



*Campbeltown
Grammar School*
***Fortnightly
Update***

14th November 2025

Committed to success

Aim High

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Staffing Update

Mrs McGeachy is now on Maternity Leave, we wish her all the best for when baby arrives.

We look forward to welcoming Ms Thomson to CGS in January as Depute Head, she will be taking over as Year Head for S2 and S3 but in the meantime, Ms Tamburrini will be the main point of contact for any matters relating to these year groups.

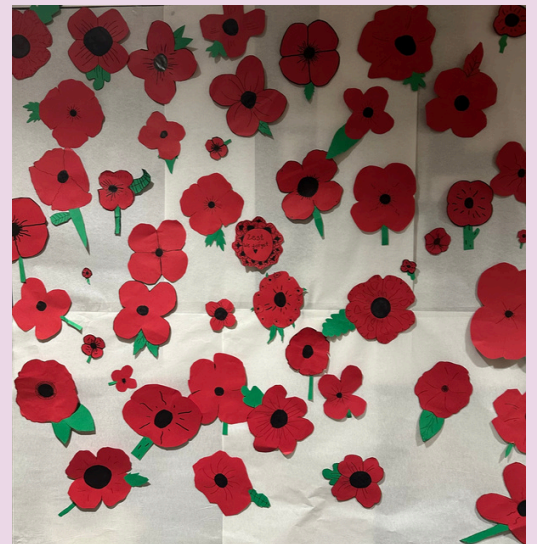
We currently seeking an English teacher to join us, applications can be made on MyJobScotland:

<https://myjobscotland.gov.uk/councils/argyll-bute-council/jobs/teacher-english-448074>



The pupils of CGS represented the school with distinction at the Remembrance services, both in town on Sunday and at the school remembrance service on Tuesday. On Sunday, the school captains joined the community to lay a wreath in remembrance of those who gave their lives in the service of their country in the wars since 1914.

On Tuesday, the whole school assembly was marked with reading of war poetry and musical pieces played by the pupils. The 2 minute silence was observed the School Captains laid wreaths of remembrance at the war memorial board in the school.



Our BGE pupils created Poppies in Art and Design this week



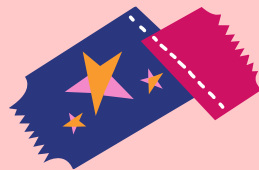
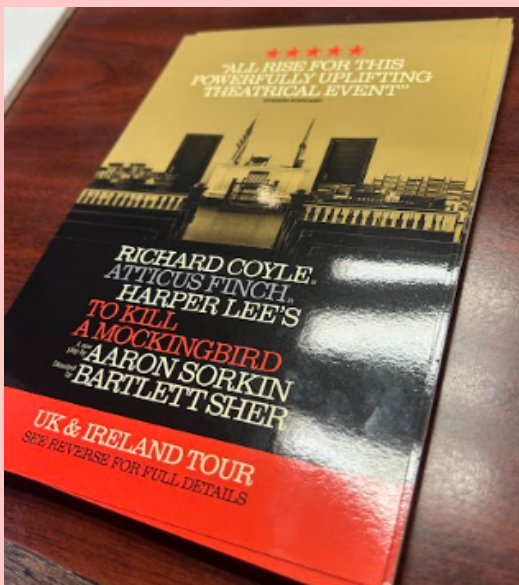


Theatre Trip



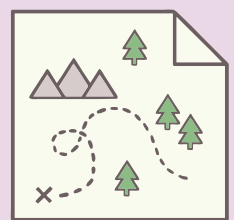
On Wednesday 5th November, a group of pupils from S3 to S6 travelled to the King's Theatre in Glasgow to see Aaron Sorkin's stage adaptation of To Kill a Mockingbird. The trip offered a brilliant opportunity for pupils to experience live theatre and engage with a powerful and culturally significant story. Our pupils represented the school exceptionally well. Staff were delighted with their conduct and were especially proud when a member of the public took the time to express how impressed they were by our pupils' engagement and respectful behaviour throughout the performance.

A huge thank you to our Parent Council for helping to fund this trip and making this valuable experience possible for our young people.



This weeks S1 Outdoor Ed group braved the weather for a hike up Bengullion and by the looks of it they thoroughly enjoyed themselves!

