



Bathgate Academy Parent Council

Minutes of Online Meeting

Wed 9th March 2022

Attendees:

Eileen Paxton (HT), Jemma Loudon (DHT), Rhona Dandie (Teacher), Derek Cornwall (Chair), Cllr Harry Cartmill, Richmond Davies, Michelle Gapinski, Susan Griffin, Cllr Charles Kennedy, Margaret Hendry, Alison McDermott, Delyth McDonald, Carol McNicol, Hazel Mushet.

Topics

1. Apologies

Dorthe Davidson, Janice Earl-Summers,

2. Minutes & Matters arising

Fire Alarm - Eileen confirmed that Fire Brigade attendance would be after the school alerting the Alarm Receiving Centre (ARC) following alarm activation within the school.

With no further matters arising the minutes were then approved.

3. Welcome and Introduction – Jemma Loudon Interim DHT

Our Parent Council welcomed Jemma who comes from Inveralmond High School as Interim DHT (Support) and Jemma provided parent council members with her background summary.

4. Health and Wellbeing (School and Community) update

Mrs Dandie provided parent council members with a presentation on the work the school were doing with regards to Health and Wellbeing both within the school and wider community. Further details can be read in the school app when minutes are released.

5. Mental Health Whole School Strategy Presentation – (Discussion Topic)

Eileen provided a presentation to parent members on this and further information can be viewed in the school app when minutes are released.

6. Chair's Update

a) **West Lothian Parent Forum**

Derek stated that at the last meeting on 3rd February, Greg Welsh, Interim Head of Primary provided an update on Primary Attainment across West Lothian in a report that recently went to the Education Executive.

Greg also gave an overview of the latest covid mitigation measures that were being introduced in all schools.

Greg also highlighted the latest senior phase exam updates which stated that further guidance would be released by the SQA w/c 7th March 2022 on revision support

I also stated that Bathgate Academy was revising their Parental Involvement Matters video which was being reviewed by staff and pupils within the school.

b) National Parent Forum Scotland Update

Derek stated that the focus currently was on providing National online safety material and top tips for parents and pupils to use as well as providing feedback to the Covid Education Recovery Group (CERG) where our chair has representation on that group.

c) Vice Chair BA Parent Council nominations update

Derek stated that he had received no requests from parent council members to fill this post. Next steps would be to open up invites from the wider parent forum.

7. Head Teacher's update

Eileen provided a presentation to parent members on the SQA revision support and school study plans as well as an update on the school uniform consultation exercise and provided a staffing update within the school. Further details can be viewed in the school app when minutes are released.

8. AOCB

Derek highlighted that the draft school term for 23/24 was out for consultation with feedback to be provided by 1st April 2022.

Derek also stated that West Lothian Council were looking for parent to sit on the Appeals Schools placement panel and any interested parents to complete a form which was on the WLC web site.

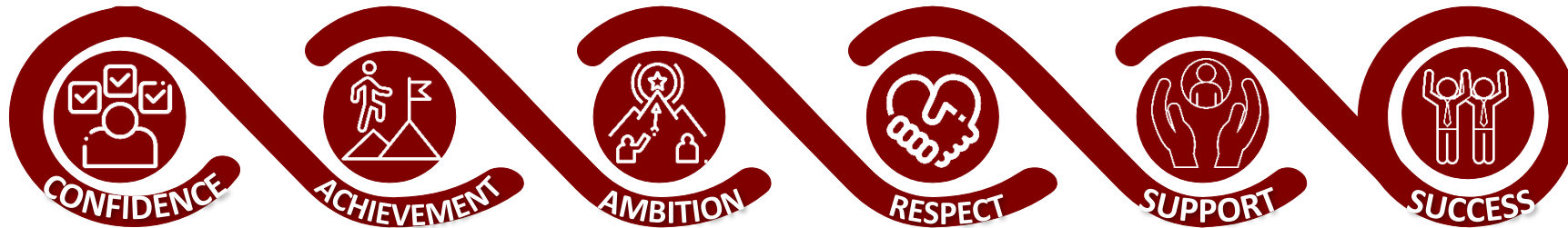
A question was asked about the lack of details being contained within the school app with regard to dates and news articles and parents had seen a considerable decrease in its content of late. Derek stated that the app was seen as a vital communication link with parents and asked that Eileen provide a resource to populate school information via the app to maximise its potential in providing school information to parents.

9. Date of Next meeting

- Wednesday 11th May 2022, at 6pm (Online)



Bathgate Academy
Session 2021-2022
Parent Council
9 March 2022



Educating the whole person in a spirit of enquiry, to judge wisely, act fairly and live well.



HEALTH AND WELLBEING

BATHGATE ACADEMY PARENT COUNCIL 9TH MARCH 2022



MY ROLE

- Communicating information from the pupil parliament to parent council and vice versa.
- Considering how I can better support the parent council to work collaboratively with the pupil parliament to make positive change happen within the school and school community.





