



# St Margaret's Academy

## Snippets

23rd November 2018

### Headteacher's message

It's that time of year again when our young people in S4-6 begin to focus on the prelim exams which begin in January. In order to best prepare them for what lies ahead we have put together a comprehensive study support package which includes after school classes, study late sessions, managing stress and anxiety workshops and support sessions for parents and carers. We hope that this will give you and your child the best opportunity to prepare for the prelim exams and enable our young people to effectively manage their mental well-being. If you would like to discuss anything regarding the prelims exams or anything else which you feel is important then please contact a member of the senior phase team on 01506 497104.

On Tuesday evening from 7-8.30pm we have our first parent information event of this session. The focus is 'Ways to be Well', promoting positive mental health and emotional well-being in young people. There will be a number of workshops running throughout the evening and all parents are welcome to attend. I look forward to seeing you there.

### S4-6 Prelim diet and study support sessions

The prelim exams will begin on the 9th and finish on the 29th January. The full prelim diet is attached to this bulletin, however, please note that times and dates may vary for pupils who have an exam clash or for those who receive additional support.



#### Key dates

**27th November** - Wellbeing parent information session-

**26th November - 14th Dec** - Study support sessions 3.45-4.45pm Mon-Thu, 12.45-1.45pm Fri

**Thursday 6th Dec** - Study Lates session 1 - 4-8pm (food provided)

**Thursday 13th December** - Study Lates session 2 - 4-8pm (food provided)

**Thursday 13th December** - Parent Information session

**9th January** - Prelims begin

### Children in Need Fundraiser

The S6 pupils led the whole school charity 'dance off' during interval time raising over £450 for Children in Need. Well done to everyone involved and thanks to Mrs Casey for organising the event.



### Centenary Celebration Mass

The Centenary Mass in St Mary's Cathedral Edinburgh was a celebration of 100 years of Catholic Education in Scotland. During the Mass the icon of Jesus our Teacher was handed over to our diocese. The Mass was celebrated by the Bishop of Motherwell because of its importance. It was busy with schools from all over St Andrew's and Edinburgh yet still, all were respectful for Jesus our Teacher's presence in the Cathedral. Pupils from St Margaret's took part in the Mass with Shauna Healy singing the Psalm and Simone Dredge reading some of the bidding prayers. Callum Cooper and Sam McEwan

### Fr Simon says...

In 29 days we will be at midwinter with the Winter Solstice. It's going to get noticeably darker in the mornings and earlier in the evenings over the next few weeks. But light will return! And this is the great hope that Christians share in and celebrate ... that whatever 'darkness' we have to deal with in life, there will again be light!



### S6 Work placements

Congratulations to two of our S6 pupils Charlotte Bothwick and Billy McFaul for successfully gaining prestigious work-placements at Digby Brown, Edinburgh after a competitive interview. If you would like to find out more about work placements then please speak to Miss O'Hare, Miss McIlwraith or a member of the Senior Phase team.



app - St Margaret's RC Academy  
available for iphone and android



[stmargaretsacademy.org.uk](http://stmargaretsacademy.org.uk)



