



Senior Phase Raising Attainment 2026 - 2027

**Information for pupils and
their parents / carers to
effectively prepare for QS exams
and get the best grade possible**



Senior Phase Raising Attainment 2026 - 2027

There is so much on offer to pupils.





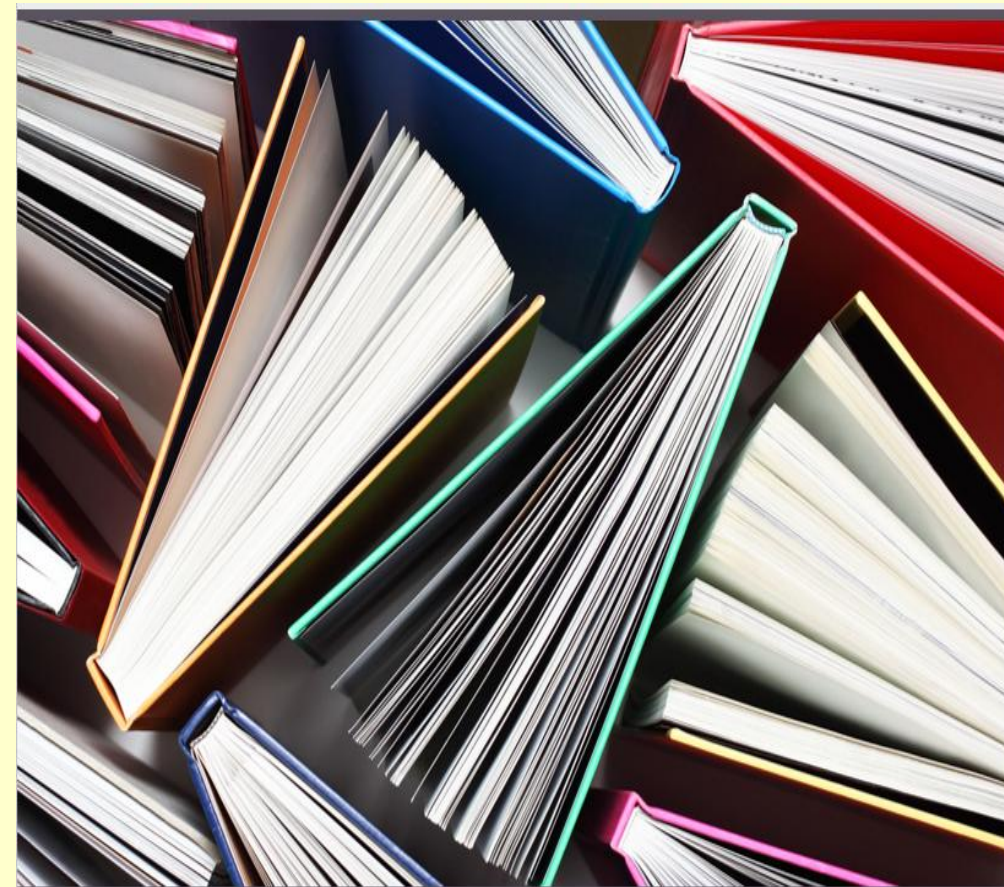
Senior Phase Raising Attainment 2026 - 2027

Assessment calendar:

Oct 26 – April 27

Evidence will be gathered throughout the year.

Keep momentum and less stress.





Senior Phase Tracking and Monitoring

Tracking reviews:

- **September**
- **December**

Parents Night:

Wednesday 13 January 2027

Full Reports:

- **First week in March 2027**





Senior Phase Tracking and Monitoring

Tutor:	4D2
Attendance:	72.55
Lates:	0

Whitburn Academy provides a tracking report at regular intervals to give pupils and parents/carers up to date information about pupils' progress.

Key to Report Information:

EFFORT/BEHAVIOUR:

- 1 - excellent
- 2 - very good
- 3 - room for improvement
- 4 - requires urgent attention

HOMEWORK

- 1 - always on time and/or completed to a high standard
- 2 - mainly on time and/ or to a reasonable standard
- 3 - often not completed and/or requires to be of a higher standard
- 4 - never completed and/or not to a satisfactory standard. A level is only provided for homework where there has been sufficient homework issued to give accurate information.

Working Grade	The grade the pupil is currently achieving based on evidence.
Target Grade	What the pupil should be aiming to achieve as a result of ongoing feedback.
Adv Higher Higher National 5	A = A pass B = B pass C = C pass D = Fail (40-49%) F = Fail (less than 40%)
National 3 National 4 Level 44/45/46/47	P = Pass F = Fail



Senior Phase Tracking and Monitoring

You must set your Pupil **SMART** Targets in class on One Note via your year group Team. Your teacher will support you with this.

Subject	Level	Teacher	Effort	Behaviour	Homework	Working Grade	Target Grade
Religious, Moral and Philosophical Studies	NAT5	Miss Manning	1	1	1	C	B
Music	NAT5	Miss Ho	1	1		C	A
Mathematics	NAT5	Mr Rennie	2	1	1	D	C
Modern Studies	NAT5	Mr Reynolds	1	1	1	A	A
Art and Design	NAT5	Miss Mackay	1	1		C	A
English	NAT5	Mr Tibbetts	1	1	1	C	B
Personal Development	45	Mrs Fowler-Crooks	1	1		P	P



Senior Phase Target Setting and where to find it



Whitburn S4
Announcements 26-27



Whitburn S5
Announcements 26-27



Whitburn S6
Announcements 26-27



Whitburn S5 Announcements 26-27



Home page

Class Notebook

Classwork

Assignments

Grades

Reflect

Insights

September-October 2026 Target Setting
Due at 11:00



Senior Phase Target Setting and what it looks like

To support your next steps, you should aim to set 3 targets for each subject you are studying this year. They should be specific, focused targets based on feedback from your teachers. You should be working towards achieving these over the coming weeks.

If your recent report shows that you need extra support, you will also meet with your Head of House, a Faculty Head or a member of The Senior Leadership Team. They will talk you through your targets and make sure you understand what you need to do next.

Success Criteria for targets:

S - Specific	Say exactly what skill or behaviour you want to improve.
M - Measurable	How will you check your progress? A score, number, frequency, or teacher check.
A - Achievable	Is this realistic for YOU in a few weeks? Not too big, not too small.
R - Relevant	Does it help you in this subject or your next assessment?
T - Time-bound.	Set a clear deadline (e.g., "in 2 weeks", "by next Friday").

Subject and Level	Targets
1. Admin	Make sure I read the theory questions properly when completing work to make sure I get the right structure. I will start this now to help me prepare for my prelim in November. <u>2.</u> - I am going to study theory more. I will do this for 1 hour a week starting after the September break I will start at the corporate image I will use the past paper questions in my class notebook to do this
2. Biology	1. I will make sure to revise my problem-solving booklet at least 1 hour a week to work on reading data from a graph. I will use the booklet the teacher gave me to practice this and hand it in for marking. 2. I am going to work on calculations; I am going to do this by using a calculations booklet. I am going to start with percentage change calculations, and I will check my progress by using the marking scheme to check my answers.



Tracking, Target Setting and Feedback

- **How Can You Help Your Child?**
- **Ask** them what they need to work on for each subject
- **Read** their report with them
- **Check** they are setting targets
- **Check** they are actively using them and actioning their targets

After School Study Support

After School Study Support Classes



September 2026 to December 2026

- Please prioritise the after-school classes for your subjects that you are below target in.
- Do not leave it too late, start now.
- These classes will focus on general consolidation.

