



Turnbull High School

A Community of Faith Engaged in Learning

Our Values at Turnbull High School

FAITH

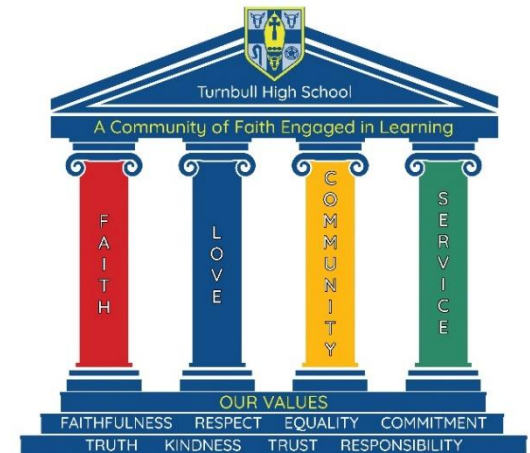
LOVE

COMMUNITY

SERVICE

S2 into S3

PERSONALISATION AND CHOICE



January 2026



Skills Development Scotland (SDS)

Turnbull High School

- ◆ Careers Advisor: Karen Clark



Understanding Sleep

Sound Sleep

Aim...

To encourage pupils to take responsibility for their health and wellbeing by understanding the role and value of healthy sleep.

The lessons will teach pupils...

- What sleep is, what it is for and why it is important to physical and emotional wellbeing.
- Why Teenagers need 8-10 hours sleep per night.
- What the body clock is and how it relates to sleep.
- What can stop you getting a good night's sleep.
- What you can do to help yourself get a good night's sleep.



Sleep

Exercise

Healthy
Eating

**How do you feel when you
don't get enough sleep?**

- Feel worn out, no energy, no motivation
- Struggle to stay awake when it's quiet
- Hard to concentrate
- Clumsy or accident prone
- Short temper, no patience, grumpy
- Impulsive, irrational or bad behaviour
- Stronger, less controllable emotions
- Low mood, more anxiety and stress



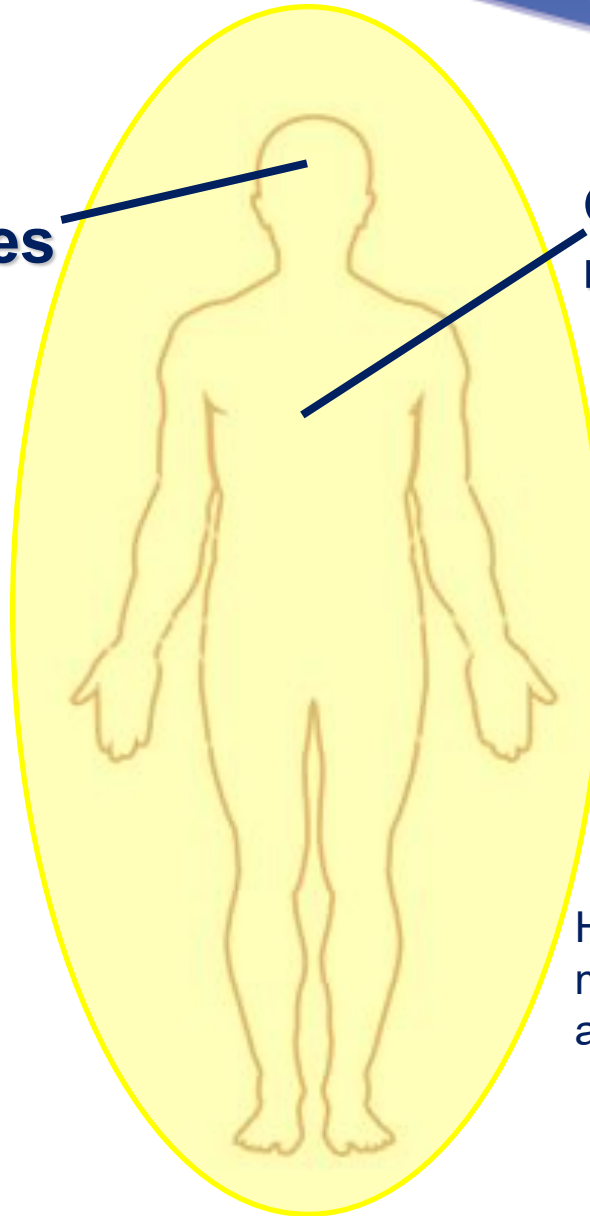
What happens when you sleep?