@StMargaretsAcad

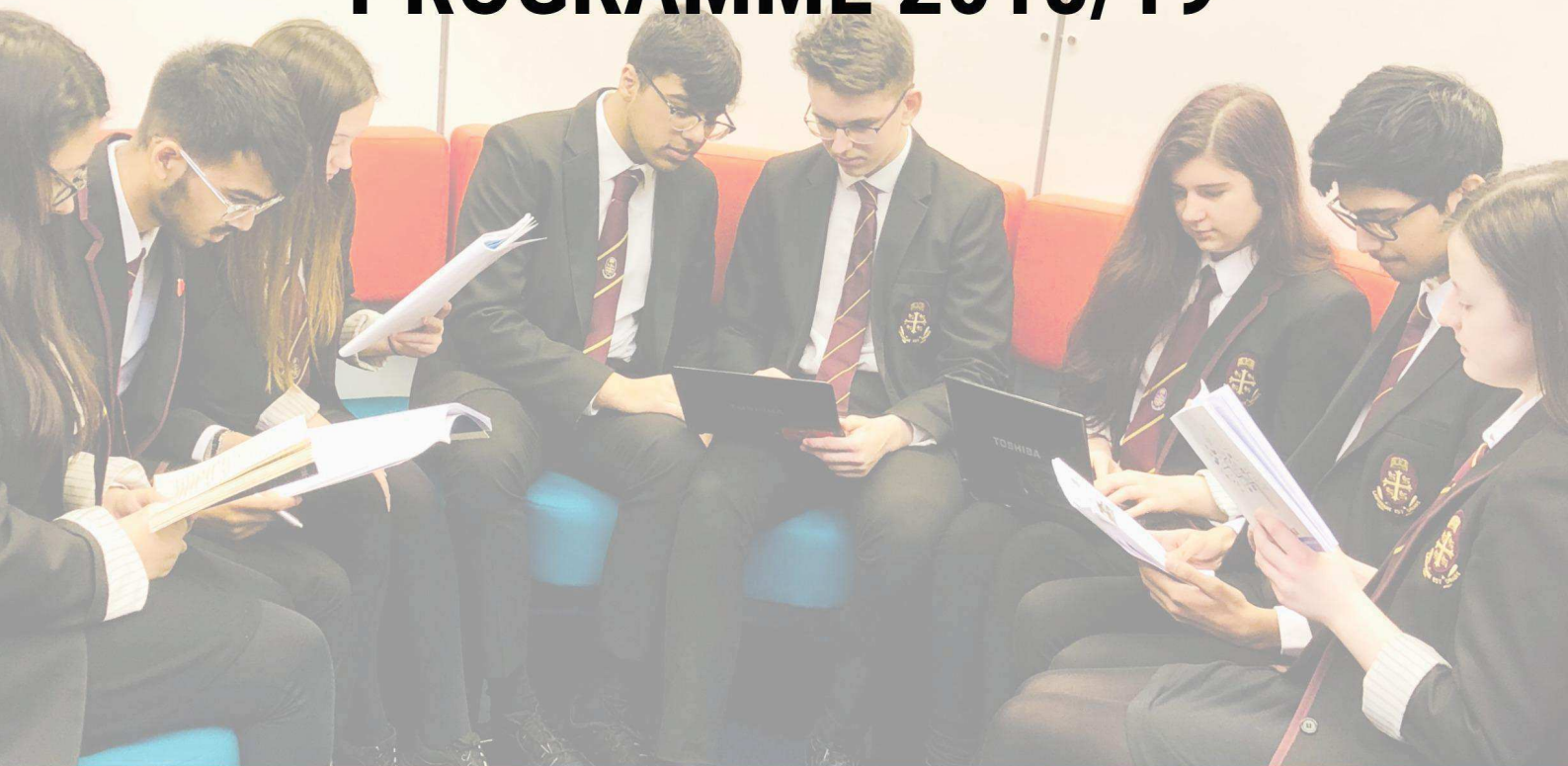


@StMargaretsAcademyLivingston



St Margaret's Academy

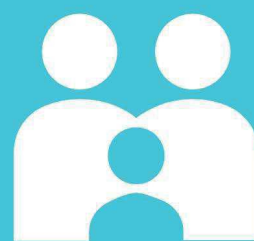
# PRELIM STUDY SUPPORT PROGRAMME 2018/19



**STUDY SUPPORT  
TIMETABLE**



**MATHS & ENGLISH  
MASTERCLASSES**



**PARENT INFORMATION  
SESSION**  
Thursday 13th Dec.



**STUDY GUIDE**



**PRELIM TIMETABLE**

# St. Margaret's Academy Study Support Programme 2018

## MONDAY 26th NOVEMBER

Time	Subject	Level	Year group	Teacher
3.45 - 4.45 pm	Biology	National 5 and Higher	S4/5/6	Mr Miller
	English	National 5 and Higher	S4/5	Mr Houston
	Psychology	Higher	S5/6	Miss Nisbet
	Music Performing	N5	S4	Mrs Allan
	Music Composition	N5	S4	Miss Saunders
	Human Biology	Higher	S5/6	Mrs Mabhena
	Geography	Higher	S5/6	Miss Stone
	Health & Food Tech	Higher	S5/6	Mrs Don
	Physical Education	N5/Higher	S4/5/6	Mr Locke
	Physical Education	N5/Higher	S4/5/6	Mr Haynes
Art & Design	N5/ Higher	S4/5/6	Mr Purves	