Monday 1.05pm-1.45pm (lunchtime)

Subject	Level	Teacher
Physics	N5	Mrs Considine

Monday 3.30pm-4.30pm

Subject	Level	Teacher
Admin and IT	N5	Mrs Anderson
Applications of Maths	N5	Mr McGrath
Applications of Maths	Higher	Mrs Sword
Art & Photography	N5/Higher/Advanced Higher	Miss Mackay
Business	Higher	Miss Jones
Drama	Higher	Mr Greenwood
Maths	N5	Miss McGrath
Modern Studies	Advanced Higher	Mr Reynolds
Politics	Higher	Miss Nicol



After School Study Support

Tuesday 3.30pm-4.30pm (every second Tuesday from 29th September)		
Subject	Level	Teacher
French	N5	Mrs Leto
History	N5	Miss Scott
History	Higher	Miss Steel
Spanish	N5	Miss Godden

Wednesday 3.30pm-4.30pm		
Subject	Level	Teacher
Biology	N5	Miss Richmond
Chemistry	Advanced Higher	Miss Maher
Drama	N5/Advanced Higher	Mr Greenwood/Miss Watters
Human Biology	Higher	Miss Moffat
Geography*	N5	Ms Forbes
RMPS	N5	Miss Westhead
RMPS	Higher	Miss Manning

*will start in Oct/Nov Ms Forbes will confirm with class.



After School Study Support

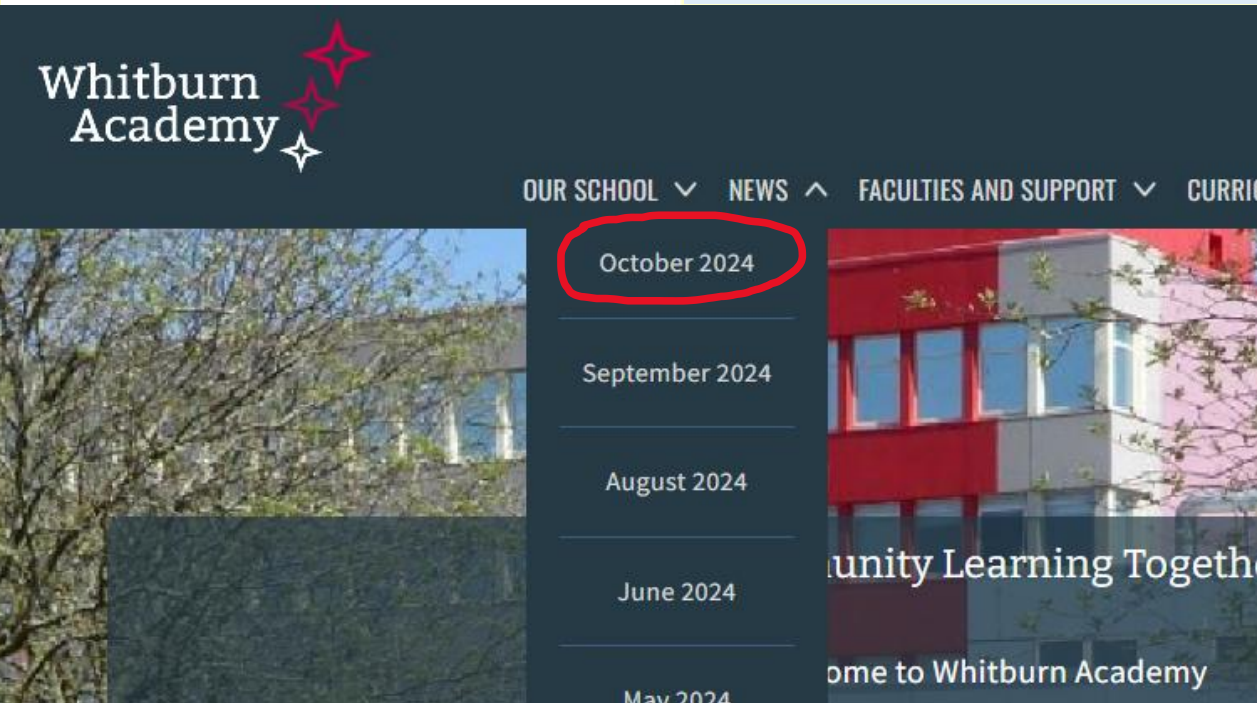


Thursday 3.30pm-4.30pm		
Subject	Level	Teacher
Admin and IT	Higher	Mrs Anderson/Miss Jones
Business	N5	Miss Jones/Miss Moffat
English	N5	Mrs Ionta
English	Higher	Mrs McCudden
Maths	Advanced Higher	Mr Allison
Modern Studies	N5	Mr Reynolds
Modern Studies	Higher	Mr MacKenzie
Physical Education	N5/Higher	PE Department
Physics	Higher	Mr Bulloch

Friday 12.45pm-1.45pm		
Subject	Level	Teacher
Maths	Higher	Mr Rennie



After School Study Support



Where you can find latest school updates.



S4-S6 Parents and Carers Information Evening

LATEST NEWS | POSTED 10 OCTOBER

On Thursday 24th October from 6-7pm, an Information Evening for parents and carers



Macmillan Coffee Morning

LATEST NEWS | POSTED 30 SEPTEMBER

On Friday 27 Sep, our S6 pupils held a successful Macmillan Coffee Morning for staff, raising over £160 to support Macmillan Cancer Research.

[Read More](#)





Masterclasses Coming soon.....



These will run:

- **Monday to Thursday**
- **3:30 to 5:30**
- **4:30 = snack break**

- **Friday 12:45 to 2:45**

- **January to March 2027**
- **Focus on final exam prep**
- **Mandatory for pupils at D or F**

Later in the year



The school will offer:

- **Easter School 2027 programme**
 - **Immersion days**

[Home](#)[News](#)[Sport](#)[Weather](#)[iPlayer](#)[Sounds](#)[Bitesize](#)

BITESIZE

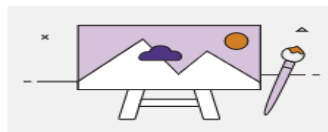
[Change language ▾](#)[Home](#)[Learn](#)[Support](#)[Careers](#)[My Bitesize](#)[All Bitesize](#)

All National 5 subjects

These subjects may contain both Guides for students and Classroom videos for use by teachers.



Application of Maths



Art and Design



Biology



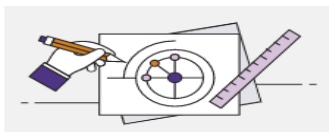
Business management



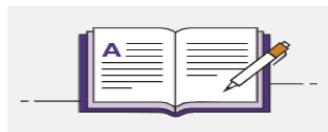
Chemistry



Computing Science



Design and manufacture



English



French



Gaelic (Learners)



Geography



History



Maths



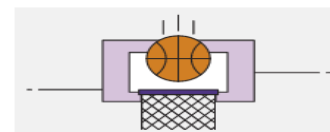
Modern Languages



Modern Studies



Music



Physical Education



Physics

Senior Phase

Welcome to the Senior Phase page.

