

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 wellbeing. 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 vou 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.



Kev 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



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 vet 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.











STUDY SUPPORT TIMETABLE

MATHS & ENGLISH MASTERCLASSES





STUDY GUIDE



PRELIM TIMETABLE

St. Margaret's Academy Study Support Programme 2018								
MONDAY 26th NOVEMBER								
Subject	Level	Year group	Teacher					
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					
TUESI	DAY 27th NOVE	MBER						
Subject	Level	Year group	Teacher					
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					
	Higher	S5/6	Mrs Campbell					
French		S5/6	Mrs McDougall					
Art & Design	N5/ Higher	S4/5/6	Mr Purves					
WEDNE		<u> </u>						
			Mrs MacDonald					
		+	Mrs Platt					
			Ms Rowland					
		 	Mr Walsh					
-			Mrs Dunkerley					
			Mrs Millar					
•			Mr Locke					
			Mr Haynes					
			Will Haynes					
			Mr Miller					
		+	Mrs Plenderleith					
_		+	Mrs Pettigrew					
Physics	N5	S4	Miss Adams					
•	N5/ Higher	S4/5/6	Mr Swann					
Graphic Communication		1 27/3/0	.vii Swallii					
Graphic Communication Finglish		+	Mr Rennett					
English	Higher	S5/6	Mr Bennett Mrs Barr					
· ·		+	Mr Bennett Mrs Barr Mrs Abraham					
	Subject Biology English Psychology Music Performing Music Composition Human Biology Geography Health & Food Tech Physical Education Physical Education Art & Design TUES Subject Modern Studies History Sociology/Care Geography Business Management Business Management French Art & Design WEDNE Drama Music History English French Spanish Physical Education	MONDAY 26th NOVE Subject Level Biology National 5 and Higher English National 5 and Higher Psychology Higher Music Performing N5 Music Composition N5 Human Biology Higher Geography Higher Physical Education N5/Higher Art & Design N5/Higher Geography N5 Sociology/Care N5/Higher Geography N5 Business Management N5 Business Management Higher Art & Design N5/Higher French Higher MUEDNESDAY 28th NOVE WEDNESDAY 28th NOVE WEDNESDAY 28th NOVE THISTORY N5 Business Management N5 Business Management Higher French Higher Art & Design N5/Higher French Higher Music Higher History Higher Music Higher History Higher French N5 Spanish N5 Physical Education N5/Higher Physical Education N5/Higher THURSDAY 29th NOVE Biology N5/Higher THURSDAY 29th NOVE	SubjectLevelYear groupBiologyNational 5 and Higher\$4/5/6EnglishNational 5 and Higher\$4/5PsychologyHigher\$5/6Music PerformingN5\$4Music CompositionN5\$4Human BiologyHigher\$5/6GeographyHigher\$5/6Health & Food TechHigher\$5/6Physical EducationN5/Higher\$4/5/6Art & DesignN5/Higher\$4/5/6Art & DesignN5/Higher\$4/5/6SubjectLevelYear groupModern StudiesN5\$4HistoryN5\$4Sociology/CareN5/Higher\$4/5/6GeographyN5\$4Business ManagementN5\$4Business ManagementHigher\$5/6FrenchHigher\$5/6Art & DesignN5/Higher\$4/5/6WEDNESDAY 28th NOVEMBERDramaHigher\$5/6Higher\$5/6HistoryHigher\$5/6EnglishN5\$4FrenchN5\$4SpanishN5\$4Physical EducationN5/Higher\$4/5/6Physical EducationN5/Higher\$4/5/6THURSDAY 29th NOVEMBERBiologyN5/Higher\$4/5/6Design & ManufactureN5/Higher\$4/5/6					

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	Health & Food Tech	N5	S4	Mrs McClatchey					
	Admin & IT	Higher	S5/6	Mrs Pendreigh					
	English	N5	S4	Mr Amamize					
	Physics	АН	S6	Mr Dudley					
	Physics	Higher	S5/6	Mr Hill					
	Engineering Science	Higher S5/6		Mr Hopkins					
	<u>FRIC</u>	OAY 30th NOVEM	<u>BER</u>						
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					
	<u>TUE</u>	SDAY 4th DECEM	<u>BER</u>						
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					
	WEDN	IESDAY 5th DECE	MBER						
3.45 - 4.45 pm	History	Higher	S5/6	Miss Rowland					
· l	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					
	THU	RSDAY 6th DECEN	/IBER						
3.45 - 4.45 pm	Biology	National 5 and Higher	S4/5/6	Mr Miller					
			. , , -						