## TUESDAY 27th NOVEMBER

Time	Subject	Level	Year group	Teacher
3.45 - 4.45 pm	Modern Studies	N5	S4	Miss McLay
	History	N5	S4	Miss Nisbet
	Sociology/Care	N5/Higher	S4/5/6	Miss Morton
	Geography	N5	S4	Miss Stone
	Business Management	N5	S4	Miss O'Hare
	Business Management	Higher	S5/6	Mrs Campbell
	French	Higher	S5/6	Mrs McDougall
	Art & Design	N5/ Higher	S4/5/6	Mr Purves

## WEDNESDAY 28th NOVEMBER

3.45 - 4.45 pm	Drama	Higher	S5/6	Mrs MacDonald
	Music	Higher	S5/6	Mrs Platt
	History	Higher	S5/6	Ms Rowland
	English	N5	S4	Mr Walsh
	French	N5	S4	Mrs Dunkerley
	Spanish	N5	S4	Mrs Millar
	Physical Education	N5/Higher	S4/5/6	Mr Locke
	Physical Education	N5/Higher	S4/5/6	Mr Haynes

## THURSDAY 29th NOVEMBER

3.45 - 4.45 pm	Biology	N5/ Higher	S4/5/6	Mr Miller
	Art & Design	N5/Higher	S4/5/6	Mrs Plenderleith
	Design & Manufacture	N5/ Higher	S4/5/6	Mrs Pettigrew
	Physics	N5	S4	Miss Adams
	Graphic Communication	N5/ Higher	S4/5/6	Mr Swann
	English	Higher	S5/6	Mr Bennett
	Biology	N5	S4	Mrs Barr
	Chemistry	N5	S4	Mrs Abraham
	Chemistry	N5	S4	Miss Christmas



Health & Food Tech	N5	S4	Mrs McClatchey
Admin & IT	Higher	S5/6	Mrs Pendreigh
English	N5	S4	Mr Amamize
Physics	AH	S6	Mr Dudley
Physics	Higher	S5/6	Mr Hill
Engineering Science	Higher	S5/6	Mr Hopkins

## FRIDAY 30th NOVEMBER

12.45 - 1.45 pm	Chemistry	N5/Higher/ A Higher	S4/5/6	Dr McAllister
1.00 - 3.00 pm	English	HIGHER MASTERCLASS	S5/6	Mr Bennett

## MONDAY 3rd DECEMBER

3.45 - 4.45 pm	Biology	National 5 and Higher	S4/5/6	Mr Miller
	English	National 5 and Higher	S4/5	Mr Houston
	Psychology	Higher	S5/6	Miss Nisbet
	Modern Studies	Higher	S5/6	Miss Beaumont
	Music Performing	N5	S4	Mrs Allan
	Music Composition	N5	S4	Miss Saunders
	Human Biology	Higher	S5/6	Mrs Mabhena
	Drama	N5	S4	Mrs Coulson
	Geography	Higher	S5/6	Miss Stone
	Health & Food Tech	Higher	S5/6	Mrs Don
	Physical Education	N5/Higher	S4/5/6	Mr Locke
	Physical Education	N5/Higher	S4/5/6	Mr Haynes
Art & Design	N5/ Higher	S4/5/6	Mr Purves	

## TUESDAY 4th DECEMBER

3.45 - 4.45 pm	Modern Studies	N5	S4	Miss McLay
	History	N5	S4	Miss Nisbet
	Sociology/Care	N5/Higher	S4/5/6	Miss Morton
	English	Higher	S5/6	Mr Bennett
	Geography	N5	S4	Miss Stone
	French	Higher	S5/6	Mrs McDougall
	Physical Education	N5/Higher	S4/5/6	Mr Locke
	Business Management	N5	S4	Miss O'Hare