OUR HEALTH AND WELLBEING: OUR SCHOOL PROVIDES OPPORTUNITIES FOR OUR PUPILS AND FAMILIES TO LEARN SKILLS TO IMPROVE THEIR HEALTH AND WELLBEING BOTH IN SCHOOL AND IN THEIR HOME LIVES. THIS INCLUDES THE IMPACT OF DAILY STRESSORS IN SCHOOL, SOCIAL MEDIA AND STAYING SAFE ONLINE.



Our **aim** is to...

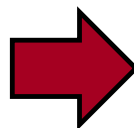
Consider how we can better support pupils and their families with many aspects of health and wellbeing. This includes daily stress of school life and use of social media.

FAMILIES

Provide families with an idea of what experiences pupils have in school and online. Provide families with guidance and support on how to approach difficult conversations with their young people. A guide for families to supporting their young people to stay safe online.

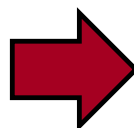
PUPILS

Provide a safe space for pupils to talk- pupil ambassadors- Trained senior pupils? Advice on HOW to stay safe online. Awareness raising of resources already available to young people. Focus month/weeks in PSE?



What would your group see if your aim was successful?

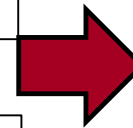
Families feel supported by the school to have a greater understanding of what life is like in school and online for our young people. Pupils recognise the support in place in school to assist them in their capacity to stay safe when online. Pupils understand where to go for support if/when they need help.



What would your group see if your aim failed?

Families are unable to support their young people with life in school- they do not have an awareness of the experiences young people have in their learning.

Pupils feel unsupported in coping with daily school life, pupils do not know where to seek support, pupils use social media in a dangerous manner.



We will know if we achieved our aim because we will now see...

- Families who are better able to support their young people with school life and staying safe online.
- Families who have a better understanding of the online world and how to support their young people to use it responsibly.
- Families who feel better equipped to have difficult/challenging conversations with their young people using the supports/tools provided by the school.
- Pupils who understand where and how to get support if they need it.
- Pupils who have a greater awareness of how to stay safe online.

WHAT DID THE PUPILS IDENTIFY AS THEIR CONCERNS?

- Parents/Carers do not understand the experiences pupils have in school.
- Parents/Carers do not always understand the online world young people experience.
- Parents/Carers cannot always empathise with school stresses and therefore struggle to support pupils effectively.
- Parents/Carers do not know how to approach a difficult conversation with their young person.

Please note: this is not all parents/carers!

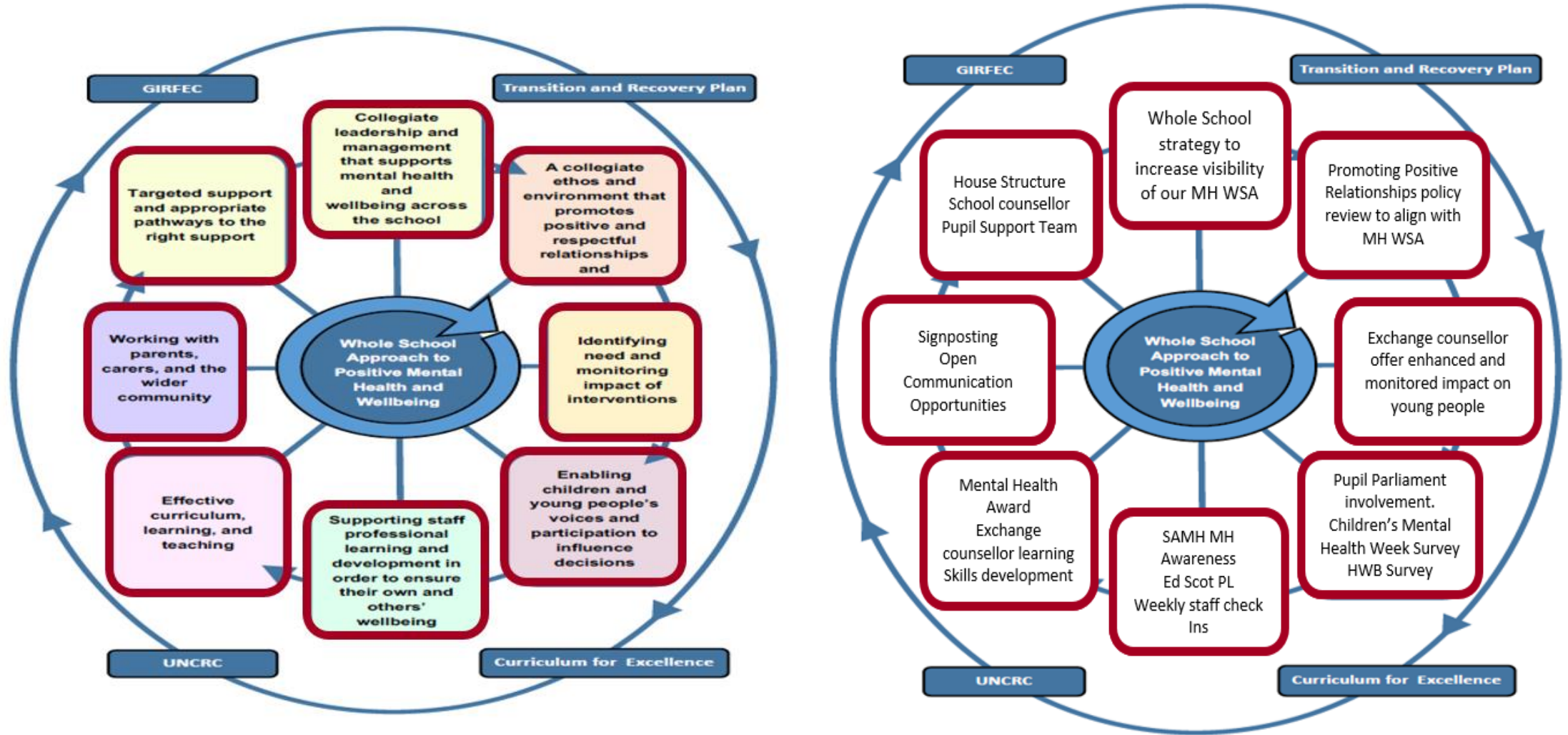
**What are your thoughts on these points raised
by the Pupil Parliament?**



