



FAMILY LEARNING NEWSLETTER

*Parents, Carers, Pupil and
Staff Edition*



GLENIFFER HIGH SCHOOL SPRING 2020

At Gleniffer High School we believe it is important to learn together. When pupils, parents, carers and school staff have the opportunity to work as one, we can share experiences; deepen our knowledge and understanding; and create a sense of pride in our community.

We have embarked on an ambitious programme of learning events this session, inviting pupils, parents, carers, partner schools and school staff to participate.

We planned a total of 16 family learning events, which have been made available to every member of our learning community.

In this newsletter you can read more about some of the different events which have taken place.

LEARNING TODAY FOR A BETTER TOMORROW

'Show My Homework' Surgery

September 2019

This event was led by our S5 and S6 pupils and supported by teaching staff.

Pupils, parents and carers were invited to attend the drop-in surgery and learn more about the features of the 'Show My Homework' website and app.

The pupils leading the event were able to support parents and carers to log in, access their child's homework calendar and share their own experiences of using the software from a pupil's perspective.

"Thank you for taking the time to sit and show me what I had to do. I feel more confident in supporting my child with their homework, after being here."
Parent of Pupil at Gleniffer High School



Mindfulness

October 2019

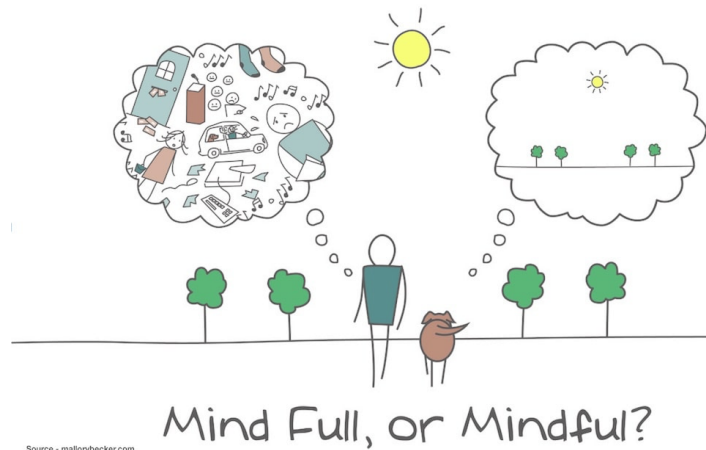
We understand that a positive relationship with an adult reduces stress for young people and supports them to feel safe and listened to.

Therefore, we felt it was important to include an event which encouraged mindfulness, for parents, carers, pupils and school staff.

Led by Ms MacLeod, we explored strategies to create and maintain a calm and supportive environment, through implementing mindfulness techniques.

“The session highlighted the importance of mindfulness for positive mental health with a range of resources shared which can be used in a group or classroom setting.”

Teacher at Gleniffer High School



HeartStart – First Aid

October to November 2019

The British Heart Foundation work with a variety of groups with the aim of building a community of life savers.

In Gleniffer High School we are fortunate to have a number of staff who are trained to deliver the HeartStart course.

Mr Bleach and Mr Mollins trained pupils, parents, carers and school staff during two sessions, where each participant was awarded a HeartStart certificate.

Participants learned how to recognise a heart attack and cardiac arrest; help an unconscious person; perform lifesaving CPR; help someone who is choking; and respond to serious bleeding.

“It was a great course that really gave me something to think about as anyone could be in the position that they may need to use this knowledge.”

Teacher at Gleniffer High School



Makaton – Level One and Two

October 2019 to January 2020

Makaton is a unique language which combines symbols, signs and speech as a form of communication. Makaton can support with the development of skills such as listening, comprehension, memory, recall and organisation.

Given the potential benefits for our school and wider learning community, we were delighted when Karen Derrington agreed to deliver this event. The four sessions were delivered to pupils, parents, carers and staff from partner schools and Gleniffer High School.

On completing the course, participants were awarded with a Makaton Level One certificate.

“Makaton was really engaging and useful for our future careers. We enjoyed working alongside other pupils and staff, we got to see them in a different light.”

Pupils at Gleniffer High School



Laughter Yoga Therapy

December 2019

We were privileged to have the award-winning Anna Devitt deliver a session on Laughter Yoga to our pupils, parents, carers and school staff.

Laughter Yoga is described as laughing for no reason through playful exercises, movement, eye contact and a willingness to laugh.

The positive response that our bodies experiences from 'real' laughter is said to be the same as that from laughter that is initiated or encouraged.

We were able to experience the benefits of Laughter Yoga, which include: a reduction in stress levels; increased oxygen to the body and brain which makes us alert; improved interpersonal skills; and improved social relationships.

"Laughter Yoga has given me a wide range of strategies and techniques to promote positive wellbeing with my pupils and myself."

Teacher at Gleniffer High School



Scottish Mental Health First Aid

January 2020

Over a two-day period, a significant number of Parents, Carers, Pupils and staff, attained their Scottish Mental Health First Aid certificate.

The course helped participants to identify people at risk of suicide and a potential mental health crisis. This event provided them with the skills to help those in need to recover and helped to promote an understanding of mental health challenges.

Participants said although it was a difficult topic, they were really pleased that they completed the course as they now feel that they have the skills to help anyone in need.

“This course provided detailed insight to understand, recognise and support mental health. Some of our senior pupils also attended and it was impressive to see so many keen to learn more about how to be proactive in supporting others. We had some difficult but mature discussions.”

**Teacher at Gleniffer
High School**



 Scotland's
mental health



Future Events

Any future events will be advertised through our School Website, Twitter and Text Messaging service.

If you are interested in any future events or have any questions, please contact Mrs Futamata using the email address below.



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@GlenifferHigh



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