Ī	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		\$5/6 \$4 \$6 \$5/6		
		Higher		Mrs Pendreigh Mr Amamize	
	English	N5			
	Physics	AH		Mr Dudley	
	Physics	Higher		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	
	FRI	DAY 7th DECEMBI	ER		
2.45 - 1.45 pm		Higher	S5	Mr Bennett	
·	English	N5	S4	Mr Walsh	
	Chemistry	N5/Higher/ A Higher	S4/5/6	Dr McAllister	
•	•				
			S5/6	Mr Conway	
1.oo - 3.00 pm	Maths	HIGHER MASTERCLASS	33/0		
1.00 - 3.00 pm	Maths	HIGHER MASTERCLASS	33/0	Wil Collinay	
1.00 - 3.00 pm				ivii conway	
1.00 - 3.00 pm		IDAY 10th DECEM		ini contray	
				Mr Miller	
	<u>MON</u>	IDAY 10th DECEM	<u>BER</u>	·	
	MON Biology	IDAY 10th DECEM National 5 and Higher	BER \$4/5/6	Mr Miller	
	MON Biology Psychology	DAY 10th DECEM National 5 and Higher Higher	S4/5/6 S5/6	Mr Miller Miss Nisbet	
	Biology Psychology Modern Studies	National 5 and Higher Higher Higher	S4/5/6 S5/6 S5/6	Mr Miller Miss Nisbet Miss Beaumont	
	Biology Psychology Modern Studies Music Performing Music Composition	National 5 and Higher Higher Higher N5	S4/5/6 S5/6 S5/6 S4 S4	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan	
	Biology Psychology Modern Studies Music Performing	National 5 and Higher Higher Higher N5	S4/5/6 S5/6 S5/6 S5/6	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders	
	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama	National 5 and Higher Higher Higher N5 N5 Higher	S4/5/6 S5/6 S5/6 S4 S4 S5/6 S4	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena	
	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher	S4/5/6 S5/6 S5/6 S4 S4 S4 S5/6 S4	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone	
	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher Higher N5 Higher N5 Higher	\$4/5/6 \$5/6 \$5/6 \$5/6 \$4 \$5/6 \$4 \$5/6 \$5/6	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh	
	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher	S4/5/6 S5/6 S5/6 S4 S4 S4 S5/6 S4 S5/6 S4 S5/6 S4 S5/6	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don	
	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher Higher Higher- Higher- Higher- Higher- Higher- Higher N5/Higher	S4/5/6 S5/6 S5/6 S4 S4 S4 S5/6 S4 S5/6 S4 S5/6 S4 S5/6 S5/6 S5	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don Mr Locke	
1.00 - 3.00 pm	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education Physical Education	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher Higher Higher- Men Should Weep Higher N5/Higher N5/Higher	S4/5/6 S5/6 S5/6 S4 S4 S4 S5/6 S4 S5/6 S4 S5/6 S5/6 S5/6 S5/6 S5/6 S4/5/6	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don	
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3.45 - 4.45 pm	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education Physical Education	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher Higher Higher- Men Should Weep Higher N5/Higher N5/Higher	S4/5/6 S5/6 S5/6 S4 S4 S4 S5/6 S4 S5/6 S4 S5/6 S5/6 S5/6 S5/6 S5/6 S4/5/6	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don Mr Locke	
3.45 - 4.45 pm	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education Physical Education TUES	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher Higher Higher Higher Higher Men Should Weep Higher N5/Higher N5/Higher N5/Higher	S4/5/6 S5/6 S5/6 S4 S4 S4 S5/6 S4 S5/6 S4 S5/6 S5/6 S5 S5/6 S4/5/6 S4/5/6	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don Mr Locke Mr Haynes	
3.45 - 4.45 pm	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education Physical Education TUES Modern Studies	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher N5 Higher N5 Higher Higher N5 Higher Higher Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher	\$4/5/6 \$5/6 \$5/6 \$5/6 \$4 \$5/6 \$4 \$5/6 \$5/6 \$5/6 \$5/6 \$4/5/6 \$4/5/6	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don Mr Locke Mr Haynes Miss McLay	
3.45 - 4.45 pm	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education Physical Education TUES Modern Studies History	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher N5 Higher N5 Higher N5 Higher Higher Higher Abould Weep Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher	\$4/5/6 \$5/6 \$5/6 \$5/6 \$4 \$5/6 \$4 \$5/6 \$5/6 \$5/6 \$5/6 \$4/5/6 \$4/5/6 \$4/5/6	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don Mr Locke Mr Haynes Miss McLay Miss Nisbet	
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3.45 - 4.45 pm	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education Physical Education TUES Modern Studies History Geography French	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher Higher N5 Higher N5 Higher Higher Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher N5 N5 N5 N5 N5 N5 N5 N5	\$4/5/6 \$5/6 \$5/6 \$5/6 \$4 \$5/6 \$4 \$5/6 \$5/6 \$5/6 \$4/5/6 \$4/5/6 \$4/5/6 \$4/5/6 \$4	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don Mr Locke Mr Haynes Miss McLay Miss Nisbet Miss Rowland Miss Stone Mrs Dunkerley	
3.45 - 4.45 pm	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education Physical Education TUES Modern Studies History History Geography French Business Management	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher Higher N5 Higher N5 Higher Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher N5 N5 N5 N5 N5 N5 N5 N5	\$4/5/6 \$5/6 \$5/6 \$5/6 \$4 \$5/6 \$4 \$5/6 \$5/6 \$5/6 \$4/5/6 \$4/5/6 \$4/5/6 \$4/5/6 \$4	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don Mr Locke Mr Haynes Miss McLay Miss Nisbet Miss Rowland Miss Stone Mrs Dunkerley Miss O'Hare	
	Biology Psychology Modern Studies Music Performing Music Composition Human Biology Drama Geography English Health & Food Tech Physical Education Physical Education TUES Modern Studies History Geography French	National 5 and Higher Higher Higher N5 N5 Higher N5 Higher Higher N5 Higher N5 Higher Higher Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher N5/Higher N5 N5 N5 N5 N5 N5 N5 N5	\$4/5/6 \$5/6 \$5/6 \$5/6 \$4 \$5/6 \$4 \$5/6 \$5/6 \$5/6 \$4/5/6 \$4/5/6 \$4/5/6 \$4/5/6 \$4	Mr Miller Miss Nisbet Miss Beaumont Mrs Allan Miss Saunders Mrs Mabhena Mrs Coulson Miss Stone Mr Walsh Mrs Don Mr Locke Mr Haynes Miss McLay Miss Nisbet Miss Rowland Miss Stone Mrs Dunkerley	