Discussion Topic – Mental Health Whole School Strategy Presentation

Why do schools need a WSA?

- Strengthens CYP wellbeing
- Strengthens staff wellbeing
- Promotes positive relationships and behaviour
- Builds and strengthens resilience
- Supports positive school ethos
- Supports young peoples' positive destinations
- Helps to reduce stigma and discrimination
- Supports early intervention and prevention



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School Community

Bathgate Academy



Wider Community



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How does it work?

Young person or adult completes a referral (online or by phone)



Our team complete an initial screening and look to schedule sessions if suitable



We collect mid-way and end of session feedback to help us improve



The Exchange

WORRIED ABOUT YOUR WELLBEING?

Confidential SUPPORT

trained COUNSELLORS

face-to-face & Live Chat



SCAN TO REFER YOURSELF FOR SUPPORT NOW

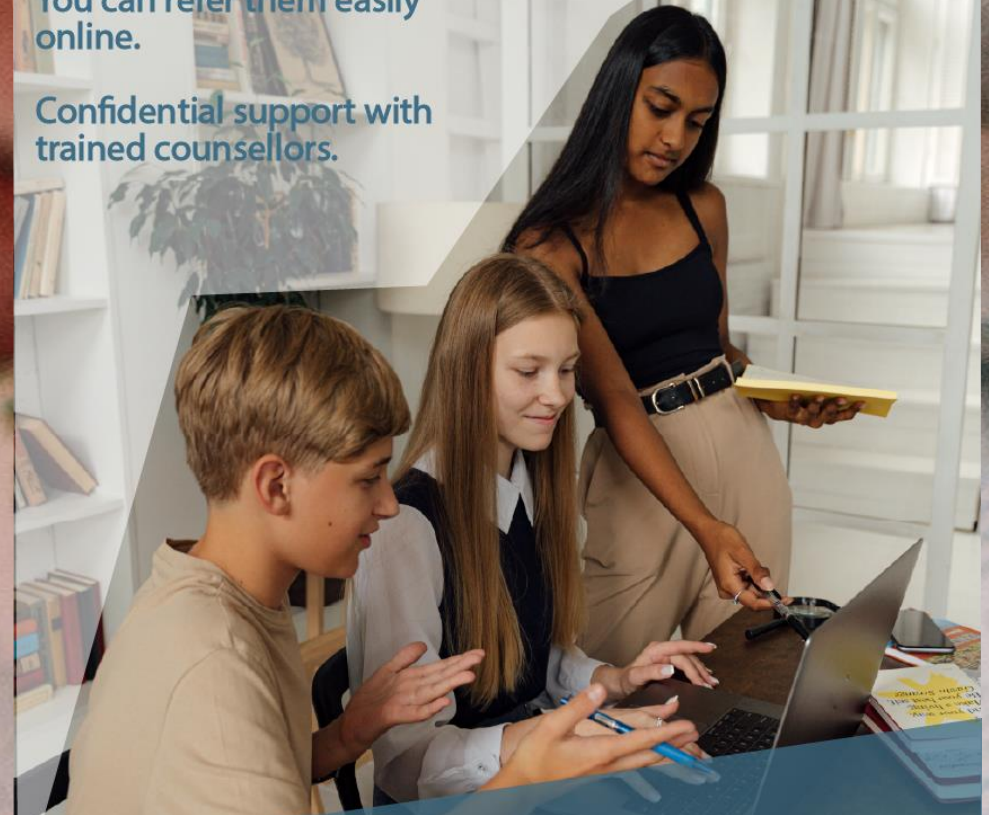


The Exchange

DO YOU KNOW A YOUNG PERSON NEEDING SUPPORT?

