



Portlethen Academy  
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Twitter: @PortyAcad @aberdeenshire

11<sup>th</sup> May 2022

Dear Parent/Carer

### **SOCIAL HEALTH WEEK (16<sup>th</sup>-20<sup>th</sup> May 2022)**

Whilst our Senior Pupils are on Study Leave, we are looking to support our S1-3 Broad General Education Year Groups with their Social Health and Wellbeing. This will be the focus of Social Health and Wellbeing Week in Portlethen Academy from next Monday 16<sup>th</sup> – Friday 20<sup>th</sup> May 2022.

Throughout the week there will be several opportunities for our pupils and staff to #GetInvolved and participate in, including some mindfulness sessions, staff vs pupils social and sporting events, and other activities in classes, to help our young people to re-connect across Portlethen Academy.

Information will be shared with pupils via an online briefing this week and in our Daily Bulletin which will be shown via Clan classes over the next few days. We look forward to as many pupils as possible participating and making positive connections with others. Please keep your eyes peeled on our twitter feed [@PortyAcad](https://twitter.com/PortyAcad) and our [School Website](#) to see some of the action!

### **S1-3 Clan Experience Days (17<sup>th</sup>-19<sup>th</sup> May)**

As I am sure you will already know, Clan is a fundamental part of our school day and working week across Portlethen Academy whereby our pupils join in their Clan Class (e.g., 1A1, 2C2...) with their Clan Leader (Tutor) for 30 minutes every day.

The purpose of Clan is:

- to build positive relationships across the school both with staff and fellow pupils.
- to check-in on their health and wellbeing.
- to support their learning by reflecting on progress and setting targets.
- to discuss their learning with a key adult over and above their Guidance Teacher.
- to create a sense of Clan and House identity by participating in quizzes, activities, and tasks.
- to learn about key worldwide issues which are relevant to everyday life and their local context.



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In order to help strengthen our [@PortyClans](#), next week we plan to have each year group off timetabled classes for a day with their Clan Class and Clan Leader, to participate in some experiential activities. There will be 3 sections to each day, which will focus on Team Building, Accessible Orienteering and our work towards becoming a UNICEF [Rights Respecting School](#).

The days and year groups will be as follows:

- Tuesday 17<sup>th</sup> May S2
- Wednesday 18<sup>th</sup> May S1
- Thursday 19<sup>th</sup> May S3

This will all take place within the school day, the school grounds and across local community. The activities will be suitably risk assessed and staff will remain with pupils throughout all three sections of the day. We hope that the weather will be on our side and that we can make use of the outdoor space around our school campus.

Pupils will be advised to bring/wear the following:

- Comfortable clothing for moving around in.
- Comfortable footwear (i.e., trainers).
- A refillable water bottle to stay hydrated.
- Some SPF Sun-Tan Lotion. (We will have some provided by the school also).

Break and lunchtime will be slightly amended to fit in with the planned activities; however, pupils will still have access to the canteen and will still be able to leave site as normal to visit the local shops if they so wish. Return times will be made clear to all, and registration will be taken at regular points throughout the day.

It is hoped that all pupils can participate in what is expected to be an exciting day.

If you do not wish your young person to join in with these activities or have any questions or concerns, please inform the School Office or their Guidance Teacher by **Monday 16<sup>th</sup> May 2022**.

Yours sincerely

**Barry Drennan**  
Head Teacher