## WEDNESDAY 5th DECEMBER

3.45 - 4.45 pm	History	Higher	S5/6	Miss Rowland
	Music	Higher	S5/6	Mrs Platt
	English	N5	S4	Mr Walsh
	Chemistry	N5	S4	Mrs Abraham
	Biology	Higher	S5/6	Mrs Barr
	Physical Education	N5/Higher	S4/5/6	Mr Haynes

## THURSDAY 6th DECEMBER

3.45 - 4.45 pm	Biology	National 5 and Higher	S4/5/6	Mr Miller
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Art & Design	N5/ Higher	S4/5/6	Mrs Plenderleith
Design & Manufacture	N5/ Higher	S4/5/6	Mrs Pettigrew
Physics	N5	S4	Miss Adams
Graphic Communication	N5/ Higher	S4/5/6	Mr Swann
English	Higher	S5/6	Mr Bennett
French	N5	S4	Mrs Dunkerley
Health & Food Tech	N5	S4	Mrs McClatchey
Admin & IT	Higher	S5/6	Mrs Pendreigh
English	N5	S4	Mr Amamize
Physics	AH	S6	Mr Dudley
Physics	Higher	S5/6	Mr Hill
Engineering Science	Higher	S5/6	Mr Hopkins
Chemistry	Higher	S5/6	Mrs Abraham
Chemistry	N5	S4	Miss Christmas
Physical Education	N5/Higher	S4/5/6	Mr Locke

## FRIDAY 7th DECEMBER

12.45 - 1.45 pm	English	Higher	S5	Mr Bennett
	English	N5	S4	Mr Walsh
	Chemistry	N5/Higher/ A Higher	S4/5/6	Dr McAllister

1.00 - 3.00 pm	Maths	HIGHER MASTERCLASS	S5/6	Mr Conway
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## MONDAY 10th DECEMBER

3.45 - 4.45 pm	Biology	National 5 and Higher	S4/5/6	Mr Miller
	Psychology	Higher	S5/6	Miss Nisbet
	Modern Studies	Higher	S5/6	Miss Beaumont
	Music Performing	N5	S4	Mrs Allan
	Music Composition	N5	S4	Miss Saunders
	Human Biology	Higher	S5/6	Mrs Mabhena
	Drama	N5	S4	Mrs Coulson
	Geography	Higher	S5/6	Miss Stone
	English	Higher - Men Should Weep	S5	Mr Walsh
	Health & Food Tech	Higher	S5/6	Mrs Don
	Physical Education	N5/Higher	S4/5/6	Mr Locke
Physical Education	N5/Higher	S4/5/6	Mr Haynes	

## TUESDAY 11th DECEMBER

3.45 - 4.45 pm	Modern Studies	N5	S4	Miss McLay
	History	N5	S4	Miss Nisbet
	History	Higher	S5/6	Miss Rowland
	Geography	N5	S4	Miss Stone
	French	N5	S4	Mrs Dunkerley
	Business Management	N5	S4	Miss O'Hare
	Business Management	Higher	S5/6	Mrs Campbell
	French	Higher	S5/6	Mrs McDougall
	Health & Food Tech	N5	S4	Mrs McClatchey

Physical Education	N5/Higher	S4/5/6	Mr Locke
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## WEDNESDAY 12th DECEMBER

3.45 - 4.45 pm	Drama	Higher	S5/6	Mrs MacDonald
	Music	Higher	S5/6	Mrs Platt
	English	N5	S4	Mr Walsh
	Biology	N5	S4	Mrs Barr
	Chemistry	N5	S4	Mrs Abraham
	Physical Education	N5/Higher	S4/5/6	Mr Haynes