You can refer them easily online.

Confidential support with trained counsellors.



Scan the QR Code to complete a referral

The Exchange

Supporting psychological wellbeing and emotional resilience

03302 020 283 

exchange-counselling.co.uk 

What we
can help
with

Covering a number of mental health issues such as;

Anxiety

Bullying

Exam Stress

Friendships/ Relationships

Self-harm

Suicide

Bereavement & Grief

Self-esteem

The Exchange

PARENT SUPPORT PAGE

ACTIVE LISTENING

START THE MORNING RIGHT

FAMILY CHECK IN



Exchange Resource offers support for parents and access to **FREE** resources

Comfort Cards

To help the child think about the ways they can be more confident, positive, and feel good.

1. Invite the child to make a list of different things which help them feel good. Encourage them to think about a variety of activities which link to different aspects of their well-being (spending time with others, hobbies, learning, physical etc).
2. Using the template, ask them to create a card for one of the things they are doing which helps them to feel good. Ask them to identify who they are doing this with or who helps them to feel good.
3. Ask the child to share their card with the person who they have identified on the back.

Why not create another - there is no limit to how many activities they wish to share. You could even create a 'deck' of Comfort Cards.

Solar System

Feeling connected to our friends and family is very important for our wellbeing.

Positive relationships help our overall resilience by helping us feel safe and secure. The people who are important to us will help us feel secure and safe in different ways.

Each of our relationships and what we get from them is unique to us. It is useful to evaluate our relationships and identify what qualities we value from each person to boost our sense of security.

Create your own solar system to represent your support network. Start by drawing yourself as a planet and then add planets to represent the important people in your life. You may choose to add stars for people or animals which have passed away and even a black hole to put people in if things are sometimes complicated!

Once you have completed your solar system share it with others and discuss.

Good Vibes Only

All shapes and sizes. All of us need to help us through life. All of us have our own family and friends, rules, and so on. Not all guidance is positive and so on. Not all guidance is positive and so on. Not all guidance is positive and so on. Not all guidance is positive and so on.

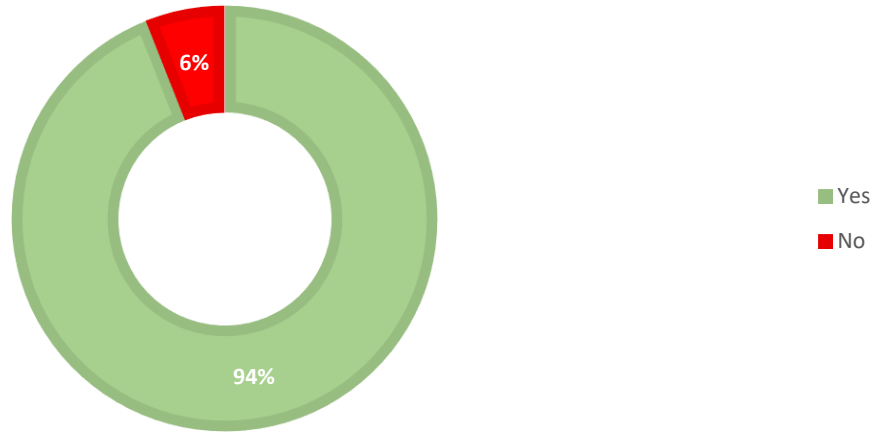
However, social media is how a large number of us get our guidance from. We can get a bad reputation for having a bad attitude or personality. Who we choose to be influenced by will have a direct impact on the positivity that we feel through our social media.

Who is your social media, who that you know (or personality) inspires you? This challenge will help you become attuned to the positivity you receive and from whom.



Discussion Topic – Mental Health Whole School Strategy Presentation

DO YOU KNOW WHERE TO GET SUPPORT WITH YOUR MENTAL HEALTH AND WELLBEING?



