



Whole School

See Me See Change - Samaritans Self-Help

See me see change is an approach to tackling mental health stigma and discrimination in schools. Over the next few terms, we will share a variety of resources and direct you to links to support you with your mental health and wellbeing. The purpose of this is to aid open conversations about mental health in our school community.

Samaritan's self-help can help you: track your mood, make a plan for how you can keep yourself safe in a crisis, practise a range of techniques that can help you and keep track of activities that you have found helpful.

Madras Athletics Club

After school athletics club will run every **THURSDAY**. Please report to the PE department at the end of the school day to register. During the club pupils will have the opportunity to practice a number of track and field events in preparation for the sports heats. Any questions please come to the PE Department.

Whole school clubs / activities

Debate Club: Wednesday after school in F046.

Dance Club: Dance club is cancelled at present but will resume Wednesday 14th June, 2:50-3:50pm

Badminton Club: Badminton Club is cancelled at present, due to SQA exams taking place in the games hall. This will resume on Thursday 15th June, 1:15-1:45pm

Chess Club: Chess Club now takes place on Mondays and Tuesdays, at lunchtime, in F013.

Eco Group: The Eco Group is in F006 with Miss Ward every Thursday lunch time.

Raising Funds

A simple way to raise funds for the school is using "easy-fundraising" when shopping online. A step-by-step user guide of the process is on the school website, link here :

https://www.madras.fife.sch.uk/docs/Parent_Council/How_to_raise_money_for_Madras_College_w_hile_online_shopping.pdf

S1/2/3

Assemblies This Week

S3 – Registration Tuesday 23rd

S2 – Registration Thursday 25th

S1 – Registration Friday 26th

S3 Paris Trip

Please bring your passport, GHIC card, Medication and Code of Conduct tear off slip to room S007 on Thursday 25th May between 13.15 and 13.45

S1-S3 Clubs / Study Support

Sewing Club: Wednesday from 14.50 - 15.50 in FO56 S1-3s with an interest in sewing welcome

Programming Club: Now finished for the term and will restart in August

S1 Tuesday lunch club: Every Tuesday from 1.10-1.50 in F043. This club is open to any S1s who are looking for a quiet space to enjoy their lunch. See Miss West for details.

Drama club: Drama Club will be on Wednesday in F057 this week. If you are interested in entering a competition, where participants have an opportunity to perform in London, come along on Wednesday lunchtime to find out more!

S1-3 Homework Support - Business and Computing: Come to S004 every Wednesday from 1.25-1.50 pm to get help with ICT, Business or Computing homework.

S4/5/6

Exams and Study Leave

Any pupils coming in to school to study, during study leave, should sign in at reception. Those coming in to sit an exam, will be registered there.

Pupils sitting exams should leave personal belongings and bags etc secured in their lockers. Alternatively, items can also be handed into the school office for safekeeping. Please allow plenty of time, before exams, to store valuables.

UCAS Guide for parents and carers

Please find a link, below, to the UCAS Guide for parents/ carers whose child is considering a course at college / or university in 2024 [Parent / Carer Guide \(ucas.com\)](https://www.ucas.com)