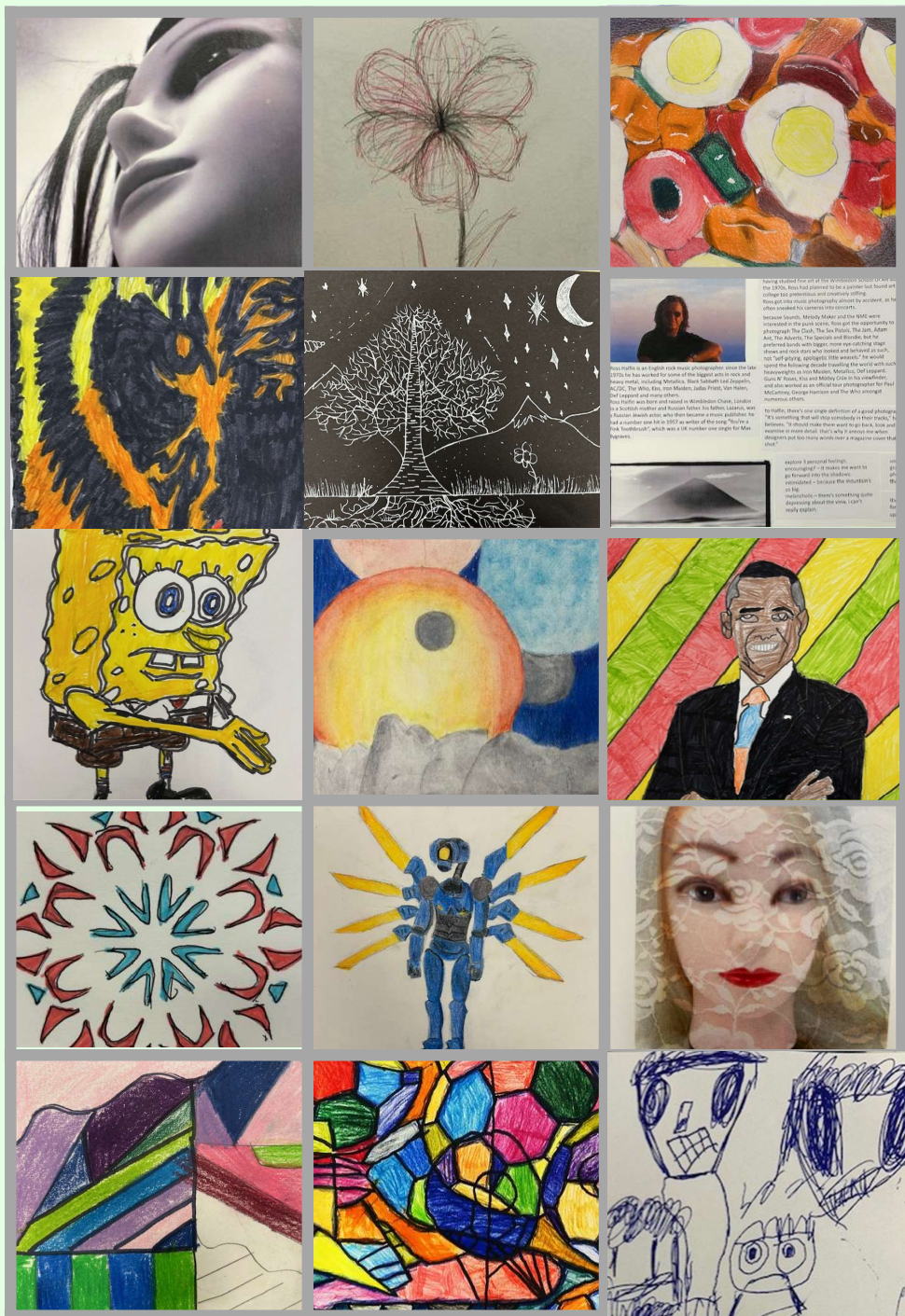


# Art Corner



Artists (in no particular order): Robert, Dayne, Lexi, Darcy, Lucy, Freya, Dylan, Andrew, Robbie, Hayden, Erin, Leo, Carly, Sophie, Craig

# Wellbeing World

January - April 2023

Attendance

Awards

Pupdate

Outdoor

Education

Comic Section

Quotes of  
the Term

Easter  
Fun Day

Art Corner

Engagement  
Awards

Message from  
the Head

Crafter's  
Corner



Artwork credit: Dayne



## Easter Fun Day



## Message from the Head



Hello,

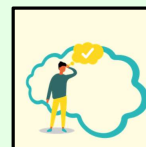
Term 3 is always traditionally a difficult term for schools. Young people and staff are working hard to complete assessments, second prelims and complete coursework to be submitted to the examination body. SWSS has had no exceptions to the high demands of term 3. Our Young People have been working diligently and following the advice of our staff to prepare for the upcoming assessment period. In addition to academic preparation, staff are working with our Young People to prepare them emotionally for this challenging period. Benni's use will be put to the max over this period and thankfully he has a proven track record in this department. We wish all our Young People all the success in there SQA exams.