## THURSDAY 13th DECEMBER

3.45 - 4.45 pm	Biology	N5	S4/5/6	Mr Miller
	Art & Design	N5	S4/5/6	Mrs Plenderleith
	Design & Manufacture	N5	S4/5/6	Mrs Pettigrew
	Physics	N5	S4	Miss Adams
	Graphic Communication	N5	S4/5/6	Mr Swann
	English	N5	S4	Mr Amamize
	Chemistry	N5	S4	Miss Christmas
	Physical Education	N5	S4/5/6	Mr Locke
4.00 - 6.00 pm	Maths	HIGHER MASTERCLASS	S5/6	Mr Conway

## FRIDAY 14th DECEMBER

12.45 - 1.45 pm	English	N5	S4	Mr Walsh
	Chemistry	N5/Higher/ A Higher	S4/5/6	Dr McAllister
	English	N5	S4	Mr Amamize
1.00 - 3.00 pm	English	HIGHER MASTERCLASS	S5/6	Mr Bennett

# St Margaret's Academy

# STUDY



Thursday 6th December, Thursday 13th December

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Late night study sessions for  
all S4-6 pupils from 4-8pm in  
the school library and cafe.

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## **Study areas**

Cafe - group study area

Library - quiet study area and computer access

All food/drink to be consumed in the atrium

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## **Plan for study session**

Block 1 - 4pm-4.45pm

Interval - 4.45pm-5pm

Block 2 - 5pm-5.45pm (No phones)

Food (Soup & Sandwiches) - 5.45pm-6.15pm

Block 3 - 6.15pm-7pm

Interval - 7pm-7.15pm

Block 4 - 7.15pm-8pm (No phones)

Finish

**SIGN UP AT SCHOOL OFFICE AND COLLECT AN EE2  
PERMISSION FORM**

# GUIDE TO STUDYING

St Margaret's Academy

## 1 STUDY TIMETABLE

- A good app for creating a study timetable is SQA My Study Plan.
- It makes you a study plan based on your available hours for each day, your priorities and closeness of the exam.
- Shows how many hours you've studied and how many hours of study left you have scheduled before your exam.
- You can choose ideal study time for each day and will make the timetable based on this.
- Allows you to make priorities based on the subjects you need more help with and how close the exam is.



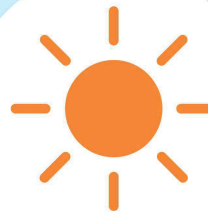
## 2 WAYS TO STUDY

- Flashcards
- Group study sessions can help to identify areas you've misunderstood and often helping other people can improve your own understanding.
- Mind Maps
- Make posters to put on your wall.
- Attend revision classes and Easter school if you need to.



## 3 HOW TO STAY MOTIVATED

- Think of where you want to be and what you want to do in the future, however, if you don't know there is still time. Look at university prospectus, college prospectus, apprenticeships for ideas.
- Break down larger goals into smaller targets, check them off as you go.
- Always ask for help!



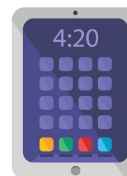
## 4 DE-STRESS & HEALTH

- Drink lots of water
- Do not study non stop, take a 10 minute break to have a drink, snack or rest.
- Make sure to get enough sleep. The ideal time for teenagers is 8 hours per night
- Make sure you participate in things you enjoy and have other hobbies.
- Stay organised and on top of your work to reduce your stress levels.



## 5 APPS FOR STUDYING

- One of the best apps for studying is quizlet. This app allows you to make flashcards and use these to make games and quizzes to test your knowledge.  
<https://quizlet.com/en-gb>
- Another great app for helping you to study is Outlook Groups. It helps you to catch up on work you've missed and allows you to have a virtual copy of all your class notes uploaded by your teacher.
- Last, but not least ... make sure you use all of your subjects' Teams groups.





