Control'.

10 step stress solution:

- Prioritise your health
- Get a good nights sleep
- Practice deep breathing
- Stay hydrated
- Eat for wellbeing
- Get Moving to combat Stress
- Adopt a positive mind set
- Master your time
- Don't be a slave to tech
- Learn to say no

Have a go at the following quiz about teenage stress awareness-

<https://www.highspeedtraining.co.uk/hub/teenage-stress-quiz/>

For further support or information please contact your guidance teacher or check out the following online support:

<https://www.stress.org.uk/>

<https://www.mind.org.uk/>

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/how-to-access-mental-health-services/>

Miss T Leslie

#### 5 KGS Blender Club

Are you interested in Animation, Graphics, Game design, Media or 3D modelling? If your answer is Yes you may be interested in Blender Club. **Starting on Tuesday 20th of April at 3.35 in room 85 (D&T Dept)** we are going to be learning and using Blender together to build skills and create amazing things. First week will be an introduction to Blender and what we will do with the club. (Teachers are welcome to come as well)

(Blender is a Free, multi-faceted computer program that is used to create, animate, and render computer generated characters and models)

**The club will run every Tuesday after school 3.35- 4.30 in room G085 (D&T dept)**

Mr S Woodrow