Unfortunately, SWSS had to say goodbye to some members of staff this term. Ms Cassidy left us and I'm sure you will join me and the team wishing her every success in her new venture. I am delighted to inform you that we have two new SLA's, Ms McCallum who has been with us for several weeks and Mrs McMunn who joined us just recently. Finally, we are in the middle of SQA examinations and I'm sure you'll join us wishing all our Young People every success.

*Regards, Mr Quinn.*

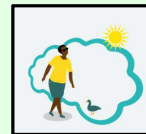
## Wellbeing Tips of the Term

[www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/#reframe-thoughts](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/#reframe-thoughts)



### 1. Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful so recognising them, and taking steps to think about things differently, can improve your mental health and wellbeing.



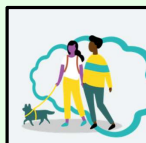
### 2. Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.



### 3. Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

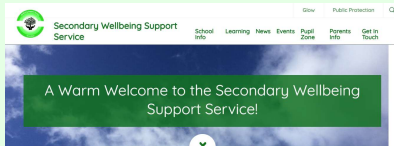


### 4. Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help stop you from feeling lonely and improve your mental health and wellbeing. This can be online, by phone or seeing someone in person.



## Visit us Online



[www.secondarywellbeing.e-dunbarton.sch.uk](http://www.secondarywellbeing.e-dunbarton.sch.uk)



## Skibidi Cake

Yes... this really happened!



## Attendance Awards

### Full Time



Iona



Dylan



Thomas

### Part Time/ Transitioning



Sophie



Robert



Andrew

## Engagement Awards

### Full Time



Craig, Erin,  
Darcy



Iona, Lily



Carly

### Part Time/ Transitioning



Andrew,  
Hayden



Lucy, Leo



Micheal



## Pupdate

Benny has had another haaaaard term (\*aye right!). He has been out in the corridors and on the prowl for the all powerful treatos. Benny has developed a very strict timetable for himself in his pursuit of said treatos which includes, the maths room, Scott's cupboard, the school office and the social area to name a few. It's safe to say that if you visit the Secondary Wellbeing Support Service, you will most likely see Benny en route to his next treat drop.



## Learning for Sustainability – Term 3





## Quotes of the Term

"You are never too old for the monkey bars"
"Put the head in the fridge"
"Is the hole big enough for a jobby?"
"How to beat nightmare on elm street... just wake up!"
"Apparently in PJO season 2 they go to Disneyland"
"Occasionally I crave a Wotsit"
"I have a shoe for a nose"
"Why would you do work?" "Because I don't want to be homeless"
"The rapper, the weekend, is 5 days long"
"It sounds like they are baking an atomic bomb"
"I am the master of all 7 souls!"
"You're just like my Mum"
"Watch out, she will rub salt AND vinegar in the wound"
"I'm not made of blu-tac!"
"You have an addiction to ham like winnie the pooh has to honey"
"He is trapped in a cage of his own flesh, but then... aren't we all!"
"Well, when I was little... I used to fancy the colour blue"
"Can you please stop Googling ketamine in my class please?"
"White is not really a colour though is it?"
"What shall we do this period?" "Toilet"
*Talking about Titanic* "Just let that sink in..."
"Can people stop wanting to kill for 5 minutes please"
"I want to buy anaesthetic, just to feel something" .... "I don't think you've thought that through..."
"What are these made of?"... "Diabetes"
"It's like Shout Out-ception... writing a shout out for someone to write a shout out..."
"My confusion is justified"
"I'm not disappointed... I'm just angry"
"Miss Currie... why is this soup SO good???"
"This is a big old bag of 'ma business'"
"Lighten up sunshine"
"Time flies when you are thrashing people at Mario Cart"
"Robbie, I was about to clap you like the dog!"
"Why so rizzy Benny?"

## Shout Outs!

To Lexi – for going to class more
To Iona – for being such a good friend
To Mrs McCallum – for getting right amongst it
To Dylan – for finishing an amazing short story
To Lexi – for her cake building skills
To Lily – for being Ryan, Craig and Mackenzie's best friend
Shout out to everyone!
To Ryan and Mackenzie – for the best hair
To Freya and Lexi – for planting seeds for us
To all the seniors – for smashing their prelims!
To Craig and Erin – for being a great brother and sister duo
To Craig – for always working very hard
To the BGE – for the best toilet I've ever eaten
To Andrew – for completing all 3 N5 English Units
To Robert – for working hard in class this week
To Lexi – for collecting plenty iDEA badges
To Mackenzie – for being so kind and looking after my train tickets
To Erin – for always working very hard!
To Craig – for letting me have his email to contact him
To Erin – for fixing my Son's Rubiks Cube, he was impressed!