You will find details of all the live and recorded sessions and resources on this page. If you are looking for a specific programme you can navigate to it by clicking the programme name below:

[Study Support](#)[Exam Mindset Guide](#)[Study Skills](#)[N5, H & AH
Gaelic/Gàidhlig
Courses](#)[My Way](#)[DYW Live](#)[Health & Wellbeing
Chill Space](#)[Mental Health and
Wellbeing S4-S6](#)[i-Sgoil](#)[Additional Resources](#)

e-sgoil.com



Evening Study Support 2026-27

Evening Study Support 2026-27

Welcome to the e-Sgoil Study Support programme page. Registration for this year's live evening webinars is now open.

Study support is for Senior Phase learners (S4-S6) who are working towards National Qualifications.

This year's programme offers 57 weekly webinars covering 27 subjects across N4 to Advanced Higher levels.

Timetables

TIME	COURSE	LEVEL
5pm	Health & Food Technology	NS/H
	Maths	N4
	Business Management	NS
	Practical Cookery	NS
6pm	BMPS	NS/H
	Human Biology	H
	Politics	H
	Physics	H
	Physics	AH
7pm	Modern Studies	NS
	Applications of Maths	H
	Biology	H
	Computing Science	H



TIME	COURSE	LEVEL
5pm	English (1)	NS
	Maths	H
	Spanish	NS
	Design & Manufacture	NS/H
6pm	Business Management	H
	Music	H
	Maths	AH
7pm	English (2)	NS
	English	AH

THURSDAY

TIME	COURSE	LEVEL
5pm	English	N4
	Applications of Maths	NS
	German	NS
	Art & Design	NS
6pm	Biology	NS
	Physics	NS
	Art & Design	H
	Chemistry	H
	German	H
	Biology	AH
	Admin & IT	NS
	Computing Science	NS
7pm	Graphic Communication	NS

TIME	COURSE	LEVEL
	Engineering Science	NS
	Gaelic	NS/H
5pm	Geography	H
	Spanish	H
	Graphic Communication	H
	History	AH
6pm	Geography	NS
	History	NS
	Engineering Science	H
	French	H
	English	H
7pm	Chemistry	NS
	Gaelic	NS/H
	History	H
	Admin & IT	H
	Chemistry	AH

www.e-sgoil.com



Master Timetable

Click the button below to view the master timetable.

View

e-Sgoil Study Support Webinar Timetable 2020-2022

Monday		
5 pm	Maths	NS
	Health & Food Technology	NS/Higher
6pm	Maths	N4
	Business Management	NS
	Practical Cookery	NS
	BMPS	NS/Higher
	Human Biology	Higher
	Physics	Higher
	Politics	Higher
	Physics	Adv Higher
7 pm	Modern Studies	NS
	Applications of Maths	Higher
	Biology	Higher
	Computing Science	Higher

Tuesday		
5 pm	English	NS
	English	Higher
	Maths	Higher
6 pm	Spanish	NS
	Design and Manufacture	NS/Higher
	Business Management	Higher
	Music	Higher
	Maths	Adv Higher

Wednesday		
5 pm	Engineering Science	NS
	French	NS
	Gaelic (Bannam)	NS/Higher
	Geography	Higher
	Graphic Communication	Higher
	Spanish	Higher
	History	Adv Higher
6 pm	Geography	NS
	History	NS
	Engineering Science	Higher
	English	Higher
	French	Higher
7 pm	Chemistry	NS
	Chemistry	NS/Higher
	Admin and IT	Higher
	History	Higher
	Chemistry	Adv Higher

Thursday		
5.00 pm	English	N4
	Applications of Maths	NS
	Art and Design	NS
	German	NS
6.00 pm	Biology	NS
	Physics	NS
	Art and Design	Higher
	Chemistry	Higher

Master Timetable (Accessible)

Click below to download a Microsoft Word version of the timetable which can be used with Immersive Reader.

Click to download



e-sgoil.com

[Home Page | e-Sgoil](#)

Exam Mindset Guide

The Exam Mindset Guide is a free online resource to help support learners to mentally prepare for their exams and assessments. There is a huge range of advice and techniques from experts to help maximise learners' potential, while minimising stress and anxiety, when preparing for and sitting exams and assessments.

Learners - The videos have been created to be user friendly so you can access them on your own.

The resources in the **"Teacher's Area"** are designed so that teachers can use them within the classroom to help support the young people with their particular needs.

The **"Parent/Carer's Area"** has advice for parents and carers to support their young people.

Teachers Area

Parent/Carers Area

Feedback

Accessibility

Understanding Your Mind

Understanding your Stress

Understanding Your Study

National e-Learning Offer

Exam Mindset Guide

We've partnered with the experts at HeadStrong to produce a video series that will help learners 'keep the heid' all the way through the exam process, from study, to prelims and all the way to success in your exams. You will find all the videos and three associated activity sheets by clicking on the button below.

Go

Study Skills

A collection of resources with information, tips and advice to help with studying.

Go





Qualification Scotland Website

www.qualifications.gov.scot

- [QS Website](http://www.qualifications.gov.scot)

The screenshot shows the Qualifications Scotland website. The header is dark blue with the logo 'Qualifications Scotland Teisteanasan Alba' on the left and navigation links 'Qualifications', 'Deliver Qualifications', 'Past papers', 'About', and a search icon on the right. Below the header, a breadcrumb trail reads 'Home > Qualifications > Qualifications home'. The main content area has a left sidebar titled 'Qualifications' with links: 'Qualifications home', 'Search qualifications', 'Unit search', 'Unit archive', 'Work-based learning', 'Assessment support materials', and 'Understand qualifications'. The main content area is titled 'Our qualifications' and features three columns. The first column, 'National Qualifications', is circled in red and contains an image of students and text about National 1 to Advanced Higher courses. The second column, 'Search qualifications', contains an image of students working on a laptop and text about NC, NPA, SVQ, HNC, HND, and other accredited qualifications. The third column, 'Work-based learning', contains an image of students in a workshop and text about three types of work-based learning.

Qualifications Scotland
Teisteanasan Alba

Qualifications ▾ | Deliver Qualifications ▾ | Past papers | About | 🔍

[Home](#) > [Qualifications](#) > Qualifications home

Qualifications

- [Qualifications home](#)
- [Search qualifications](#)
- [Unit search](#)
- [Unit archive](#)
- [Work-based learning](#)
- [Assessment support materials](#)
- [Understand qualifications](#)

Our qualifications

[National Qualifications](#)

Information on National 1 to National 5, Higher and Advanced Higher courses

[Search qualifications](#)

We offer NC, NPA, SVQ, HNC, HND and other accredited qualifications

[Work-based learning](#)

Our qualifications offer three different types of work-based learning

Qualification Scotland Website

National Qualifications

Information on our National 1 to National 5, Higher and Advanced Higher courses as well as Skills for Work and Baccalaureate qualifications.



NQ subject pages

Find course content, assessment and coursework information for your subject.



Timetable

See your exam dates and prepare for revision



Past papers

Past papers and marking instructions - great for your revision.



Results by text

Sign up to My Qualifications Scotland to receive your results by email or text.



Learner support

Everything you might need to prepare for your exams and results.