Memory consolidates

Development of vocabulary, pronunciation and the ability to remember words and sounds

During sleep the body and brain are very busy

Body and brain development are maximised



Growth hormone released

Muscle mass builds and bone density increases

Repair and renewal of cells

Immune system strengthens

Hormones released to maintain a healthy appetite

Sleep and Low Mood

- Sleep deprivation affects the pre-frontal cortex, where emotions are rooted
- **Positive** memories are stored in the hippocampus which is directly affected by sleep deprivation
- **Negative** memories tend to be stored in the amygdala which is not as severely affected



How much sleep should we get?



Newborn
0-3 months
14-17 hours



School-aged children
6-13 years
9-11 hours



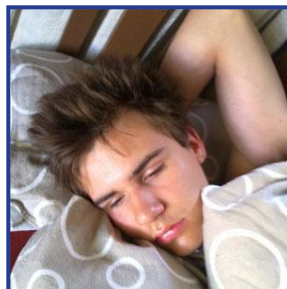
Infant
4-11 months
12-15 hours



Teenager
14-17 years
8-10 hours



Toddlers
1-2 years
11-14 hours



Young Adult
18-25 years
7-9 hours



Preschoolers
3-5 years
10-13 hours



Adult
26+ years
7-8 hours

Teenagers

Why?

8-10
HOURS

How to get a good night's sleep



During the day

- Get out into natural light for at least 30 minutes as early as possible
- Avoid too many caffeine based drinks
- Find ways of dealing with stress or anxiety
- Avoid having a nap during the day
- Do not have a long lie-in at weekends



During the evening

- Clear homework out of the way
- Have a good meal, but not too close to going to bed
- Do any stimulating activities such as exercise, watching TV and playing computer games earlier in the evening



The last hour (wind down hour)

- Switch off your TV, computer, phone and anything with a screen!
- Have a bath, wind down and chill out
- Read or listen to relaxing music
- Stick as closely as you can to the same bedtime and getting up times, even at weekends
- Try a relaxation technique in bed to help you drift off to sleep



The bedroom

- Try and create a 'sleep room'
- Keep your bedroom dark and cool
- Make sure your bed is comfortable
- Use subdued lighting
- Remove pets that are nocturnal



Summary

- Consider what goes on during the day – could anything potentially be affecting sleep?
- Get a good routine in place for the evening – make sure you are removing any potential barriers to good sleep
- Plan a 'wind down hour' and leave the day behind
- Try to have the bedroom as a 'sleep room' rather than a bedsit – even if you change things every night for the wind down hour

Sleep Support Line

Children 18 months to 18 years

Monday – Thursday

10:00am – 4:00pm

Email: sleepsupport@sleepaction.org

(Scotland only)



