



# Campbeltown Grammar School

## **Fortnightly** **Update**

31st January 2025

Committed to success

*Aim High*

It has been a challenging week for our local communities during and the aftermath of the storm. Our school facilities have had some minor damage but we managed to open again on Monday. We realise some families are still dealing with the after effects and if there is anything we can do to support you please reach out to us.

Our S3 group have been away all week to Loch Eil at Outward Bound and return tonight from an exciting trip. We will share some photos with you in the next update.

It was fantastic to see so many parents at the S4 parent's evening this week. S5/6 will take place on Thursday next week.

We finish school at 3.35pm on Friday 7th February for our mid-term break. We will return on Tuesday 18th.

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**[www.campbeltown.argyll-bute.sch.uk](http://www.campbeltown.argyll-bute.sch.uk)**

# Senior Phase Update

I was pleased to see all those parents who attended the S4 Parents evening on Wednesday.

If anyone was unable to attend and would like more information about your son/daughter's progress, please let us know to arrange this.

The S5/6 Parents evening will take place on Thursday 6th February 5pm-7pm and we again, would be delighted to see all parents to discuss how we can support our students in what is a very busy time in the lead up to SQA exams.

Returning to school on Monday, I have been working through correspondence as quickly as possible. If there is anything you wish to discuss, please do not hesitate to get in touch.

B Campbell  
DHT Senior Phase

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Before Christmas, the Pupil Council raised money for Campbeltown Cat Rescue by asked pupils for a small donation to vote for their favourite Christmas Door decoration.

They raised an amazing £93.87.

Pictured are pupils from the Pupil Council handing the cheque over to Melanie for Campbeltown Cat Rescue.

Great work!



# School Swimming Finals!

Mr McQuaker, 5 pupils from CGS and 3 from Castlehill Primary and their parents headed to Aberdeen for the Scottish Schools Swimming Finals at the ASV. They travelled safely to Aberdeen on Thursday staying overnight as planned in Aberdeen. They woke on Friday to a damp & breezy day in the Granite City and headed to the pool with the first group for an 8:15am warm-up.

The first swimmers in the morning session were both from Castlehill Primary who swam extremely well gaining personal best times. Michael West then swam in the 100m disability event where he took silver!

The afternoon session 2 saw Angus Woods (CGS) swim in the 200m backstroke where he led from the start to just get overtaken in the final 50m to touch in silver medal position A fantastic race in a new Long Course PB of 2:18.81 Next in the pool was Niamh Quinn (CGS) in the 100m breaststroke where a strong swim saw her finish in 8th place.

The final session of the day started strongly with Angus Woods returning to the water in the 100m backstroke where he swam a fabulous race from the start to touch in 1:02.84. A new LC PB & SCOTTISH SCHOOLS CHAMPION (15/16 Boys) Brilliant! Niamh then returned to swim in the 200m breaststroke with another strong swim saw her touch in 2:59.38 in 4th place overall. Our last two swimmers of the event had waited a long time for their swims with Emma Millar swimming at 6.36pm & Kyle McQuaker at 6.43pm. Both swam their long course 100m freestyle events well with Emma 1:05.21 to finish 8th & Kyle in 1:11.01 in 16th place.

The group then made the sensible decision to stay a further night in Aberdeen after hearing throughout the day of weather related incidents across the country, travelling home on Saturday. BIG thank you to our second bus driver Mr Kenny.



As part of our ongoing commitment to fostering a love of reading among our pupils here at Campbeltown Grammar School, we are excited to introduce our 'Take 20' reading initiative. This initiative encourages our students to dedicate just 20 minutes each day to reading or listening to a text of their choice, whether it's fiction, non-fiction, graphic novels, newspapers, or an audiobook or podcast.

Research has consistently shown that reading has profound benefits for young learners. It not only enhances language skills and vocabulary but also ignites imagination and creativity. By engaging in daily reading, our pupils will develop critical thinking skills and a greater understanding of the world around them. Moreover, this initiative supports our Curriculum for Excellence goals, particularly in literacy, where we strive to weave reading into everyday life.