Assessment arrangements

Submit arrangements for exams, visiting assessments, or adapted

National Qualifications subjects

- [Accounting](#)
- [Administration and IT](#)
- [Applications of Mathematics](#)
- [Art and Design](#)
- [Art and Design \(Design\)](#)
- [Art and Design \(Expressive\)](#)
- [Biology](#)
- [British Sign Language](#)
- [Business](#)
- [Business Management](#)
- [Business in Practice](#)
- [Cantonese](#)
- [Care](#)
- [Chemistry](#)
- [Childcare and Development](#)
- [Classical Studies](#)
- [Computing Science](#)
- [Creative Arts](#)
- [Dance](#)
- [Design and Manufacture](#)
- [Design and Technology](#)
- [Drama](#)
- [ESOL](#)
- [Economics](#)
- [Human Biology](#)
- [Information and Communications Technology](#)
- [Italian](#)
- [Latin](#)
- [Lifeskills Mathematics](#)
- [Literacy and Numeracy](#)
- [Mandarin](#)
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- [Mathematics of Mechanics](#)
- [Media](#)
- [Modern Languages](#)
- [Modern Studies](#)
- [Music](#)
- [Music Technology](#)
- [National 1 and 2](#)
- [People and Society](#)
- [Performance Arts](#)
- [Philosophy](#)
- [Photography](#)
- [Physical Education](#)
- [Physics](#)
- [Politics](#)
- [Practical Cake Craft](#)

Qualification Scotland Website

Select subject

▼

National Qualifications

[NQ home](#)
[Find your subject](#)
[Skills for Work](#)
[Baccalaureates](#)
[Learner support](#)
[Teaching support](#)
[Developing learners' skills](#)
[Unit search](#)
[NQ Quality assurance](#)
[About National Qualifications](#)

National 5 History

History

National 3

National 4

National 5

Higher

Adv Higher

Content may reference SQA but remains valid (02/02/26)

+

Course Specification (28/05/2025)

+

When is the exam?

+

Past Papers and Marking Instructions

+

Coursework (23/09/2026)

+

Understanding Standards (30/06/2026)

+

Course reports (24/09/2026)

-

Provides information on the performance of candidates - which is useful to teachers, lecturers and assessors in their preparation of candidates for future assessment.

Course Reports

QS

Course Reports

Areas that candidates found demanding

Question paper

Section 1: objective test

- Question 4 Some candidates correctly calculated the work done by the pushing force in moving the block up the slope. Some candidates used the unbalanced force acting on the block to determine the work done by the pushing force, which is incorrect, as it does not take into account that work also needs to be done against friction by the pushing force.
- Question 5 Some candidates were able to determine the increase in kinetic energy of the trolley.
- Question 11 Some candidates determined the resistance of the resistor in series with the LED correctly. Some candidates simply divided the voltage across the LED by the current in the LED to determine the resistance of the LED, rather than that of the resistor.
- Question 13 Some candidates were able to identify the circuit that switches on a motor when the light level drops below a certain value, as required. Some candidates selected the circuit that switches on a motor when the light level rises above a certain value.
- Question 23 Some candidates were able to identify the path of the red light in air. Some candidates incorrectly selected the path where the red light appears to 'reflect' from the normal.

Section 3: preparing candidates for future assessment

Question paper

Each year, the question paper samples the full range of course content. This means that candidates should be familiar with all aspects of the course.

In calculations, some candidates were unable to provide a final answer with the appropriate number of significant figures (or to round these correctly). It was evident that a few candidates confused significant figures with decimal places. Centres should ensure that candidates understand and can use significant figures correctly.

Candidates should be strongly discouraged from copying down answers from their calculator containing a large number of significant figures, or using ellipses, as a penultimate stage in their response before stating their final answer, as often this can introduce transcription or rounding errors into their calculations. They should be strongly encouraged to show only the selected relationship, the substitution, and then the answer, including units, to the appropriate number of significant figures.

Achieve



Sign In

E-mail:

Password:

☐ Remember Me

[Forgot Password?](#)

Sign In

Or sign in using Glow:

Sign in with **RM Unify**



Achieve

Hello, Annya!

 Accounting National 5	 Administration and IT National 5	 Business Management National 5	 Travel & Tourism National 5	 Accounting Higher	 Administration and IT Higher
 Business Management Higher	 Business Management Advanced Higher				

Role of business in society

The nature of business organisations



Factors of production



The sectors of industry



Sectors of the economy



Teams



GOOGLE



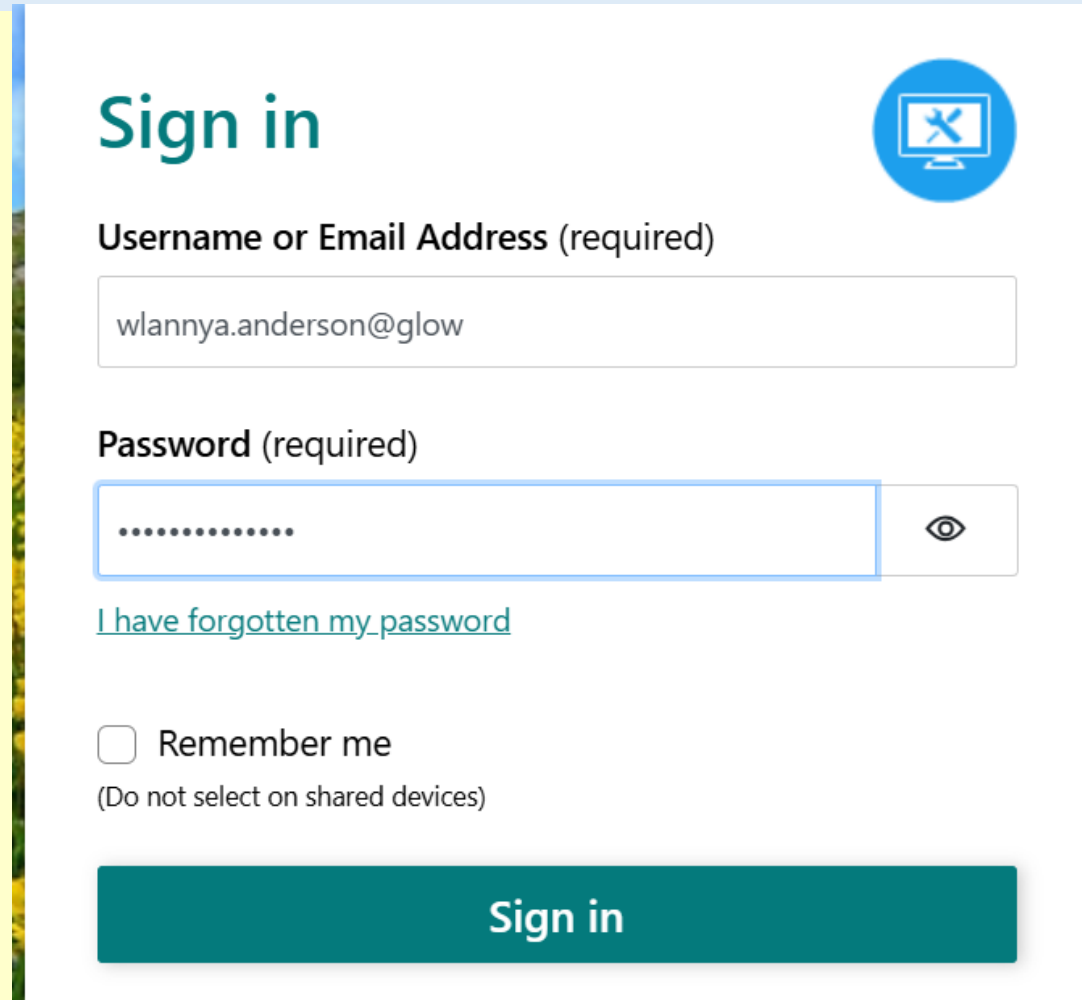
GLOW



THINK YOU KNOW

Glow

- Sign in with Glow username and password
- Remember 'WL' at the start of username



The image shows a 'Sign in' form for a service called 'Glow'. The form is white with a teal header and footer. It includes a teal circular icon with a white 'X' and a monitor symbol in the top right corner. The form has two input fields: 'Username or Email Address (required)' and 'Password (required)'. The first field contains the text 'wlannya.anderson@glow'. The second field is masked with dots. Below the password field is a link that says 'I have forgotten my password'. There is a checkbox labeled 'Remember me' with the text '(Do not select on shared devices)' below it. At the bottom is a large teal button with the text 'Sign in'.