Turnbull High School

A Community of Faith Engaged in Learning

Our Values at Turnbull High School

FAITH

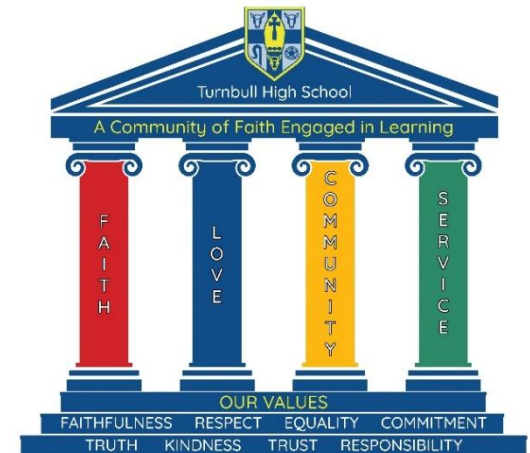
LOVE

COMMUNITY

SERVICE

S2 into S3

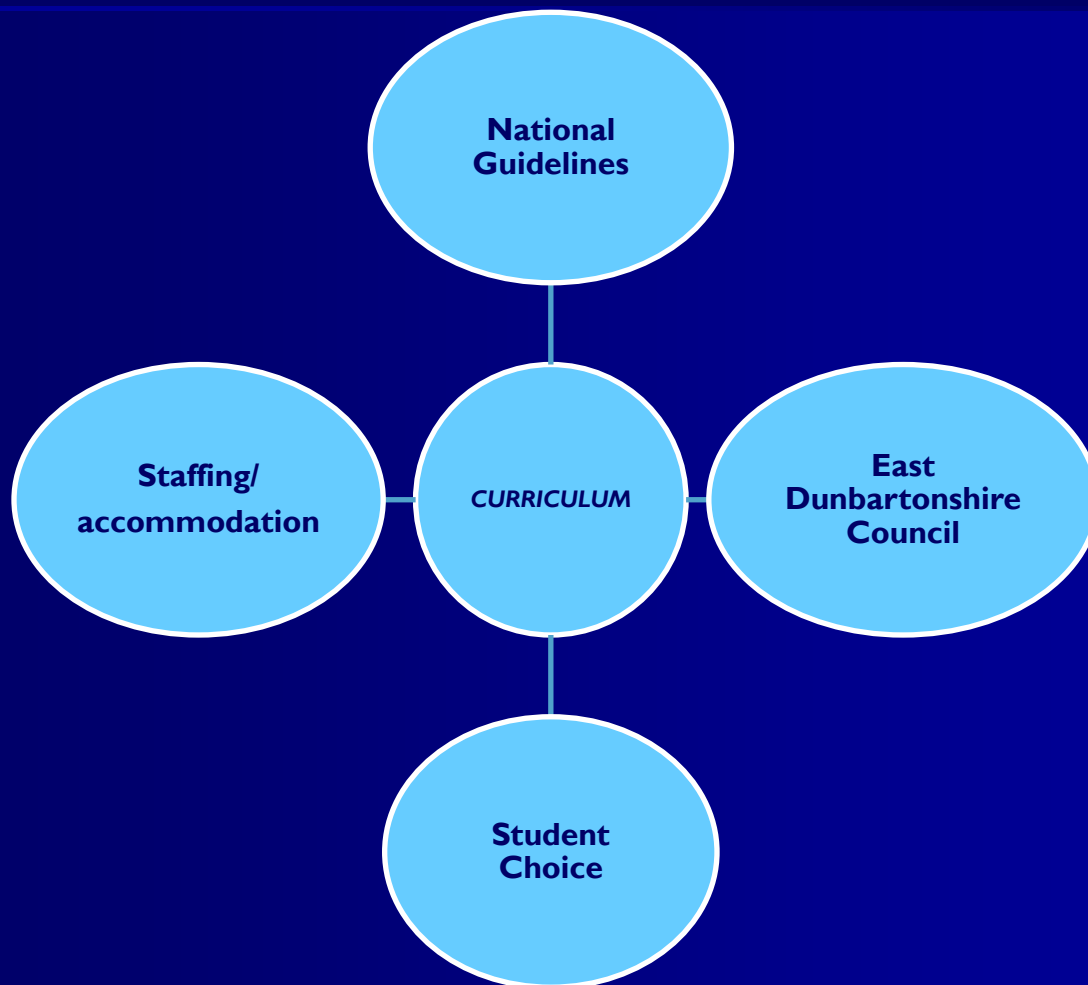
PERSONALISATION AND CHOICE



Pastoral Care Session



Influences on Curriculum





EDC Secondary Curriculum Framework

- ◆ Pupils will follow a Broad General Education from S1 – S3
- ◆ Pupils will study a minimum of 9 subjects across the curricular areas in S3.
- ◆ Pupils will study a minimum of seven subjects in S4.
- ◆ Pupils will study a minimum of 5 subjects in S5.



