

Good grief – have we really just come back from a 15 day holiday? I certainly felt refreshed and recharged on Tuesday and I could see that pupils (and staff?) were keen to be back in a routine, but I have hardly had time to draw breath this week and it's all for very good reasons.

A well intentioned friend suggested that this is perhaps a quieter time for secondary schools because of exams and seniors leaving school but I had to point out that this is actually one of our busiest times with transition, planning for alternative courses and concluding reports and IEPs, all of which generate a certain amount of energy and optimism. It's always gratifying to record pupils' achievements and this session in particular has seen some Meadowpark pupils achieve recognition for their hard work in SQA qualifications.

Most of our young people are buzzing with renewed energy and determination and I am so proud of all the small steps in confidence I see. One pupil came with his AAC (Augmentative and Alternative Communication) device to give the order form Esk class to M our admin assistant. R's learning assistant encouraged him to press the button – the message having been created in class, but R snatched the device away, giggling and then when he was ready, he pressed the button. Not only did the message indicate what was required for lunch, R had added 'to put in my belly'. This gave us all the giggles and I know has shown us just what R is capable of.

We were all delighted to welcome Linda back to continue Art Therapy sessions. Not only did her smiling face cheer me up, she came as always with her 'can do' attitude #whatwecando #wecandoit. Linda's work here has had a hugely positive impact on the confidence of a number of our young people and I firmly believe has given them a voice that might have gone unnoticed. We also welcomed additional therapists Fiona and Aneta and I look forward to developing close relationships with them as they support pupils from the mainstream school within Meadowpark building.

I would like to extend a huge thank you once again to the Area Partnerships who have made the extended Art Therapy sessions possible with their generous funding.

We are preparing for Dounans and I am looking forward to some of the activities on offer:

<https://www.soec.org.uk/our-activities/low-activities/>

<https://www.soec.org.uk/our-activities/high-activities/> Pupil D has challenged me to an archery competition and I have accepted! Whether I am brave enough to attempt on of the high activities remains to be seen.

Mrs Davis and Mr Gilmour are putting a programme of events together for those not attending Dounans and I gather that there will be an array of activities that aim to thrill, delight and educate.

I was contacted by Forth Radio this week asking if we would like to participate in fundraising for Superhero Day on 10th May. Admittedly this doesn't give us much time but always one to rise to a challenge Tyne, Esk and Forth are looking to promote 'The Superhero in You' message through the use of literacy and Emotion Works. We have benefited greatly from having LM's expertise in Emotion Works enabling pupils to have dedicated time to focus on developing emotional literacy through recognition of changes in our physiology caused by an increased sense of frustration,

excitement or confusion and how to manage, control and self-regulate in order to achieve a positive outcome.

Meadowpark staff and pupils believe wholeheartedly in recycling and saving our planet and I am so impressed at how our young people readily access the recycle boxes and food bins after break and lunch. Some pupils are preparing to take milk bottle tops to be recycled effectively and we are all creating plastic bricks in school and in the home which will be used for building greenhouses and possibly homes overseas.



What will you do to help save our planet?

Have a peaceful weekend.

C. Prime 26.04.19