Sign in

Username or Email Address (required)

wlannya.anderson@glow

Password (required)

.....

[I have forgotten my password](#)

☐ Remember me
(Do not select on shared devices)

Sign in



Search Launch Pads



My Launch Pad

 Edit Launch Pads

Add



OneDrive
Microsoft 365



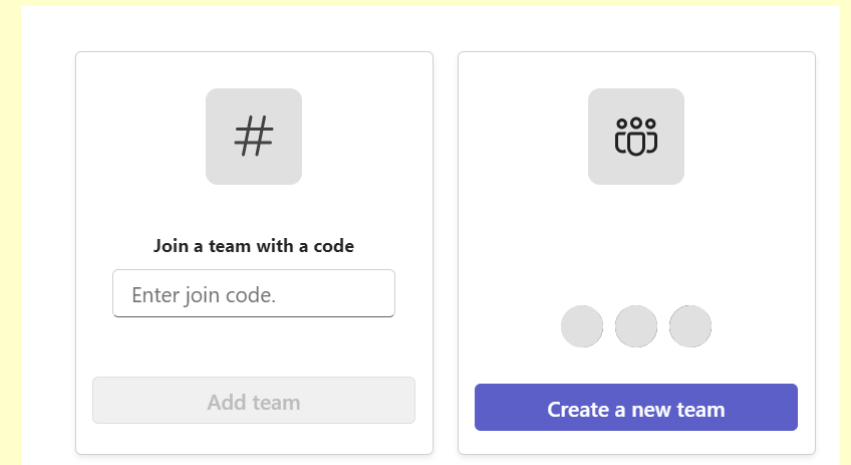
Microsoft Teams
Microsoft Office 365



Mail
Microsoft 365



- Teacher will have added you before you have started using Teams
- OR
- You should click on join team and enter code given by teacher



Channels



Higher Business Mrs Anderson 2026-2027 ...

Home page

Class Notebook

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Assignments

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Reflect

Insights

▼ Main Channels

General

Assignment

Business News

Help and Support

Ready to Work

Assignments



Assignments

Forthcoming

Ready to grade

Past due

Returned

Drafts

🔍 Search by assignment title



No forthcoming assignments right now.

Daily/Weekly posts

Higher Admin
Mrs Anderson

Higher Admin Mrs Anderson (A1) 2026-2027 ...

Home page

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Insights

▼ Main Channels

General

Help and Support

Ready to Work ...

Video Call

► Hidden channels

see more

Reply

Mrs Anderson Sunday 16:25

👍❤️😄😮🗨️✎️⋮📺

05.10.2026 - Period 6&7

3.5 Timed Query and Calculation and 4. Aggregate Queries

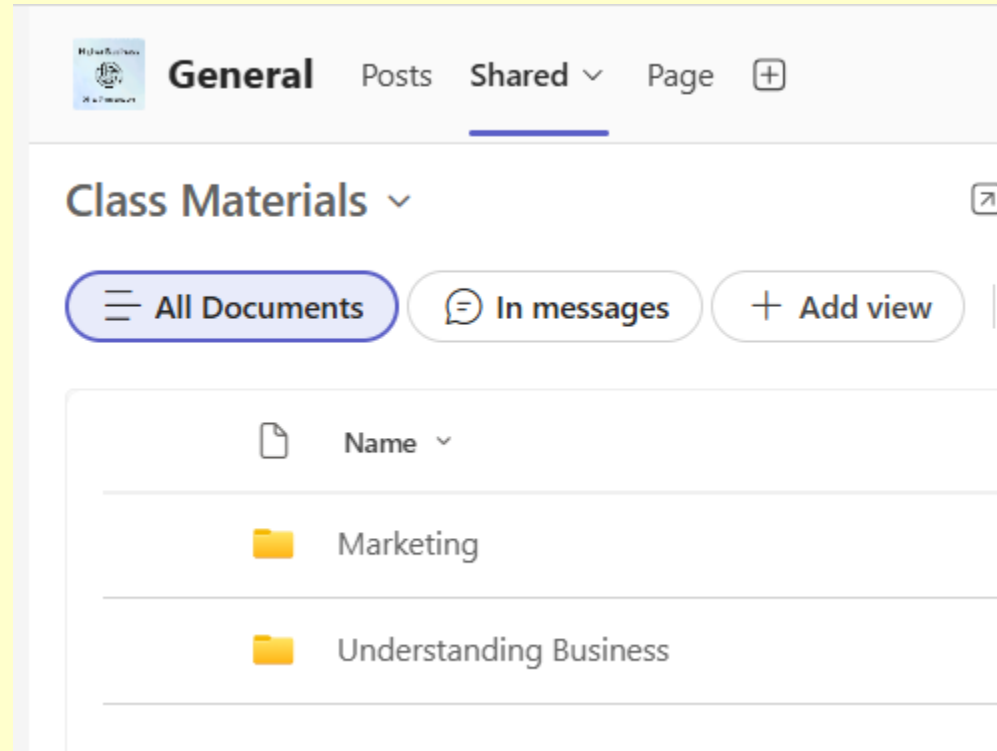
Hi [Higher Admin Mrs Anderson \(A1\) 2026-2027](#)

Lesson Starter: 10 minutes revision on Queries and Calculated Queries.

