



An t-Eilean Sgitheanach

[www.portreehigh.highland.sch.uk](http://www.portreehigh.highland.sch.uk)

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7<sup>th</sup> May 2020

Dear parents and carers.

Friday 8<sup>th</sup> May is a holiday and I am sure that you and your family will appreciate the opportunity to have a rest from online learning.

I hope that you feel that the past few weeks have been successful and that we have kept you fully informed as to how we are conducting learning. It has been very different and I wish to take this opportunity to pay tribute to both staff and pupils and indeed you the parents for working so hard to make this work. In normal times online learning would be build up gradually. Covid 19 has mean that we have had to put this together in a matter of weeks. Some lessons will have worked very well and other may not have been so successful. I can tell you that staff are trying their very best to make lessons as meaningful and as enjoyable for your children as possible.

Our overriding aim is to ensure that all our pupils are physically and mentally healthy. Health and wellbeing is as important as any other aspect of learning – in fact we all need to feel good before we can learn properly. That is why our Pupil Support staff have been emphasising to pupils that they are available at all times during the school day if pupil need to contact them.

If you have any questions, then please continue to e-mail us.

G House Miss MacNab: [fiona.macnab@highland.gov.uk](mailto:fiona.macnab@highland.gov.uk)

M House Mr Burrows: [neil.burrows@highland.gov.uk](mailto:neil.burrows@highland.gov.uk)

T House Mrs MacLeod: [dawn.macleod@highland.gov.uk](mailto:dawn.macleod@highland.gov.uk)

I am sure that you feel overwhelmed with e-mails at the moment. I do not wish to overload you with any more information but at the same time I think it is important that I share with you some new opportunities. These are attached at the end of this letter. Please have a lovely weekend and keep in touch.

Yours faithfully

**Miss C A MacDonald**  
Head Teacher/Ceannard

## Just Ask Enquiry Line

**The Just Ask Enquiry Line will be open on Tuesdays and Thursdays from 1-4pm.**

This enquiry line is for our parents, carers, children, young people, and those who work with them.

Staff usually available are-

Dietitians, Educational Psychologists, Preschool Home Visiting Teachers, Occupational Therapists, Physiotherapists, Primary Mental Health Workers, Speech and Language therapists, School nurses, Autism Practitioner, Community Learning Disability Nurses.

Number: **07785477686**

\*Please also note that all requests for assistance for Highland Council AHP services should now be directed to the appropriate email address:

Paediatric Dietetics-

[paediatricdietitians@highland.gov.uk](mailto:paediatricdietitians@highland.gov.uk)

Paediatric Occupational Therapy-

[Childrens.OTService@highland.gov.uk](mailto:Childrens.OTService@highland.gov.uk)

Paediatric Physiotherapy-

[Childrens.PTService@highland.gov.uk](mailto:Childrens.PTService@highland.gov.uk)

Paediatric Speech and Language Therapy-

[SLTserviceHighland@highland.gov.uk](mailto:SLTserviceHighland@highland.gov.uk)



**Just Ask**

This enquiry line is for our parents, carers, children, young people, and those who work with them.

The phone line is open on Tuesdays and Thursdays from 1pm - 4pm

Please call us on:  
**07785  
477686**

Staff usually available are:

Dietitians,  
Educational Psychologists,  
Occupational Therapists,  
Physiotherapists,  
Primary Mental Health Workers,  
Speech and Language Therapists,  
School nurses & Pre-school home visiting teachers.

  

## Parent Club

Education Scotland has shared a link to “Parent Club” which is [here](#). From mental health advice, tips for learning at home, keeping active and eating well to talking to your kids about coronavirus, Parent Club offers useful information for families on how to cope with this huge change.



**Parentzone**  
SCOTLAND

## Parentzone

Parents and families are dealing with a vast amount of information on a wide range of topics about COVID-19. The information found on Parentzone is intended to help provide guidance and support to parents and families regarding their child’s learning at home and signpost to other information which may be of interest.

Information on Parentzone Scotland will continue to be reviewed and updated as required. The [Learning at home area of Parentzone Scotland](#) contains information and resources families may also find helpful, it can be found [here](#).

## Young Scot

The Scottish Government have launched the #ClearYourHeadChallenge. From 1st May Young Scot have put together 31 days of fun ideas and challenges for our young people to get involved with - all from the comfort of their own home. More information can be found [here](#).



## Staying Safe Online



Not everyone is confident going online and you may be worrying about your children being safe. Lead Scotland supports disabled people and carers and they are hosting free classes to help people to use the internet confidently and safely during COVID-19. In these webinars, Lead Scotland will look at ways

you can help support others to be safe online during the Coronavirus and answer any questions you might have. Everyone is welcome to join. Find out more on the [Lead Scotland website](#).

Think U Know has created a webpage to support parents during COVID-19 and the closure of schools. Each fortnight, they will be releasing new [home activity packs](#) with simple 15 minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home.



## SQA

Last week, SQA created a new page on their website to keep learners up to date on what is happening with 2020 National Qualifications. This page will be updated as and when we have further information. Visit [www.sqa.org.uk/2020nqlearners](http://www.sqa.org.uk/2020nqlearners) for more information and to view frequently asked questions. Pupils are also being encouraged to register at [www.mysqa.org.uk](http://www.mysqa.org.uk) to receive their results in August by text