We believe that fostering a reading routine at home is just as important as in the classroom, and that's where your support comes in. We understand that many of our pupils are already enthusiastic readers but some need a little bit more encouragement to form good reading habits. We kindly ask you to encourage your young person to participate in the 'Take 20' initiative by setting aside dedicated time each day for reading.

To support this initiative, we are happy to provide pupils with suggestions of reading materials and resources available. We encourage pupils to explore genres that interest them, as this will promote a positive attitude towards reading.

Thank you for your continued support in fostering a vibrant reading culture at Campbeltown Grammar School. Together, we can instil a lifelong love of reading in our young people. Should you have any questions or wish to discuss this further, please do not hesitate to get in touch.

Mrs Kydd-Corr





# CGS KAYAK CLUB



Your paragraph text

**Kayaking is back!**

**Thursday 27th Feb, 6,13,20 & 27th March**

**Aqualibrium - 7.00 - 8.00pm**

**SIGN UP REQUIRED. CONSENT FORM CAN BE  
COLLECTED FROM THE SCHOOL OFFICE.**

**Open to all pupils in S1 - S6**

**Keep up to date with all  
school clubs on our school  
website**



**WHAT'S ON**  
Read about upcoming Parent & Carer workshops and events

Exchange Families  
in Partnership with  
Argyll & Bute COUNCIL

1913 The Parent Project

How can I...  
How can I support my child better?  
How can I talk to my child?  
How can I help my child with anxiety?  
How can I talk about self-harm?  
How can I understand my child more?  
How can I learn what will help?

"I left with lots to think about and helpful tips. I hope there will be more sessions like this one."

**FREE WORKSHOPS**  
For Parents & Carers in Argyll & Bute

exchange-counselling.com/argyll-the-parent-project

SIGN UP FOR FREE

# THE EXCHANGE PARENT PROJECT

For more information please use the following link:

<https://heyzine.com/flip-book/ARGYLL-PARENTS-JAN#page/1>

WHEN	WHERE	WORKSHOP	AGE
Monday 27th January 9:30am	ONLINE	C3: Practical Strategies for Building Confidence & Self-esteem for Teenagers	Age 12+
Monday 27th January 12:30pm	ONLINE	A3: Techniques for Preventing Anxiety and Panic	Age 12+
Thursday 30th January 4:30pm	ONLINE	S2: Managing Emotional Overload	Age 8-11
Monday 3rd February 12:30pm	ONLINE	SH2: What Parents can do when their Young Person is Self-harming	Age 12+
Tuesday 4th February 4:00pm	ONLINE	S1: Managing Emotional Overload	Age 4-7
Wednesday 5th February 4:00pm	ONLINE	C1: Promoting Confidence & Self-esteem in Young Children	Age 4-7
Thursday 6th February 4:30pm	ONLINE	NI: Introduction to Understanding and Supporting Neurodiversity	Age 4-18

**WELCOME**

**Exchange Families**

**89.5%** of parents reported an increase in knowledge about psychological wellbeing issues

**100%** of parents reported improved strategies for supporting their child's psychological wellbeing

**87%** of parents reported an increase in self-esteem about being a parent

**100%** of parents said the session made a difference to them

**Exchange Families - Support for parents with concerns about the wellbeing of their children.**

We provide specialist guidance to families worried about their young people.

For young people today pressures and worries, anxiety and isolation are increasingly getting in the way of having a positive and happy frame of mind allowing them to thrive.

**Exchange-Families** can help adults to help their families through workshops, resources, guidance and advice.

If you are a parent or carer of a young person you can access individual meetings to discuss your concerns and look at options for going forward.

There are workshops (in person or on-line) to look at problem areas for young people with practical strategies to help them: **anxiety, low self-esteem, obsessive worrying, self-harm, very low-mood, bereavement, family break-up.**

Read on to find some of the sessions on offer...

exchange-counselling.com/argyll-the-parent-project

SIGN UP FOR FREE

in Partnership with  
Argyll & Bute COUNCIL