## Outdoor Education – Term 3

This term, our Outdoor Ed. pupils have been able to shake off their waterproofs and enjoy some beautiful spring weather in the great outdoors, and have been busy preparing for their Bronze Duke of Edinburgh trip at the end of the month. The trip will see them embark on an expedition on Loch Lomond, where they will camp overnight on an island. In order to achieve their certificates, pupils must navigate the water, set up camp and prepare an evening meal, all while fending off about 3 billion midges, a couple of million ticks and the odd sunburned Glaswegian day-tripper! Last year's trip was a huge success and we wish this year's group all the best for their upcoming adventure!



## Market

This term we were able to go to our first ever Market to spend our Benny Coins! Pupils have been working tirelessly all term to bank those Benny bucks and get their loyalty cards stamped for extra special coins. It is safe to say that everyone managed to treat themselves to a little reward for all their hard work. Well done everyone, and remember to give Miss May ideas for the next market's stock!





## SQA Prelims

A very big well done to all of our senior pupils who completed their prelims! We are very proud of our National 5 and Higher candidates and look forward to seeing you smash those final exams. Keep up the great work guys!



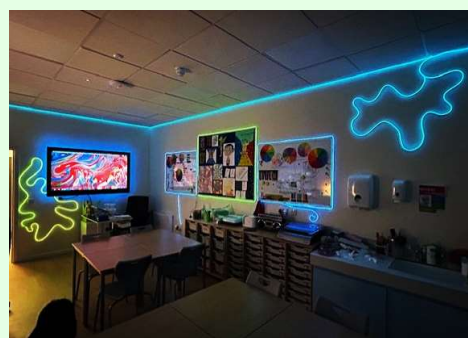
## Senior Art Folios

A big well done to Iona and Lily for completing some stunning work for their National 5 Art and Design folios. You should both be very proud of your talents and work ethic.

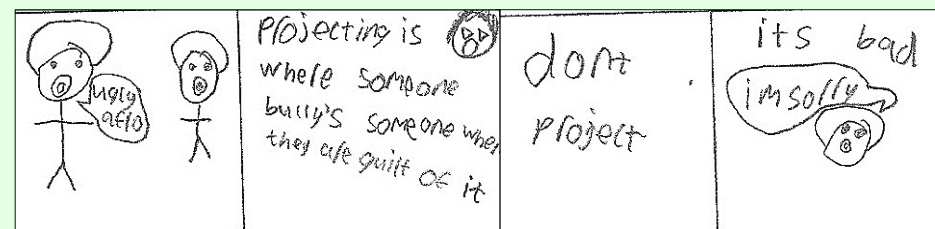


## Art Room Glow - Up

The Art classroom underwent another change this term with the addition of some colour changing lighting. Big shout out to Mr Marshall for literally climbing the walls to make this sensory lighting dream a reality.



## Comic Section



Author: Dylan

## Crafty Corner

Everyone pulled together to create the signage for our first Market day. They look brilliant and will be used time and time again!





## Garden News

A Small Bump in the Road at the Secondary Wellbeing Base Garden.

We recently found some Japanese knotweed growing in part of the Wellbeing Base Garden. This is a strong and fast-growing plant that can sometimes cause problems if it spreads. But don't worry—with the help of East Dunbartonshire Council, we're handling it carefully and calmly.

The area where the plant was found has been safely closed off so people can't go near it. The council is already on the case and is working to treat and control the plant, following the proper steps.

The rest of the garden is still looking lovely. Our beautiful cherry tree, which is outside the closed-off area, is not affected at all. In fact, it's full of blossoms and looking amazing right now! Some young people have even been taking part in a fun "hug a tree, feel good" activity with the cherry tree—and it's been a big hit.

This is a good reminder that nature is powerful, and we all have a role in looking after it. We're staying positive, learning as we go, and keeping the garden a safe, happy place for everyone to enjoy.



## The Bank of Benny

This term saw the official opening of SWSS's own bank! The Bank of Benny provides a set wage (one Benny Coin) for each successful period spent in a classroom. Young People can then spend their hard earned cash at Market on anything from a new pen, piece of jewellery, phone charging cables or even a free period token.

Benny Bonus Coins are also available and are worth 5 times as much as a regular coin. Young people need to fill in 3 stamps on their loyalty cards to gain a Bonus Benny coin.

