

Holyrood Secondary

June 2019

SNAG Newsletter

SNAG Vision Statement:



Holyrood Secondary's SNAG (School Nutrition Action Group) aims to ensure all young people in our school community live happy and healthy lives.

Young people, staff and health professional's work together to drive forward initiatives to promote healthier and active lifestyles.

Through our partnerships we aim to provide greater education in Health and Wellbeing and lead our entire school community in making good choices which will be sustained into adult life.

In Holyrood, we respect our culturally inclusive community and continue to work towards a healthier Holyrood that ensures everyone has an equal chance of reaching their fullest potential.

Healthier, happier Holyrood

Transitions – Primary HWB:

All primary schools will be joining us on the 4th June for a HWB visit. Various curricular areas are involved including: Social Subjects, PE, Home Economics, Art and Drama. Each department provides a range of activities to enhance young people's physical and emotional wellbeing. Pupils will be able to engage in sports and also discover their rights and responsibilities. These events are very important in supporting young people's learner journeys during transitions to ensure they feel safe, included and are familiar with Holyrood before joining us in August. Thank you to our primaries for working with us on a smooth transition.
#primariesaspartners

Great News! We are very excited to celebrate our success on winning the National Health Award BEBL 2019 for all of the work we have been doing on health over the past 6 years. The main focus of this year was our Business Engagement Strategy. We have 8 partners who we are collaborating with for our Healthy Lunch Rewards Scheme. Miss Dastey will be speaking at the Scottish Learning Festival regarding all of the work going on in SNAG; this will give an overview of our Better Eating, Better Learning Audit and the healthy reward initiative where we are tackling the national issue of 85% of young people eating unhealthy lunch beyond the school gates.



Some Twitter pages to follow:

@SNAG_Holyrood
@HolyroodPPRs
@Holyroodsecl
@activeschoolsNT
@Holyrood_PE
@HSSJohnMuir



Business Partnership / Rewards Scheme:

Earlier in the year we established eight partnerships with local businesses to promote healthy eating. Partners include Asda, Subway, Scoffers, Janette's, The Grill, The Roll Shop and our Fuel Zone. Pupils can gain rewards by collecting points for healthy purchases. Our pupils are busy collecting loyalty stamps and are now being rewarded with badges and £5 Asda vouchers. Special well done to Tyler Dunn S2 who has collected all three badges and also Saaniya Mirza and Allana who have both made it to the green apple badge.

Staff:

L Divers

A Dastey



Family Learning:

We recently piloted a 4 week programme of family learning during the Month of May. On the 7th and 14th May we ran two cookery workshops involving a mixture of parents and pupils making delicious recipes including minestrone soup, pasta, chicken kebabs, salads, hummus, couscous and baklava.

This was followed by two weeks of food hygiene training which ran on the 21st and 28th May. Parents and pupils learned about different aspects of food hygiene and were awarded certification at Level 2 for their efforts.

Feedback from these events has been terrific with families strongly indicating a willingness to participate in future events. We hope to advertise and run further classes after the summer holiday in conjunction with Glasgow Clyde College.

Staff

T Cahill



Health Eating - Menu of the Month:

We are working in partnership with Tilda Rice to promote healthy eating and have created another Menu of the Month that will be available every Wednesday in the Fuelzone. Each menu supports a healthy food choice! This month the "dish of the day" is chilli chicken with rice. This recipe was brought together in collaboration by Cordia, the Home Economics department and S3 pupils: Kady Byrne, Crina Rostas and Gurleen Kaur Soni.

Staff

J Forrest



MENU OF THE MONTH
Every Wednesday at the Fuel Zone

Starter
Homemade Soup with brown/white bread

Mains
Cheese & Tomato Quiche with potatoes (V)

Dish of the Day
Chilli Chicken with rice (Halal / Non Halal)

Sides
Tomato & Onion Salad
Side Salad

Dessert
Dessert
Fruit Selection

Drink
Bottled Water
Milk

Outdoor Learning Areas:

Education Scotland 2016 - "we are not saying goodbye to our classrooms we are opening them up"

Pupils engaging with the John Muir Award will be working to promote conservation in our outdoor areas, specifically the patio at the end of term. This will involve litter picks, planting new shrubs and seeds and generally tidying up the area. Following consultation we are also hoping to plan new designs and ideas for the outdoor learning areas in our school grounds.

