



BRIDGE OF DON ACADEMY

Be Caring Be Honest Be Respectful Be Your Best

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11 September 2020

Dear Parent/Carer

Mental Health and Wellbeing

All young people in S1- 6 have a period of Personal and Social Education (PSE) with their Head of House (Guidance Teacher) each week. In PSE the priority focus has been Health and Wellbeing. The Heads of House have been working on a programme to identify those who have found the transition back to school difficult and those who are struggling with the current procedures in place due to Covid-19, and indeed the wider situation with which we are all living.

Universal support has been given to all pupils to promote positive mental health, suggest coping strategies and establish good routines now we are back in school. PSE has been used to reassure pupils, reinforce information, answer queries and listen to concerns. The pupils have responded well and have enjoyed being able to talk things through with their Head of House and peers.

Those who have required additional pastoral support have been seen individually by their Head of House for one to one sessions. Contact has been made with home and in some cases more targeted support has been put in place, such as ACIS counselling or time with our Behaviour Support Teacher.

The Heads of House are continuing to monitor the wellbeing of all pupils; they have found the vast majority to be remarkably resilient and pleased to be back in school. CAMHS (Child and Adolescent Mental Health Service based in Aberdeen and Elgin) have shared information with parents, as appropriate. You may find these websites a useful reference point.



https://www.camhsgrampian.org/covid	CAMHS information packs for parents and young people.
https://www.thirdspace.scot/nait/covid-19-return-to-school/	Is a superb resource with ideas for supporting children on the autism spectrum with getting back to school.

https://www.camhs-resources.co.uk	A website full of resources, suggested readings and websites.
https://www.bps.org.uk/coronavirus-resources/public/back-to-school	Guidance from the British Psychological Society for supporting the mental health of children as they return to school.

School Library

Below is the link to our new website where pupils can find our book request form. They will also find BODA booklists and suggestions of books they might like to read. We also have a resources page which lists the online resources we subscribe to (*Issues* and *Complete issues*) and links to other material which pupils and staff may find useful. We hope to keep this updated.

<https://sites.google.com/ab-ed.org/bodalibrary/home>

S4 – S6 Reporting to Parents and Carers

As intimated last week reports will be posted home by the end of the week beginning 5 October 2020 for all young people in S4 – 6 undertaking SQA National Qualifications.

Sources of Support for SQA National Qualification Courses

SQA: past papers and information

<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>

Commercially published resources

We do not endorse any particular publisher, but we have some examples of these publications in our library which young people are welcome to borrow. This may help them decide which resources are best suited to them. Alternatively, teachers may be able to advise.

<https://www.hoddergibson.co.uk/series-pages/revision-and-exam-practice-books/marketing-content-boxes/how-to-pass/how-to-pass-revision-guides>

<https://www.brightredpublishing.co.uk/>

<https://collins.co.uk/pages/scottish-curriculum>



In addition, there is a link below to **Scholar**: an on-line resource which young people studying a number of SQA courses can access. This provides notes, webinars, and revision

sessions for these subjects. All young people should have been given their usernames and passwords by their subject teachers. For your information I have provided a link below to the parents' section of their website. This is a source of support we would whole heartedly recommend. <https://scholar.hw.ac.uk/using.html#parents>

There are also live online sessions throughout the year which are recorded and can be accessed at any time: <https://scholar.hw.ac.uk/sessions.html>

S1- 3 Reporting to Parents and Carers

We are in the process of discussing the timing of reports on the progress of young people in S1 -3. I will share this with you as soon as possible. Teachers will have issued information letters or discipline letters if there have been incidents or events to report to you. In addition, as described above, our Heads of House have been in touch with families of young people to plan additional support where necessary. However, as always if there are issues that you are concerned about please get in touch in the first instance with your child's Head of House.

The Heads of House are

Mrs J Napier Crathes House

Miss V Howard Drum House

Mrs L Marshall Fyvie House

Please use the school email address or telephone number on this letter.

SQA Exam Results

Young people who had their grades revised upwards by the SQA should have received their new certificates on Tuesday 8 September.

School Trip Refunds

Over the course of the next week the school office will be sending out forms for completion by parents/carers who had children in S1-3 last session on school trips which were cancelled in June of this year: these forms will ask for information so we can arrange the refunds. As soon as we have the funds in school, we will make the necessary arrangements to transfer these monies to parents and carers.

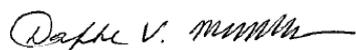
Face Coverings

We would be grateful if parents and carers would ensure that their children have a supply of face coverings for each week. We do have a limited number we can give out but clearly these cannot be returned, and our supply will run out and no more will be available. If any family is experiencing difficulty in providing sufficient face coverings, we can help please let us know. The vast majority of young people are well organised and wearing their face coverings willingly and by doing so contributing to keeping our whole school community and their families safe and well.

Parent Council

If you wish to become part of the parent council or the 100 Club Monthly Draw please email the school office.

Yours sincerely



Daphne McWilliam
Head Teacher