They also managed to give Kirsti in the office a fright when they knocked the office window to let her know they were back!!



Primary 7 Transitions Meeting

Primary 7 pupils and their parents/carers from the local Primary schools joined us for an informal meeting and tour of CGS, we look forward to seeing you again soon.

WELCOME



CGS pupils took part in the Rotary Young Chef Local final at the start of this month.

Pupils were asked to plan and cook a two-course meal, main course and dessert for the competition where they were marked on planning, healthy ingredients colour presentation and taste by judges Johnny Bereridge and Marion MacKinnon.

Overall winner Ava Lawson cooked honey garlic chicken with rice and tender stem broccoli and a lemon and raspberry cheesecake for dessert.

Runner-up Lizzie Watson made a cream gnocchi with garlic bread and orange cheesecake.

Well done Ava and Lizzie, also to all pupils who took part.

You all worked extremely well showing your food presentation skills and working in high-pressure situations. Thank you to Campbeltown Rotary Club and Mrs Osborne for their support and to the judges Johnny Bereridge and Marion MacKinnon.



Jenni Minto MSP came to visit us Campbeltown Grammar School on Friday to meet with pupils who are taking part in the UWS Foundation Academy. Ms Minto MSP commented on Facebook that 'This excellent scheme helps widen access to further education - it was very clear how much it has been benefiting the young people.'

We are glad you enjoyed your visit and it was lovely to meet you.



As part of the Sports and Recreation course with Argyll College our pupils have been putting their new Tennis Coaching Qualifications to good use.

Thank you to Castlehill Primary for sharing the following on their Facebook page with us, we are extremely proud of the class.

'Primary 7/6 are on their second week of tennis sessions led by Stuart Crossan from UHI with his very able students. The sessions have been thoroughly enjoyed by our pupils who are learning a range of new skills.'

It is so lovely to have 5 former pupils back delivering these coaching sessions and we are all extremely proud of their strong coaching abilities. The boys are a credit to Campbeltown Grammar School, UHI and their families.'



Photos Courtesy of Castlehill Primary School



Social media **safety**

A guide for parents
and carers



Social media is a big part of most young people's lives. For many, it's a way to have fun with friends, so it's understandable that you may not want to stop your child using it. But there are some risks, so how can you help your child stay safe? Read on to find out how to set up privacy and parental controls on the major platforms.

You'll also find more information about online safety on our [blog](#).

Facebook and Messenger

Facebook and its instant messaging app, Messenger, are introducing Teen Accounts for young people aged 13 to 17. These have built-in protections, which under 16s need parental permission to change.

They also let you supervise your child. Once connected, you can see their contacts, how much time they're spending on the platforms, and more. You can set daily limits on use and schedule breaks for them.

To set up supervision, you'll first need to register for your own Facebook account, or login. Then, under 'Settings & Privacy', select 'Settings', and then 'Family Centre'.

You can also change your child's privacy settings directly through their account. Go to 'Settings & Privacy', and then select 'Privacy Centre'.

For more information, visit [**familycenter.meta.com**](https://familycenter.meta.com).

Instagram

Young people aged 13 to 17 are automatically given a Teen Account on Instagram. You can set up supervision through your own Instagram account in the same way as you would on Facebook.

You can also manually change preferences through your child's account. On their profile in the app, select the menu in the top right corner. From here, you can change their account's privacy, what content they see, limit who can interact with them, and filter comments and messages.

For more help with Instagram, visit [**familycenter.meta.com**](https://familycenter.meta.com).

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Snapchat

Snapchat's Family Centre lets you see who your teen is friends with on Snapchat and who they've been messaging over the last seven days. It also allows you to restrict sensitive content.

To use Family Center, you'll need to login or register for your own Snapchat account and add your teen as a friend by searching for their username. Then, simply search 'family' in the app and select 'Family Centre', following the steps from there.

To find out more, visit parents.snapchat.com.



Tik Tok

On TikTok, accounts for young people under 18 are automatically set to private, although your child can change this setting. Under 16s also don't have access to direct messaging or group chat.

To see and change your child's settings on the app through their account, select their profile, tap on the menu in the top right corner, and choose 'Settings and privacy'.