	Physical Education	N5/Higher	S4/5/6	Mr Locke				
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	N5 S4					
	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



Thursday 6th December, Thursday 13th December

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

Study areas

Cafe - group study area Library - quiet study area and computer access All food/drink to be consumed in the atrium

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



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.







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



HOW TO STAY MOTIVATED

- Think of where you want to be and what you want to do in the future, however, if you dont 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!







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.



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.



Start	End	Code Number	Margaret's Academy Prelim Subject	Level	Paper	Exam Room
Julia			9th Janua		, ape.	ZAGIII NOOIII
					1	14D C
	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 Café
9:00 AM	12:00 PM		Mathematics	Advanced Higher	Question Paper	Café
9:00 AM 11:00 AM	10:30 AM 12:45 PM		Mathematics	Higher	Paper 1 (Non Calculator)	Café
1:30 PM	2:15 PM		Mathematics Music	Higher National 5	Paper 2 (Calculator) Question Paper	Music Dept
1:00 PM	2:13 PM 2:30 PM		Administration and IT	Higher	Question Paper Question Paper	Café
1.00 F W	2.30 F W		Administration and Tr	riigiiei	Question rapei	Curc
			10th Janua	D 167.4		
	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
			11th Janua	ary		
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	
			14th Janua	ary		
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
			15th Janua	arv		
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
	11:00 AM		French	Higher	Reading	Café
	11:00 AM		French	Higher	Directed Writing	Café
11:30 AM	12:00 PM		French	Higher	Listening	Café
			16th Janua			
	40.00.444			•		MP Gym
	10:30 AM		English	Higher	Reading for Understanding, Analysis and Evaluation	MP Gym
1:00 PM	10:30 AM 2:30 PM		English	Advanced Higher	Literary Study	MP Gym
1:00 PM	2:30 PM 2:30 PM		English	Higher Advanced Higher	Critical Reading Textual Analysis	MP Gym
1:00 PIVI	2:30 PIVI		English		Textual Analysis	Wir Gyili
			17th Janua			
9:00 AM	12:00 PM		Modern Studies	Advanced Higher	Question Paper	Café
	10:45 AM		Modern Studies	Higher	Paper 1	Café
11:15 AM	12:30 PM		Modern Studies	Higher	Paper 2	Café
\vdash				 		
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
			18th Janua	ary		
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
	10:00 AM		Dance	National 5	Question Paper	
9:00 AM	11:20 AM		Geography	National 5	Question Paper	
			21st Janua	arv		
				Higher	Paper 1: (Multiple choice)	MP Gym
9:00 AM	9-40 004		Chemistry			
9:00 AM	9:40 AM		Chemistry	Advanced Higher	Section 1 - Objective lost Section 7	IVIP (avm
9:00 AM 9:00 AM 9:00 AM	11:30 AM		Chemistry	Advanced Higher	Section 1 - Objective Test, Section 2 Paper 2	MP Gym
9:00 AM 9:00 AM 9:00 AM 10:10 AM	11:30 AM 12:30 PM		Chemistry Chemistry	Higher	Paper 2	MP Gym
9:00 AM 9:00 AM 9:00 AM 10:10 AM 12:00 PM	11:30 AM 12:30 PM 1:30 PM		Chemistry Chemistry French	Higher National 5	Paper 2 Reading	MP Gym MP Gym
9:00 AM 9:00 AM 9:00 AM 10:10 AM 12:00 PM 12:00 PM	11:30 AM 12:30 PM 1:30 PM 1:30 PM		Chemistry Chemistry French French	Higher National 5 National 5	Paper 2 Reading Writing	MP Gym MP Gym MP Gym
9:00 AM 9:00 AM 9:00 AM 10:10 AM 12:00 PM	11:30 AM 12:30 PM 1:30 PM		Chemistry Chemistry French French French	Higher National 5 National 5 National 5	Paper 2 Reading	MP Gym MP Gym
9:00 AM 9:00 AM 9:00 AM 10:10 AM 12:00 PM 2:00 PM	11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM		Chemistry Chemistry French French French 22nd Janu	Higher National 5 National 5 National 5	Paper 2 Reading Writing Listening	MP Gym MP Gym MP Gym Café
9:00 AM 9:00 AM 9:00 AM 10:10 AM 12:00 PM 2:00 PM 9:00 AM	11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM		Chemistry Chemistry French French French	Higher National 5 National 5 National 5 National 5 Ary Higher	Paper 2 Reading Writing Listening British, European and World History	MP Gym MP Gym MP Gym Café
9:00 AM 9:00 AM 9:00 AM 10:10 AM 12:00 PM 2:00 PM	11:30 AM 12:30 PM 1:30 PM 1:30 PM 2:30 PM		Chemistry Chemistry French French French 22nd Janu	Higher National 5 National 5 National 5	Paper 2 Reading Writing Listening	MP Gym MP Gym MP Gym Café

