

13 May 2021

Dear Parents and Carers

Over the next few weeks, we plan to address some of the issues that we feel are important for pupils while at Dunedin School. We appreciate your help in also talking these issues over with your young person at home and speaking to us if you or they have any questions or concerns.

High caffeine and sugar drinks

We have recently noticed high caffeine and sugar drinks being consumed in school. The school has to follow current Scottish Government guidelines which do not allow such drinks in school. The impact of high levels of sugar and caffeine is very apparent on the behaviour of children and is usually detrimental to their learning.

Social Media

Pupils occasionally report that they have been upset by messages posted online on social media. Although this happens out of school, it can have a massive impact in school with pupils unable to settle and study in classes together because of the repercussions of what was said on social media. Though we cannot control the behaviour of our young people outside the school, we strive to encourage them to live by the values and ethos of the school.

In PSE pupils have discussed the following key points -

- Never put something in writing that you would not say face to face
- Never put anything in writing which you would not show to your parents or teacher (or granny!)
- Do not put anything in writing that is unkind or might hurt the recipient. If you are annoyed, then just leave the conversation rather than writing anything nasty
- Always think about how the recipient will receive your message and if in doubt don't send it or change it

Smoking and E-cigarettes

The law in Scotland makes it illegal for anyone under 18 to buy cigarettes, e-cigarettes or vapes. This is to try and reduce the number of people exposed to smoking related diseases and to bring the law in line with alcohol. We therefore do not allow smoking or vaping within the school grounds.

Allergies

We have pupils who have allergies to nuts and this includes one pupil who has a severe allergy to cashew and pistachio nuts. We are therefore asking pupils and parents to monitor the contents of lunchboxes and snacks and ensure that food brought into school does not include nuts.

Thank you again for your support.