Core Subjects

Turnbull High School

- ◆ English
- ◆ French
- ◆ Mathematics

- ◆ RE RC
- ◆ PE
- ◆ PSE (delivered across the curriculum)



Curriculum Areas

Turnbull High School

- ◆ Language
- ◆ Mathematics
- ◆ RE RC
- ◆ Health & Wellbeing
- ◆ Social Studies
- ◆ Sciences
- ◆ Technologies
- ◆ Expressive Arts



PERSONALISATION FORM

Choice 1 (Social Subjects)	Choice 2 (Technologies)	Choice 3 (Sciences)	Choice 4 (Creative)	Choices 5 & 6 (Any 2 choices from below)	
Business Management	Administration & IT	Biology	Art & Design	Art & Design	History
Geography	Computing	Chemistry	Childcare	Administration & IT	Modern Studies
History	Fashion & Textiles	Physics	Practical Cookery	Biology	Music
Modern Studies	Graphic Communication		Music	Business Management	PE Studies
	Woodworking		PE Studies	Chemistry	Physics
				Childcare	Practical Cookery
				Computing	Spanish
				Environmental Science	<i>Sports Leadership</i>
				Geography	Woodworking

Choice 1	Choice 2	Choice 3	Choice 4	Choice 5	Choice 6



Social Studies

Turnbull High School

- ◆ Business Management
- ◆ Geography
- ◆ History
- ◆ Modern Studies



Technologies

- ◆ Administration & IT
- ◆ Computing Science
- ◆ Fashion & Textiles
- ◆ Graphic Communication
- ◆ Woodworking



Sciences

Turnbull High School

- ◆ Biology
- ◆ Chemistry
- ◆ Physics



Creative

Turnbull High School

- ◆ Art & Design
- ◆ Childcare
- ◆ Practical Cookery
- ◆ Music
- ◆ PE Studies



Choices 5 & 6

Turnbull High School

- ◆ Art & Design
- ◆ Admin & IT
- ◆ Biology
- ◆ Business Management
- ◆ Chemistry
- ◆ Childcare
- ◆ Computing
- ◆ Cookery
- ◆ Environmental Science
- ◆ Geography
- ◆ History
- ◆ Modern Studies
- ◆ Music
- ◆ PE Studies
- ◆ Physics
- ◆ Spanish
- ◆ Sports Leadership
- ◆ Woodworking



How to Choose?

- ◆ What am I good at?
- ◆ What do I enjoy?
- ◆ What career interests do I have?
- ◆ Do these require specific subjects?



School Support

Turnbull High School

- ◆ S2 Reports: December
- ◆ PSE Programme begins
- ◆ Assembly
- ◆ S2 Parent Information Evening
- ◆ Parents' Evening (10/2)
- ◆ Individual Interviews with PTPC (23/2- 6/3)
- ◆ Careers Adviser: S2 Class talks
- ◆ Careers Adviser: drop-in



Parental Support

- ◆ Read the Personalisation & Choice Brochure
- ◆ Discuss PSE Lessons
- ◆ Discuss S2 Report & speak with teachers at Parents' Evening
- ◆ Research career interests
 - www.planitplus.net
 - www.myworldofwork.co.uk



What happens if a subject is undersubscribed?

- ◆ Pupil re-interviewed
- ◆ Choose from remaining subjects available in that column



What happens if a subject is over-subscribed?

- ◆ Consult department
- ◆ Interview pupils
- ◆ Asked if they would be willing to make another choice
- ◆ As a last resort names will be drawn by lot.



Progression to Senior Phase from CfE Levels

Variety of assessment evidence gathered over BGE

- Summative data: unit tests
- Shared assessment of standard
- Class work
- Homework
- Project work / Reports
- Video evidence



Achieving Success

Turnbull High School

- ◆ Attendance
- ◆ Punctuality
- ◆ Work Ethic
- ◆ Study Skills



Questions ?



Follow up- Pastoral Care

Turnbull High School

- ◆ Andrew House- Ms Boardman
- ◆ Kentigern House- Mrs Kerr
- ◆ Marian House- Mrs Britton/Mrs Walker
- ◆ Teresa House- Mrs McBride