



Portlethen Academy
Bruntland Road
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www.portlethenacademy.aberdeenshire.sch.uk
Twitter: @PortyAcad @aberdeenshire

5th May 2022

Dear Parent/Carer

SOCIAL HEALTH WEEK (22nd – 26th May 2023)

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 Monday 22nd – Friday 26th of May.

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 in the coming weeks and in our Daily Bulletin which will be shown via Clan classes in the following 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 (19th, 22nd and 26th of 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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As parent/carer, you can keep up to date with the work of our [@PortyClans](https://twitter.com/PortyClans) by following us on Twitter using the link provided, and also by regularly visiting our Clan Website here: [Porty Clans Website](https://www.portlethenacademy.aberdeenshire.sch.uk) where we share our beautiful work and give key updates throughout the year. *Please share this information with your friends, other parents/carers and neighbours to promote more widely.

In order to help strengthen our [@PortyClans](https://twitter.com/PortyClans), during this time 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 Problem Solving and our work towards becoming a UNICEF [Rights Respecting School](#).

The days and year groups will be as follows:

- **Friday 19th May** **S3**
- **Monday 22nd May** **S1**
- **Friday 26th May** **S2**

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 will differ slightly, and lunchtime will remain the same and 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 15th May 2023**.



Aberdeenshire
COUNCIL



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Yours sincerely

B. Drennan

Barry Drennan
Head Teacher

Portlethen Academy
Learn and Improve. Get Involved. Think of the Consequences. Respect All.

Serving Aberdeenshire from mountain to sea – the very best of Scotland