		23rd Janu	ıary		
9:00 AM	11:30 AM	Physics	Advanced Higher	Section 1 - Objective Test, Section 2	Café
9:00 AM	9:45 AM	Physics	Higher	Paper 1: (Multiple choice)	Café
10:15 AM	12:30 PM	Physics	Higher	Paper 2	Café
12:00 PM	2:30 PM	Physics	National 5	Section 1 - Objective Test, Section 2	Café
		24th Janւ	ıary		
9:00 AM	11:15 AM	Religious, Moral and Philosophical Studies	Higher	World Religion, Morality and Belief	Café
11:45 AM	12:30 PM	Religious, Moral and Philosophical Studies	Higher	Religious and Philosophical Questions	Café
9:00 AM	11:00 AM	Computing Science	National 5	Question Paper	Café
9:00 AM	11:30 AM	Computing Science	Higher	Question Paper	Café
1:00 PM	2:50 PM	Engineering Science	National 5	Question Paper	Café
1:00 PM	2:30 PM	Art and Design	National 5	Question Paper	Café
		25th Janւ	ıary		
9:00 AM	11:45 AM	Business Management	Higher	Question Paper	Café
9:00 AM	11:30 AM	Engineering Science	Higher	Question Paper	Café
9:00 AM	10:30 AM	Drama	National 5	Question Paper	Café
9:00 AM	11:30 AM	Drama	Higher	Question Paper	Café
9:00 AM	10:45 AM	Design and Manufacture	National 5	Question Paper	Café
		28th Janu	ıary		
9:00 AM	10:00 AM	Practical Electronics	National 5	Question Paper	Café
9:00 AM	10:50 AM	Geography	Higher	Physical and Human Environments	Café
11:20 AM	12:30 PM	Geography	Higher	Global Issues and Geographical Skills	Café
12:00 PM	2:20 PM	History	National 5	Question Paper	Café
12:00 PM	1:30 PM	Spanish	National 5	Writing	
12:00 PM	1:30 PM	Spanish	National 5	Reading	
2:00 PM	2:30 PM	Spanish	National 5	Listening	
		29th Janւ	ıary		
9:00 AM	11:00 AM	Graphic Communication	Advanced Higher	Question Paper	
9:00 AM	11:00 AM	Graphic Communication	National 5	Question Paper	
9:00 AM	11:30 AM	Graphic Communication	Higher	Question Paper	
9:00 AM	11:00 AM	Business Management	National 5	Question Paper	
9:00 AM	11:00 AM	Spanish	Higher	Reading	
9:00 AM	11:00 AM	Spanish	Higher	Directed Writing	
11:30 AM	12:00 PM	Spanish	Higher	Listening	
1:00 PM	2:00 PM	Physical Education	N5	Question Paper	
		30th January - CA	TCH UP DAY	•	

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

Thursday 13th 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

20th 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 <u>only</u>. 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, 23rd November**. Any issues please speak to Mr Haynes in PE.

<u>S4 – S6</u>