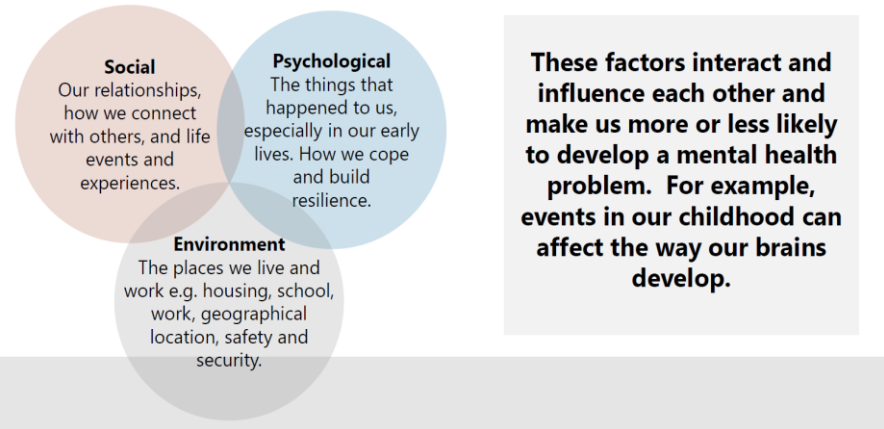
Allow seniors to go back to Boghall or local shops to allow time out of school to communicate with friends

More mental health in PSE

More sporting activities supporting mental health

Discussion Topic – Mental Health Whole School Strategy Presentation

Factors that influence our mental health



Spotlight Topics

- **Health Conditions**
- **Sleep**
- **Digital Technology & Social Media**
- **Pressure to succeed**
- **Body Image**

Prevention based approaches

- **Building resilience**
- **Letting Pupils Lead**
- **Facilitating Group Conversations about Mental Health**
- **Understanding diversity and discrimination**
- **Creating a stigma free school**
- **Working with families and communities**
- **Supporting children and young people to manage a mental health crisis**

What do the parents want?

- What support do you believe **you could offer** the school community?
- What would **you** like to see **being done** in the school?

The Exchange

‘The Exchange’ Counselling service work within Bathgate Academy, offering workshops and counselling sessions to pupils. They have previously offered parental sessions and are keen to provide this again. These sessions can be tailor made to suit parental needs.

Would this be of interest? What could the focus be?

What next?

- Consider what the Parent Council could do to become involved in the life of the school.
- Identify a focus for The Exchange to offer parental support.
- What guidance do parents/carers need to effectively support their young person?
- Any other suggestions/ideas



Head Teacher Update

- SQA Revision Support guidance and School Study Plans
- School Uniform Consultation Exercise Update
- Staffing Update

SQA Revision Support guidance and School Study Plans

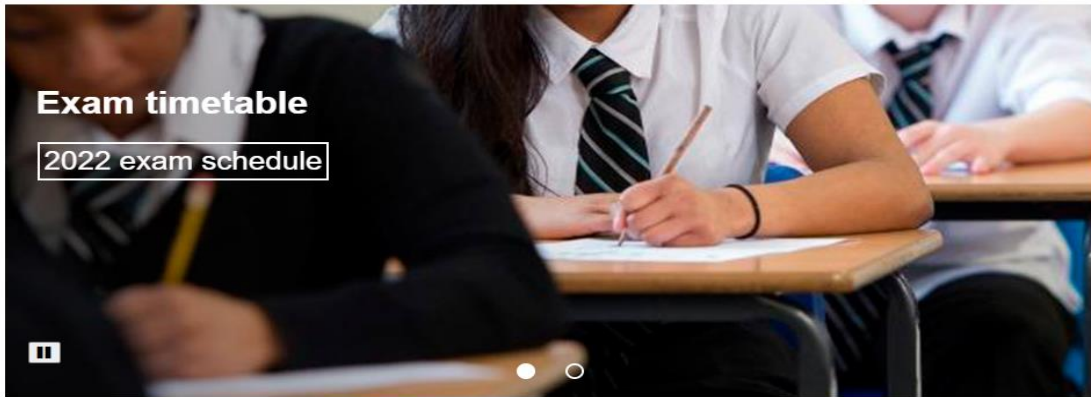
- 7 March – SQA Updates on Support guidance
- Friday Assembly with Senior Pupils
 - Study Support
 - Easter School Programme
 - Digital Offer
 - National Digital Offer
- Study Leave Plans
 - Starts Friday 22nd April
 - S4 – 2 days + day of exam
 - S5/S6 – Full Study Leave



Qualifications 2021/22

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You can submit new resources, rate them and leave comments to help other users. Our [user guide](#) will help you get started and answer any queries that you have.

[Summary of modifications for National Courses in session 2021-22](#)

At the start of session 2021-22, SQA made significant modifications to this year's exams and assessments to help reduce the volume of assessment and provide more time for learning and teaching. We provided this information for teachers, lecturers and training providers and a summary table containing information for each course is available on the SQA website.

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 3435 resources available!