## St. Margaret's Academy Prelim Timetable January 2019

	Start	End	Code	Number	Subject	Level	Paper	Exam Room
<b>9th January</b>								
	9:00 AM	10:00 AM			English	National 5	Reading for Understanding, Analysis and Evaluation	MP Gym
	10:30 AM	12:00 PM			English	National 5	Critical Reading	MP Gym
	9:00 AM	12:00 PM			Mathematics	Advanced Higher	Question Paper	Café
	9:00 AM	10:30 AM			Mathematics	Higher	Paper 1 (Non Calculator)	Café
	11:00 AM	12:45 PM			Mathematics	Higher	Paper 2 (Calculator)	Café
	1:30 PM	2:15 PM			Music	National 5	Question Paper	Music Dept
	1:00 PM	2:30 PM			Administration and IT	Higher	Question Paper	Café
<b>10th January</b>								
	9:00 AM	10:45 AM			Politics	Higher	Paper 1	Café
	1:15 PM	2:30 PM			Politics	Higher	Paper 2	Café
	1:00 PM	3:30 PM			Biology	National 5	Section 1 - Objective Test, Section 2	MP Gym
	2:00 PM	3:00 PM			Music	Higher	Question Paper	Music Dept
<b>11th January</b>								
	9:00 AM	11:30 AM			Physical Education	Higher	Question Paper	Café
	9:00 AM	12:00 PM			Mathematics of Mechanics	Advanced Higher	Question Paper	Café
	9:00 AM	12:00 PM			Practical Woodworking	National 5	Practical	Workshop
	9:00 AM	11:40 AM			Sociology	Higher	Question Paper	
<b>14th January</b>								
	9:00 AM	11:20 AM			Modern Studies	National 5	Question Paper	Café
	9:00 AM	9:40 AM			Biology	Higher	Paper 1: (Multiple choice)	MP Gym
	9:00 AM	9:40 AM			Human Biology	Higher	Paper 1: (Multiple choice)	MP Gym
	9:00 AM	12:00 PM			Biology	Advanced Higher	Section 1 - Objective Test, Section 2	MP Gym
	10:10 AM	12:30 PM			Biology	Higher	Paper 2	MP Gym
	10:10 AM	12:30 PM			Human Biology	Higher	Paper 2	MP Gym
	1:00 PM	2:00 PM			Hospitality: Practical Cookery	National 5	Question Paper	Café
<b>15th January</b>								
	9:00 AM	10:15 AM			Mathematics	National 5	Paper 1 (Non Calculator)	MP Gym
	10:45 AM	12:35 PM			Mathematics	National 5	Paper 2 (Calculator)	MP Gym
	9:00 AM	11:00 AM			French	Higher	Reading	Café
	9:00 AM	11:00 AM			French	Higher	Directed Writing	Café
	11:30 AM	12:00 PM			French	Higher	Listening	Café
<b>16th January</b>								
	9:00 AM	10:30 AM			English	Higher	Reading for Understanding, Analysis and Evaluation	MP Gym
	9:00 AM	10:30 AM			English	Advanced Higher	Literary Study	MP Gym
	1:00 PM	2:30 PM			English	Higher	Critical Reading	MP Gym
	1:00 PM	2:30 PM			English	Advanced Higher	Textual Analysis	MP Gym
<b>17th January</b>								
	9:00 AM	12:00 PM			Modern Studies	Advanced Higher	Question Paper	Café
	9:00 AM	10:45 AM			Modern Studies	Higher	Paper 1	Café
	11:15 AM	12:30 PM			Modern Studies	Higher	Paper 2	Café
	12:00 PM	2:30 PM			Chemistry	National 5	Section 1 - Objective Test, Section 2	MP Gym
	1:00 PM	2:30 PM			Care	Higher	Question Paper	Café
<b>18th January</b>								
	9:00 AM	10:00 AM			Photography	Higher	Question Paper	MP Gym
	9:00 AM	11:40 AM			Psychology	Higher	Question Paper	MP Gym
	9:00 AM	11:00 AM			Art and Design	Higher	Question Paper	MP Gym
	9:00 AM	11:15 AM			Design and Manufacture	Higher	Question Paper	MP Gym
	9:00 AM	10:00 AM			Dance	National 5	Question Paper	
	9:00 AM	11:20 AM			Geography	National 5	Question Paper	
<b>21st January</b>								
	9:00 AM	9:40 AM			Chemistry	Higher	Paper 1: (Multiple choice)	MP Gym
	9:00 AM	11:30 AM			Chemistry	Advanced Higher	Section 1 - Objective Test, Section 2	MP Gym
	10:10 AM	12:30 PM			Chemistry	Higher	Paper 2	MP Gym
	12:00 PM	1:30 PM			French	National 5	Reading	MP Gym
	12:00 PM	1:30 PM			French	National 5	Writing	MP Gym
	2:00 PM	2:30 PM			French	National 5	Listening	Café
<b>22nd January</b>								
	9:00 AM	10:30 AM			History	Higher	British, European and World History	Café
	11:00 AM	12:30 PM			History	Higher	Scottish History	Café
	1:00 PM	2:50 PM			Health and Food Technology	National 5	Question Paper	Café
	1:00 PM	3:00 PM			Health and Food Technology	Higher	Question Paper	