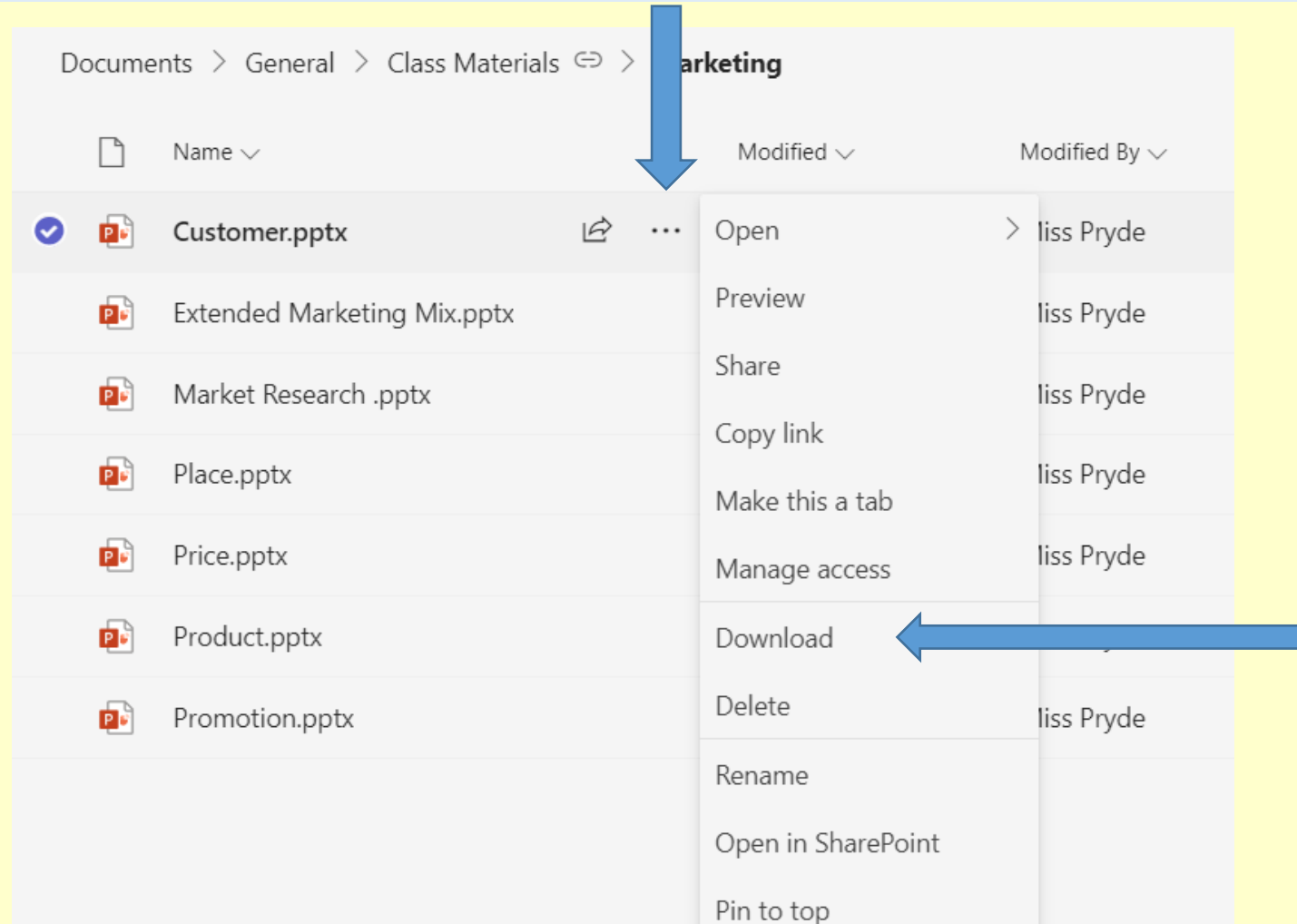
Task 1: 15 minute timed question on a query and calculation.

Task 2: aggregate queries.

Files



Download files



Ask for help

Channels

General

Help

Ready to work

Revision



Mrs Anderson
Teaching Staff • Whitburn Academy (5510430)



[Overview](#) [Profile](#) [Organisation](#)

 **Offline • Free all day**
Work hours: 08:00 - 17:00

 16:37 - Your local time

Contact information

 Email
annya.anderson@westlothian....

 Chat
wlannya.anderson@glow.sch.uk

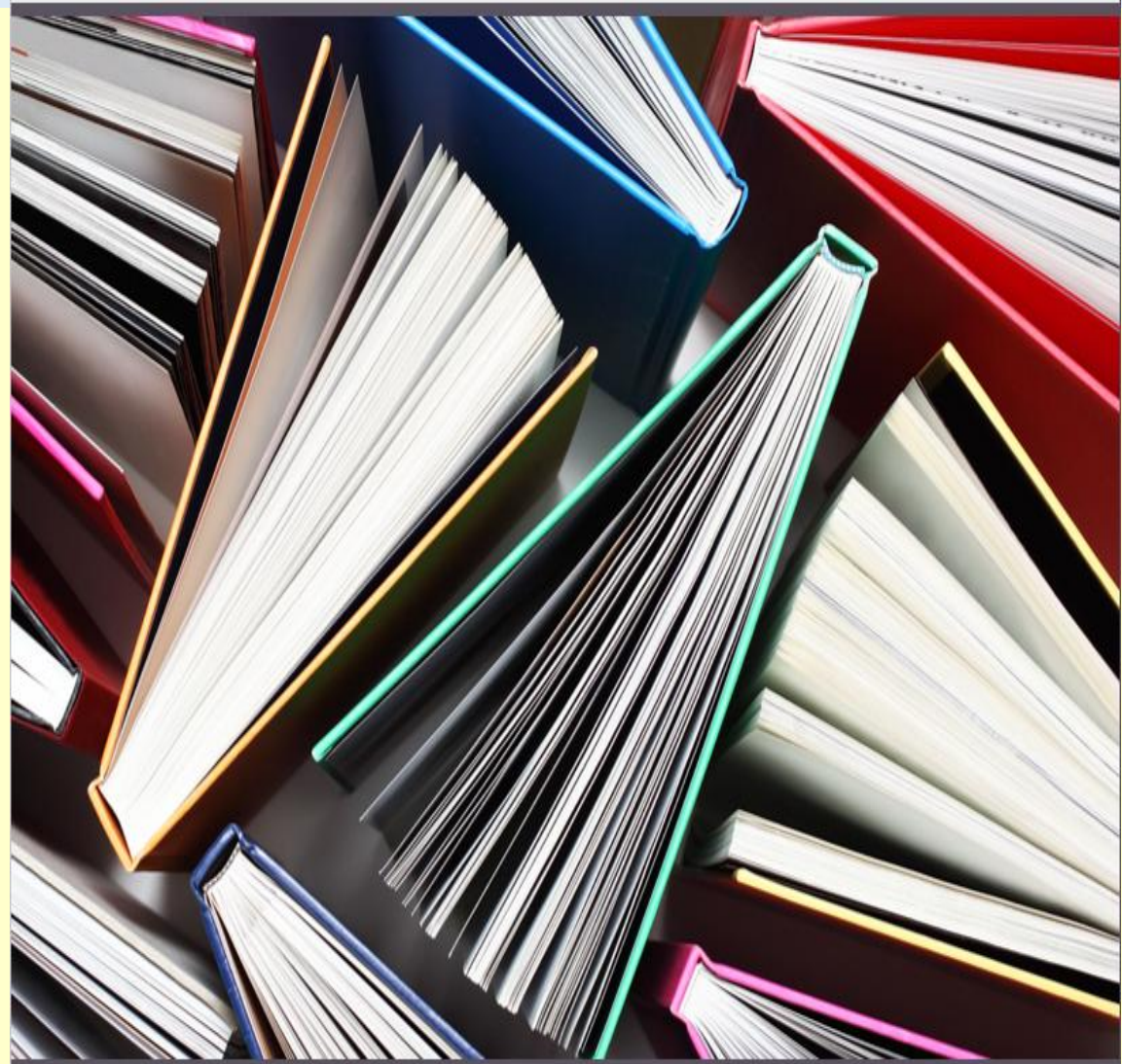
 Company
West Lothian

 Job title
Teaching Staff

 Department
Whitburn Academy (5510430)

Study Skills

5 top tips for supporting
young people in their
studies



5 TOP TIPS FOR SUPPORTING YOUNG PEOPLE IN THEIR STUDIES

- Time management and organisation
- Note taking
- Task prioritisation
- Setting up an appropriate study space
- Setting up a study group with like-minded people

Time Management and Organisation

- Create a to-do list (more info on this to come)
- Get into good habits – routine
- Create a study timetable



NOTE TAKING

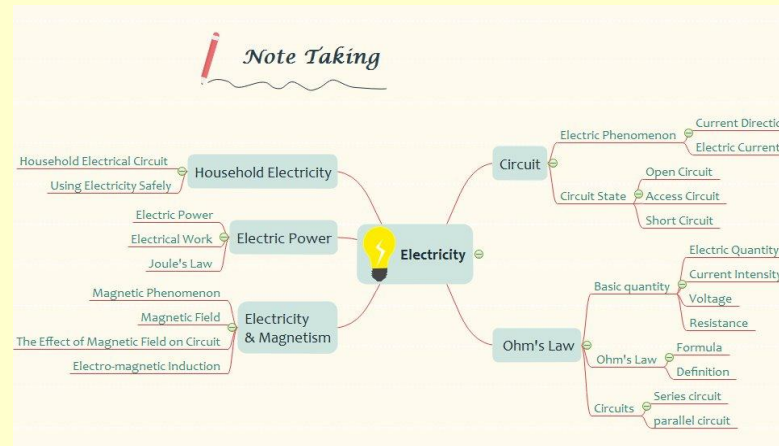
Why take notes?