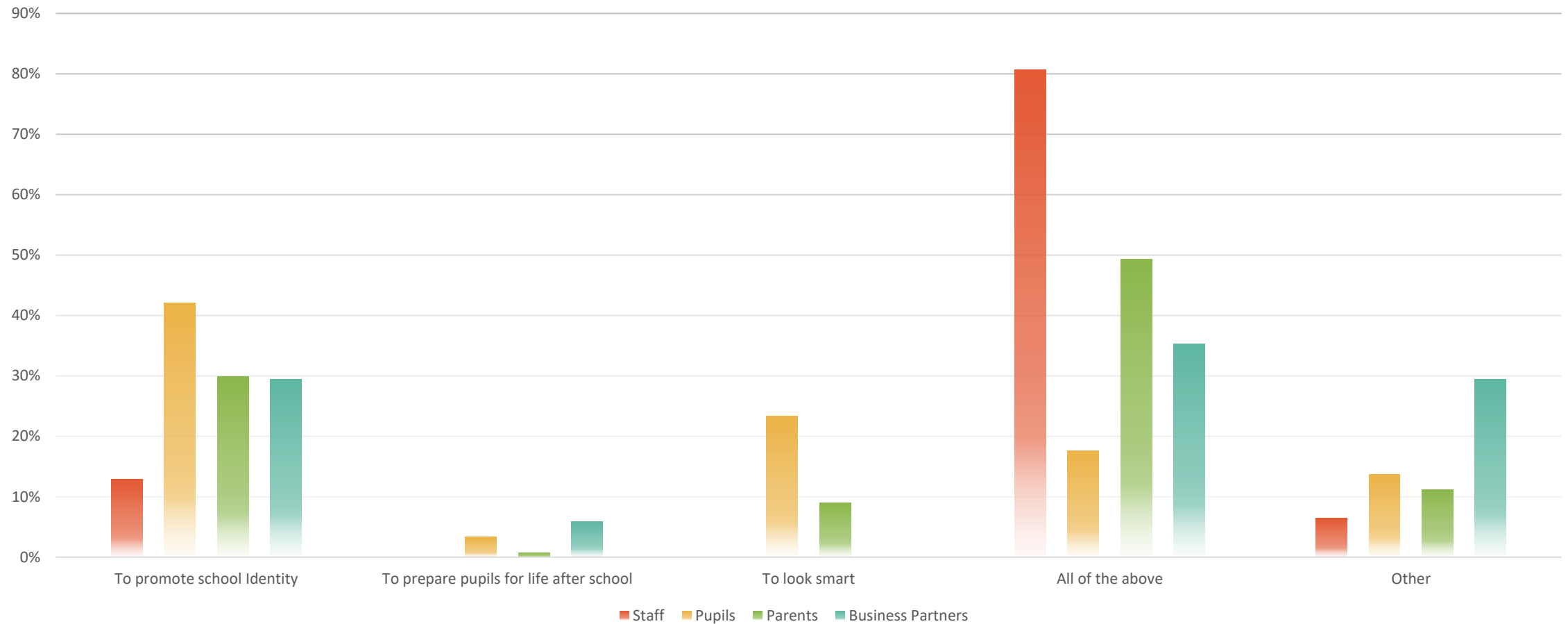
Accounting HN	Accounting NQ	Admin and IT NQ	Administration and IT HN
Adult Literacies	Advertising, PR and Marketing	Applications of Mathematics NQ	Art and Design (NQ)
Biology	British Sign Language	Business	Business Management NQ

<https://ushare.education/Ushare/Home>

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Uniform Consultation Feedback