**St. Margaret's Academy**  
**S4-6 Parent Information Session**  
**SUPPORTING YOUR CHILD IN THE**  
**SENIOR PHASE**

**Thursday 13<sup>th</sup> December 2018**

**6.30pm – 8.30pm**

Welcome – Atrium 6.30pm

**WORKSHOPS 7.00 pm – 8.30pm**

**Study Skills**

**Managing Stress and Anxiety**

**Supporting Your Child in English and Maths**

***Refreshments available throughout the evening in the Atrium***

# **St. Margaret's Academy**



## **Pupil Bulletin**

20<sup>th</sup> November 2018

### **General**

#### **Wise up to Well-being**

Our well-being focus this week is ACHIEVING. ACHIEVING means being supported and guided in your learning and in the development of your skills, confidence and self-esteem at home, at school and in the community.

Quote from S1 pupil: "I feel I'm achieving because usually my teachers tell me what I can do to get better marks. I feel more settled in St Margaret's Academy now than I did in August and in my new subjects such as Spanish I can see how much I have learned. Most of the time I'm excited about learning new things and improving myself."

If you don't feel you're ACHIEVING please speak to an adult in school. This could be your Smart Time teacher, one of your class teachers or Pupil Support.

#### **Geography Naples Trip 2019**

Reminder that initial deposits for those on the trip are due at the beginning of December. Please use iPay and if there are any issues please see Miss Stone as soon as possible.

#### **Duke of Edinburgh**

Meeting this Friday afterschool. Check the timetable in the Atrium to find out what your group is doing.

#### **School Show: Hairspray**

Any pupil who still wants to audition for the school show but hasn't yet had the opportunity to do so please speak to Mrs MacDonald in the Drama Department to arrange a time.

#### **Behavior at Social Times**

Pupils are reminded to behave appropriately at social times. Playing on the hill is not allowed. Thank you, Mrs Melville.

#### **Late Pupils**

Please sign in with Mrs Whitelaw U7 Library Office, when you arrive late into school. If you are late due to the school bus please indicate this when you sign in. Thank you.

### Bus Tickets

Bus tickets should be purchased from the School Office at break and lunch time only. The cost of a 10 journey ticket is £6.73, please try to bring the exact money with you to the School Office.

### School Tie Return

If you have borrowed a tie from the School Office could you please ensure that it is returned to the School Office by the end of the day.

### Weekly Mass

Just a reminder that Mass takes place every Thursday morning at 8.15am in the Oratory.

### Procedure for Leaving School for Appointments/Sent Home from Sick Room

If you have to leave the school premises for any reason e.g. medical appointment, sent home from sick room please remember to sign yourself out on the black folder at the school office window.

### Lidl

Pupils should be reminded to remain on school grounds during break and lunch time. Please advise pupils that they will no longer be served at Lidl during these times.

### Lost Property

Please be reminded that the lost property basket is located outside the Janitors Office. If you have lost any items of clothing etc. please check this basket in the first instance.

### Extra-Curricular Timetable

Please see attached sheet for details.

## **S1 – S3**

### Newcastle Football Trip

EE2 form and £20 deposit **must be handed in by this Friday, 23<sup>rd</sup> November**. Any issues please speak to Mr Haynes in PE.

## **S4 – S6**