- ✓ Helps you focus during lessons
- ✓ Improves understanding and memory
- ✓ Encourages active learning
- ✓ Makes revision easier later



Mind Mapping or Concept Map

- Start with the main idea in the centre.
- Connect related facts and ideas.
- Use colours and images.
- Keep it creative and visual.



Colour Coding

- **Red** = Main ideas
- **Blue** = Supporting details
- **Green** = Examples
- Helps information stand out when revising.

Name: Mrs. Simpson
Date: April 4, 2018

Skill or Standard for focus / Objective: Standard E1.2.5
I can determine and evaluate the structure that an author uses to organize a text.

Structure refers to the way a writer creates a text.

a cause is a thing that makes something else happen.
An effect is a thing that happens because of something else.

Example:
I overslept so I missed the bus.
cause effect

Signal words

- because
- as a result
- due to
- since
- the reason
- therefore
- which means

Cause and Effect

- A writer will use cause and effect to show the relationship between events or ideas.
- CAUSE is what it happened
- EFFECT is what happened
- A cause can have more than one effect.
- Multiple causes can have only one effect.

Cause and Effect Diagram

Summary: Cause and effect is a type of text structure that shows how one event or idea made another one happen. A writer might choose to use this if they are trying to show the relationship between events or ideas.



TASK PRIORITISATION

Get organised. Reduce stress. Get more done.

Why use a to-do list?



Write it Down

Stop worrying about forgetting things and clear your mind.



Prioritise

Focus on the most important and urgent tasks first – Daily, Weekly and Monthly



Stay Focused

A clear plan helps avoid distractions.



Feel Accomplished

Ticking tasks off feels rewarding and keeps you motivated.



Take Control

Manage your workload instead of letting it manage you.

MONDAY	
	• Multimedia homework (minor) ✓
	• English essay (major) - due Wednesday *
TUESDAY	+ finish English conclusion
	• Modern History Research task (major) - due Thursday
	• Clean room (minor)



SETTING UP AN APPROPRIATE STUDY SPACE



- ✓ Quiet place
 - ✓ Good lighting
 - ✓ No phones or distractions
 - ✓ Comfortable desk and chair
 - ✓ Water nearby
 - ✓ Not your bed!
-
- **Remember:** Your study space should help you focus, not tempt you to switch off.

SETTING UP STUDY GROUP WITH LIKE-MINDED PEOPLE



Benefits

- ✓ Stay motivated
- ✓ Share knowledge
- ✓ Get support
- ✓ Stay accountable

How to Make It Work

- 📅 Meet regularly
- 🎯 Have clear goals
- 🚫 Minimise distractions
- 🕒 Stick to a schedule

Maximising Wellbeing

- Small healthy habits can have a big impact on your wellbeing, concentration and academic success.



 Sleep	 Exercise	 Healthy Eating
Helps concentration	Reduces stress	Fuels learning
Improves memory	Boosts energy	Supports wellbeing
Supports health	Improves mood	Maintains focus



Relaxation Matters

Ways to Relax



Relaxation apps and podcasts



Sport and exercise



Going for a walk



Spending time with friends and family



Reading a book



Hobbies and interests



A bedtime routine and good sleep habits



Relaxation isn't wasted time. Taking regular breaks can improve your wellbeing, focus and ability to cope with challenges.

😊 Managing Stress

Stress is a normal part of life, but small actions can make a big difference.

What Can Help?

📄 Square Breathing

🏃 Be Active

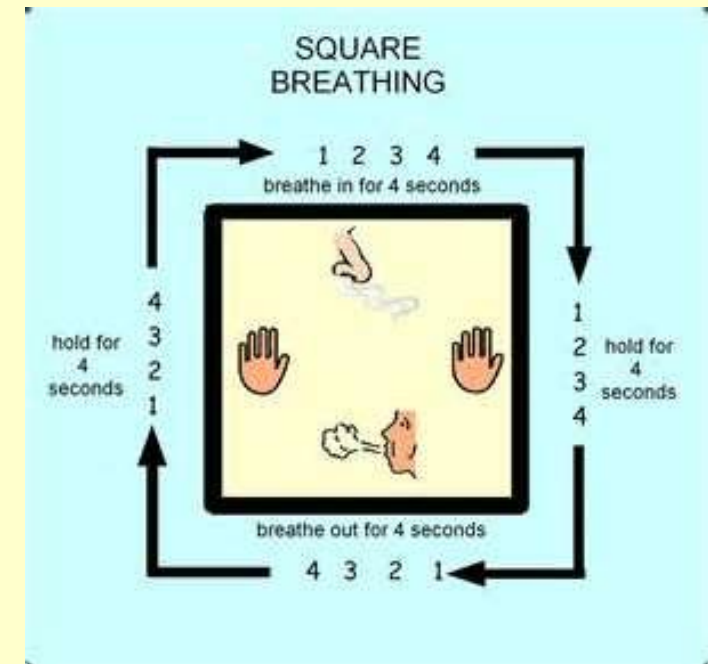
- Go for a walk
- Exercise or play sport

🗣️ Talk to Someone

- Speak to a friend, parent/carers or member of staff

📅 Get Organised

- Break tasks into smaller steps
- Use a study timetable



Pupil's Experience

School Captains:

- Kendra Agalugwu
- Mitchell Murphy

S4 = 6 N5s

S5 = 5 Highers

S6 = ?