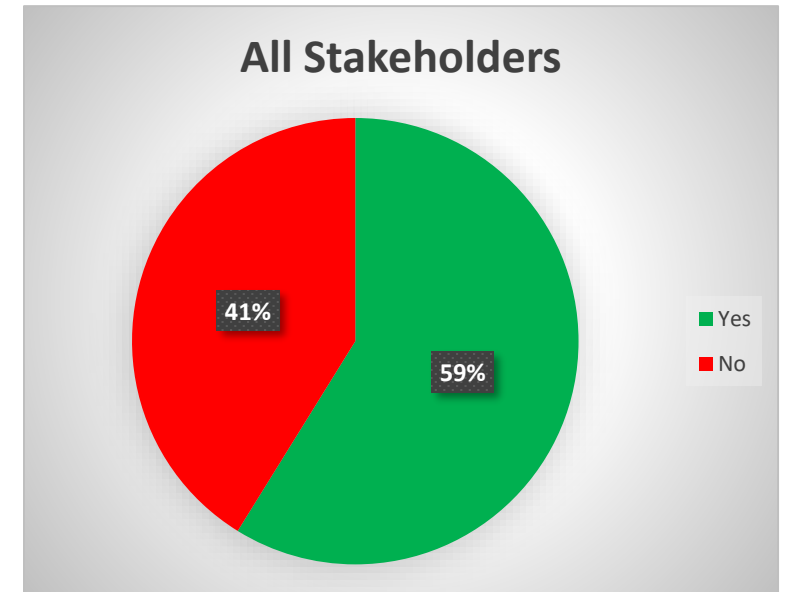
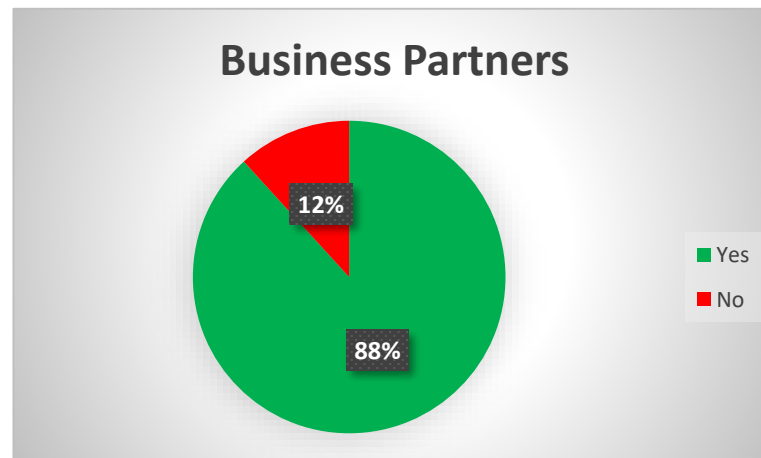
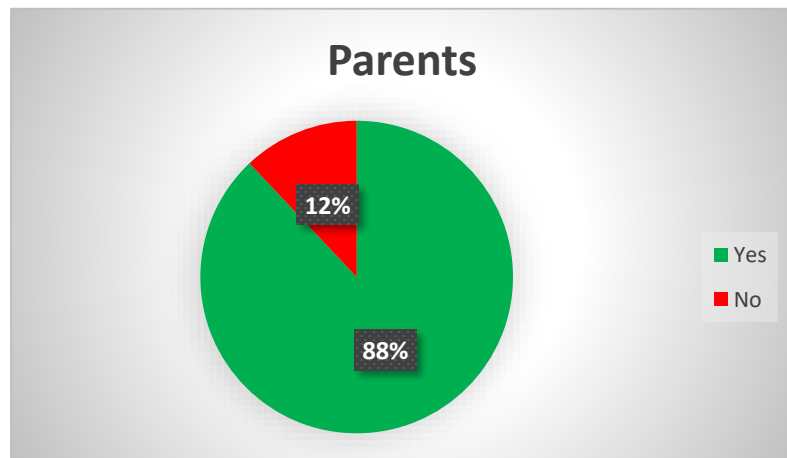
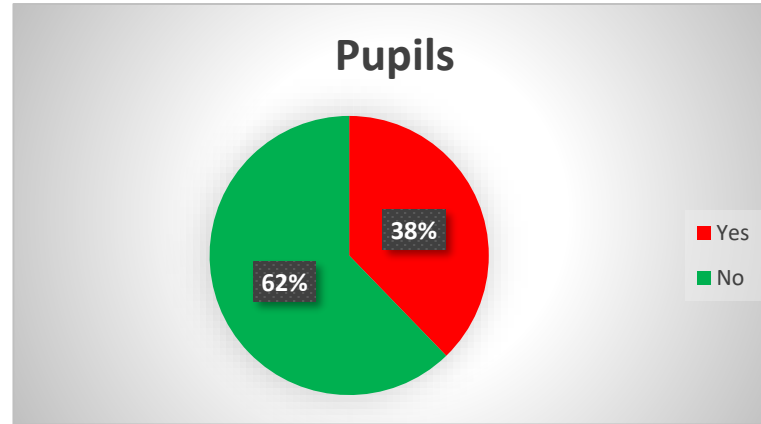
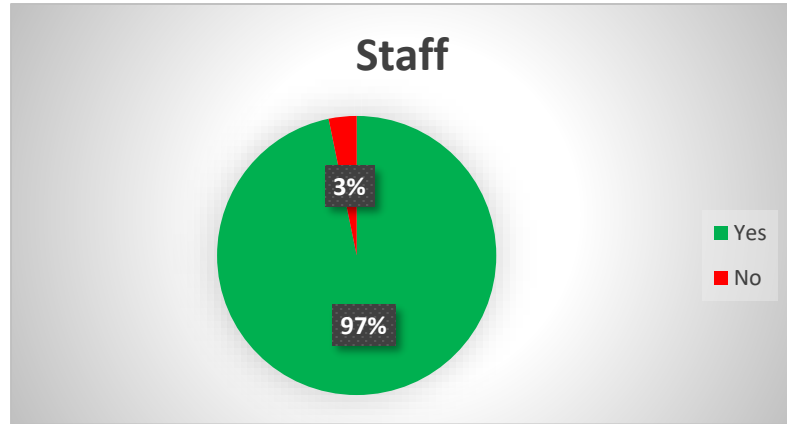
WHAT DO YOU FEEL IS THE PURPOSE OF SCHOOL UNIFORM?