If you have your own TikTok account, you can also set up Family Pairing to create screen limits, filter the content your child is shown, and customise their comment controls. To do this from the 'Settings and privacy' menu, select 'Family Pairing'.

For more information, visit tiktok.com/safety/guardians-guide.

WhatsApp

There are already some privacy settings in place on WhatsApp that apply to all users (for instance, no one can search for your phone number if they don't already know it). But you can also run a privacy checkup.

To do this in the app through your child's account, select 'Settings' (bottom right corner), and then select 'Privacy checkup' (this may be at the top of the page, or you can find it at the very bottom).

For more information, visit the [WhatsApp Help Center](https://www.whatsapp.com/help/faq/privacy).

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Discord

Discord is an app that allows people to send voice, video, and text messages. On the Discord **Parent Hub**, you can learn more about how your child might use the app and the safety features in place to protect them. If you set up your own account, you can also use the **Family Centre** to see who your child is interacting with.

Twitch

Twitch is a live streaming platform that can be accessed through an app, online, and through some game consoles. You can find out more about how your child might use Twitch and how you can help keep them safe at **safety.twitch.tv**.

The pocket guide for raising tweens

If you found this document useful, you might like to sign up to The pocket guide for raising tweens. It offers exclusive, tailored advice for parents and carers of children aged 8 to 13, so that you can support your child to feel safer, happier, and more hopeful. Find out more and sign up at **childrenssociety.org.uk/tweens**.

If you have seen something you're concerned about online or are looking for general advice or information about safeguarding or child protection, you can contact the NSPCC helpline on **0808 800 5000**.

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FREE SUPPORT

For Parents & Carers in Argyll & Bute

Exchange Families
In Partnership with
Argyll & Bute COUNCIL

"A lot of the themes were familiar to me, but it was so helpful to revisit and refresh my understanding. Talking with informed people always brings new ideas and perspectives which are great to have."

PARENT FEEDBACK



SIGN UP FOR FREE

"So interesting and there were a lot of things I hadn't thought of which I can do. Thank you so much for running these classes, they are very informative in a time when Google can be overwhelming!"

PARENT FEEDBACK



Exchange Families
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SIGN UP FOR FREE



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





Flexible Support for You



**Wellbeing
Discussion**



Workshops



**One-to-One
Support**

What is the Parent Project?

This project is here to support parents who are concerned about their child's well-being. We offer expert advice and guidance to families who are worried about their young people, helping you navigate any challenges together.

How do I access support?

Once you fill out the sign-up form, you'll be able to access all the support options available. We'll ask for a few details about you and your family so we can provide the best possible support tailored to your needs.

What type of support is there?

We offer online and face-to-face workshops. You can also book wellbeing discussions or one-to-one sessions with our team.

Do I pay for support?

No, you don't need to worry about costs—thanks to funding from Argyll & Bute Council, all the support is completely free for parents and carers of children aged 4-18 living in Argyll & Bute.



Can I have Individual Support?

Yes, we offer tailored support, this can take the form of face to face or telephone sessions, depending on availability.

Do you need much information?

The Parent Project, in partnership with the local authority, is here to help you find the support that's right for your family. We never share your personal information with anyone, but if we believe another service might be a better fit for your needs, we may suggest a referral to ensure you get the best possible help.

What Can the Workshops Help with?

Anxiety, Panic & Worries

Understand why and how children and young people experience anxiety. Learn how to spot the signs and gain practical strategies for supporting your child.

Neurodiversity- ADHD & Parent Self-care

Learn more about what neurodiversity is and help to understand your child's behaviour. Gain practical strategies to use in daily life. Connect with other parents and learn strategies for self-regulation and to build resilience.

Confidence & Self-esteem

Understand how self-esteem and confidence develop. Gain practical strategies for nurturing positive traits and enhancing inner strengths

Self-harm and Harming Others

Learn to recognise and understand harmful behaviours in your child. Gain practical strategies for supporting your child and skills for responding to harming behaviours.

Stress and Emotional Overload

Understand stress in children and young people. Learn to recognising when your child needs to regulate. Gain practical strategies for supporting healthy emotional regulation and skills for responding in stressful situations.

SIGN UP FOR
FREE

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