Staff

E Cooke

L O'Donnell

Staff HWB:



We have a staff swim/breakfast club with swimming on Tuesday's and Thursday's from 7-7.30am followed by breakfast in the staffroom. New members are welcome, don't worry about your level – just come along it's a great way to start the day!

Staff can also get involved with the jogging club on Friday mornings. We leave school around 7.10am to run around Queens Park and return to school for breakfast (BYOB). Again, it's a lovely way to start the day. There are still a few weeks to get involved before the summer holidays so you could even go for the couch to 5K challenge!

Staff

S Quinn



The staff health day during February was a great success! There was a variety of activities available to staff including make-up, massages, art classes, cake baking, book club, the Spanish café and a host of PE activities. #healthyactivestaff/holyrood

PE and Sporting Achievements:

There have been many fantastic sporting achievements this term. Well done to the girl's football team for winning the Glasgow Spring League. It was also a successful term for the boy's football as the S1, S2, S4 and seniors were all winners in the Glasgow League Play-off Finals. The S1 and S4 teams went on to complete the double by also winning the Glasgow Cup at their age level. The S4 team have managed to complete this for the second year running which is an excellent achievement. More success may be on its way as the S2 football team have made it to the finals of the Lisbon Lion's Tournament which takes place Tuesday 4th June. Special mention to our S1 netball superstar's who won the Glasgow School's Tournament. The S1-S3 sports day was also a great day with many pupils participating in different events – well done to all of the winners!
#montherood

R Donaldson



Pupil Voice and the Pupil Parliament:

The United Nations Convention on the Rights of the Child:

“Every Child has the right to have a say in all matters affecting them, and to have their views taken seriously” Article 12

During the UK parliament week, we held elections to our S1 Pupil Parliament. The representatives, known as Pupil Parliament Representatives (PPRs), held hustings and were duly elected on polling day. We have now held elections to the S2 Pupil Parliament (the new S3) within the Social Subjects department. The young people spent a week in class discussing the importance of being an active citizen within society and went on to elect two PPRs per class. The PPR's recently had the opportunity to meet with the **Depute First Minister, John Swinney**. The group talked to Mr Swinney about their involvement in decision making within the school. PPR's have also had the opportunity to have a Q&A with the local MP, Stuart McDonald

Staff

D Ford



Promoting Growth Mindset's

All year groups took part in the “Live-N-Learn” workshops last term. Developing a growth mindset is crucial if young people are to make the most of their opportunities and have a positive outlook. These workshops help our young people to recognise that the challenges we face in learning and life are central to our personal growth and development as human beings. It also encourages and enables young people to take ownership of their learning and approach challenges with confidence and self-belief.

**I'M NOT TELLING YOU
IT'S GOING TO BE
EASY. I'M TELLING
YOU IT'S GOING TO
BE WORTH IT!**

Having a growth mindset helps young people to approach tasks positively, persist when things get tough and see hard work and commitment as key ingredients to success. The feedback from our pupils about these workshops was very positive.

Staff

S Quinn

Sports Awards Night 18-19:



For the second year running we had our Sports Award Night at Holyrood Secondary School. Recognising and rewarding all the teams and individuals who have excelled themselves through this season of sport. There were loads of award winners and a long awaited Team of the Year win for the S3 Netball team, with Abbie Callaghan taking first place for Sports Personality of the Year. From Natalie and the PE staff, a huge congratulations to all of the teams and individuals that have committed themselves this year. It is time to step up again for next year and go bigger and better!

Natalie Swinney, Active Schools Coordinator

Scottish Learning Festival and Holyrood Secondary School:



We are very excited this year that our SNAG team has been invited to present at the Scottish Learning Festival at the SECC in September 2019. We will be presenting on all of our SNAG work for the last 6 years as well as our new Business Engagement within our community. The SNAG team have been tackling the issues of healthy eating beyond the school gates. We now have 8 business partners and a healthy eating reward scheme. We are excited to share our work with other schools nationally in the hope of what we are doing can spread to other communities and maybe even change the law on healthy lunches “beyond the school gates”. Follow us on the SNAG twitter @HolyroodSNAG/Scottishlearningfestival

Staff

Miss Dastey