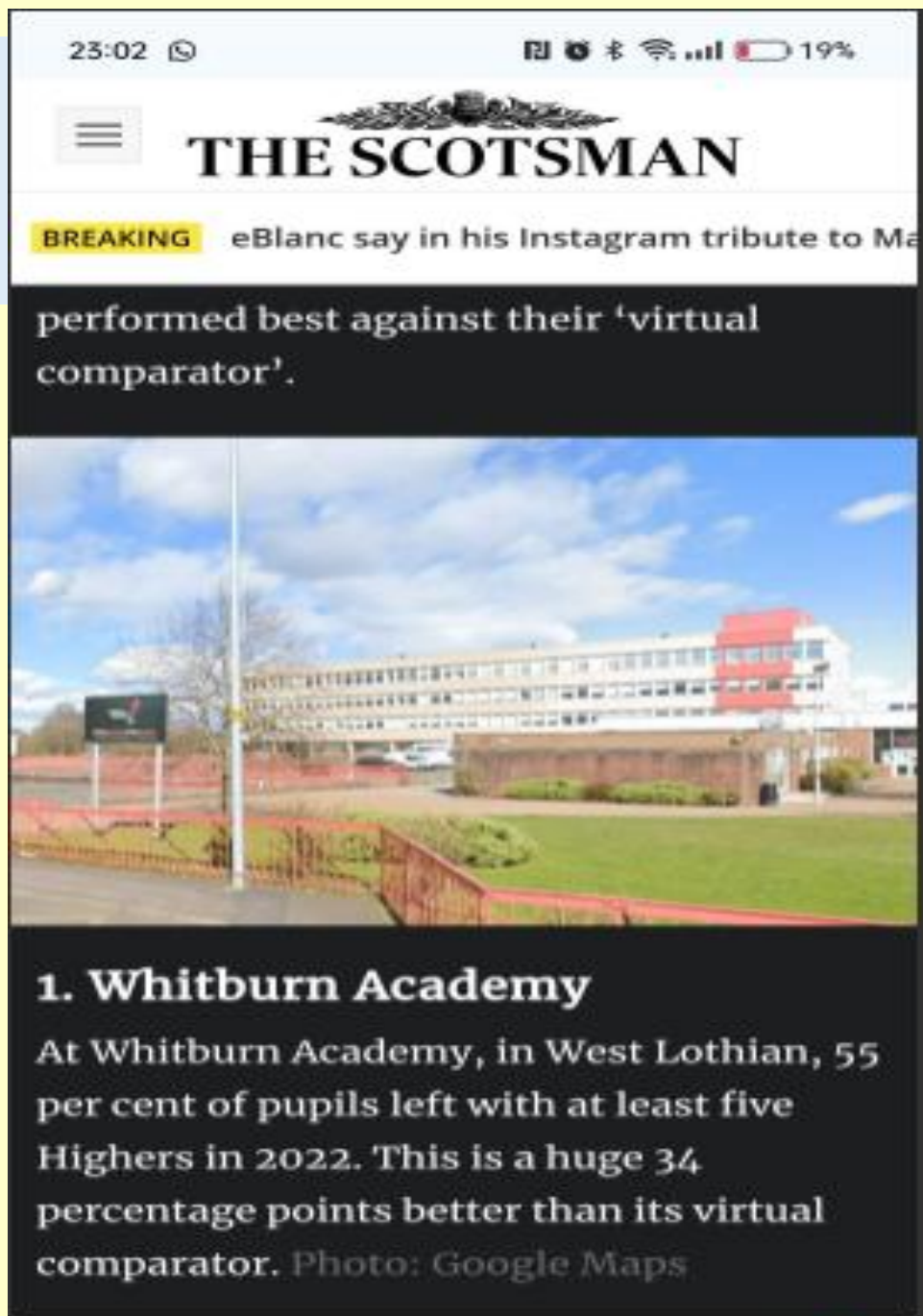
Impact



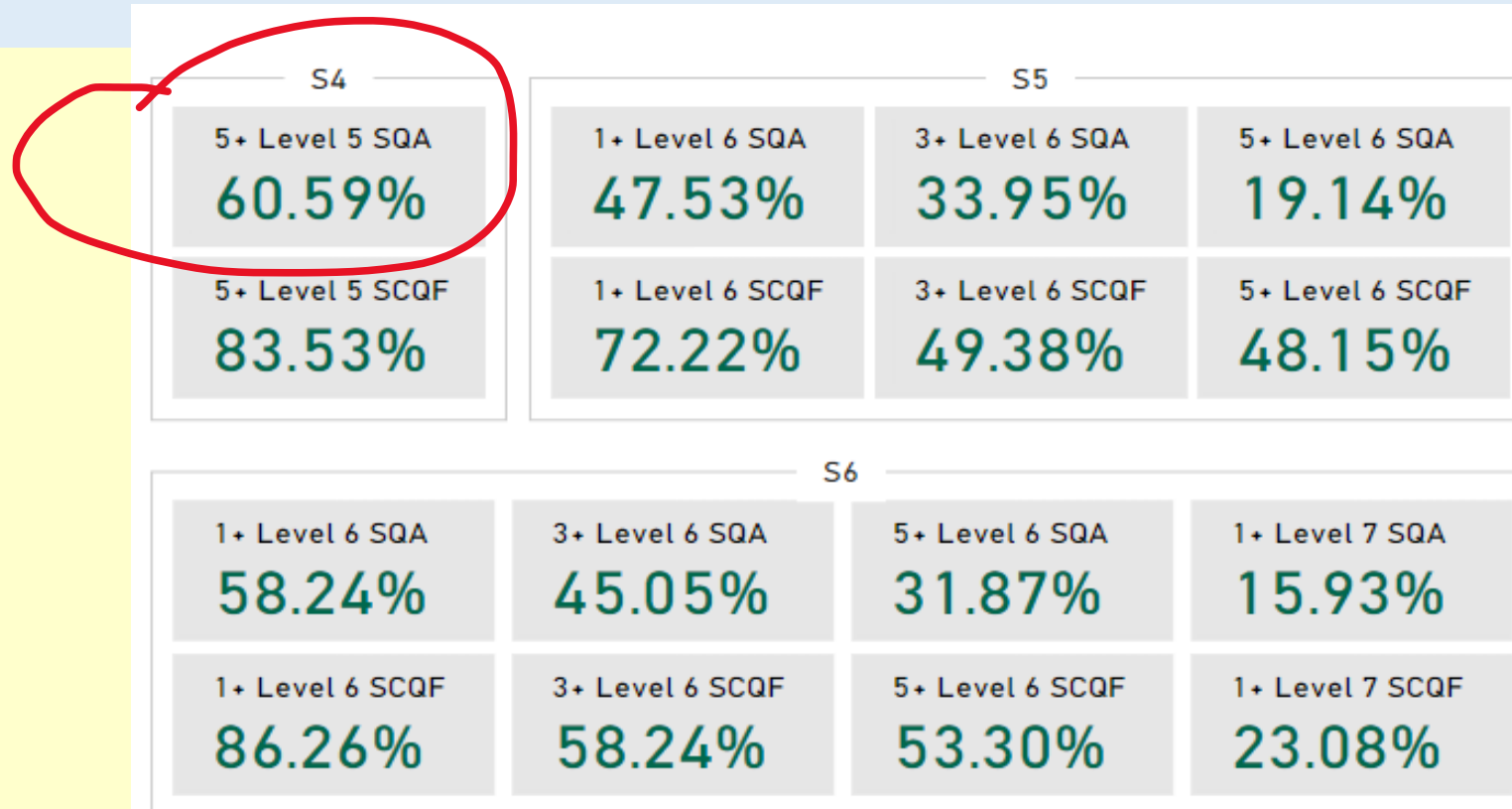
The figures are based on exam results from the 2021/22 school year.

Scotland's Schools Rankings:
These are the 12
overperforming Scottish
secondary schools that beat
exam expectation

More than 100 secondary schools
across Scotland are surpassing



Impact 23-24





Impact 24-25

Total presentations and outcomes:

S4:

5+ @N5 was 52% = **3rd in WL Council**

S5:

5+ @H was 22% = **2nd in WL Council**

S6:

1+ @AH was 21% = **3rd in WL Council.**



Impact 25-26

Total presentations and outcomes:

S4:

5+ @N5 was 62.5% = **3rd in WL Council**

S5:

5+ @H was 19.2% = **4th in WL Council**

S6:

1+ @AH was 28% = **2nd in WL Council.**

Our Vision



Empowering our young people to learn and achieve,
allowing them to thrive now and in the future.