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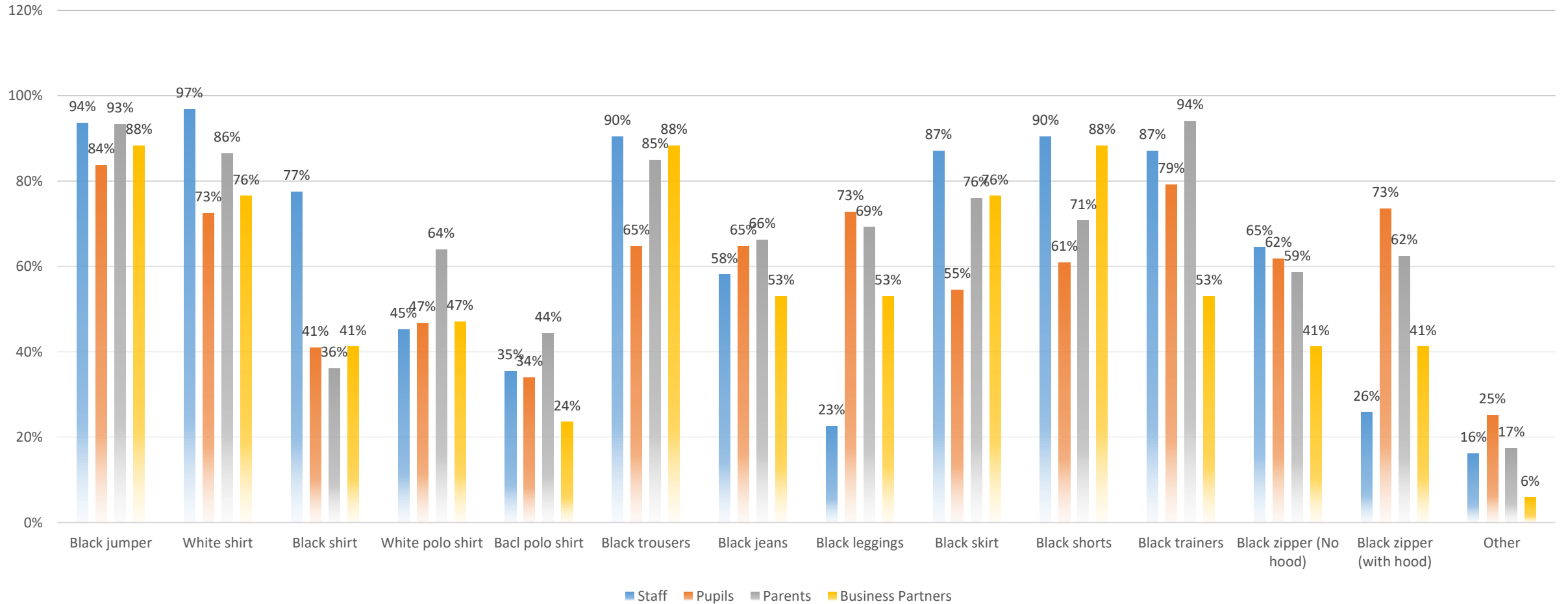
Uniform Consultation Feedback

Do you think we should have a uniform at Bathgate Academy?



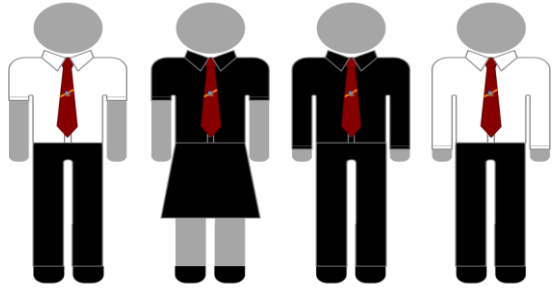
Uniform Consultation Feedback

WHAT DO YOU THINK IS ACCEPTABLE SCHOOL UNIFORM?



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Bathgate Academy Proposal



AUGUST 2022

S1 – S6 UNIFORM

White/Black Shirt

School Tie (S1-S3 Junior Tie, S4/5 Senior Tie)

Black Trousers/Skirt/Leggings/Jeggings/Jeans

School Hoodie/Jumper

Black footwear

Blazer is Optional

*Uniform adaptations to support learner needs
can be arranged with House Leaders.

Black Leggings and Jeggings are acceptable
school wear.

Please ensure leggings are of a reasonable
thickness.

Ties can be ordered – Cost £5.

Blazers are available for purchase.

Clothing Grants are also available at:
<https://www.westlothian.gov.uk/mealsandclothing>

Sourcing



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