NOVEMBER 2020

# Academy9 Newsletter

## Edition No.2

Primary pupils planning a route

## Welcome

**Welcome to the latest edition of our newsletter. We hope you were able to enjoy our first edition - the solution to the word search puzzle can be found on Page 4. Did you find them all?**

Although construction has restarted on the Luncarty to Pass of Birnam stretch of the A9, there is no change to our position on being unable to arrange school visits at this time. So, we want to keep in touch through these newsletters and assure you that we are working hard behind the scenes to deliver a series of online events and activities while we can't be with you in person.

For our younger primary school audience, this includes our 9Facts activity, and we are delighted to see examples of the children's imagination in their A9imals sent in by Grantown Primary. A selection of these fantasy creatures can be found at Page 3. For our secondary pupils, we are planning a digitalised Next Steps Conference which we know will be of increased benefit to senior pupils when considering their options for employment or further/higher education at this most difficult time for school leavers.

Whether you are a pupil or teacher representing your school, we look forward to seeing more of your A9imal creations, hearing about any Academy9-related activities or follow-up lessons you've been doing. We'd also be delighted to feature your school in one of our future newsletters, so let us know what STEM activities you've been doing.

Meanwhile, we hope you enjoy this edition, but is there anything you would like to see covered in our next newsletter? We welcome all feedback, so please let us know what you think by getting in touch using the email address at the end of this edition!

Construction site visit for primary pupils at the Luncarty to Pass of Birnam project

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# Meet an Education Liaison Officer

Sarajane Westbrook, Education Liaison Officer

**Name**
Sarajane Westbrook

**Favourite event**
Roadshow

**Favourite subject at school**
History

**Fun fact**
In 1966, Captain John Ridgway sailed across the North Atlantic in a wooden rowing boat. In my teens I stayed with the former paratrooper and successfully completed his 14-day survival course. This was one of the most physically and mentally challenging adventures I have ever undertaken. John still influences me today, as I try to stick to the three principles he taught me many years ago, those of; self-reliance, positive thinking, and leaving people and places better than you found them.

**Why is Academy9 important to me?**
'You can't be what you can't see' I really enjoy providing young people with career information that allows them to make informed choices.

**Academy9 role**
I am an Education Liaison Officer and look after the primary and secondary schools in the northern section of the project. These include Grantown Grammar and their associated primaries, as well as Strathearn and Daviot primary schools.

**Background and experience**
I am a former primary school teacher, specialising in the Early Years.
I have been working with Academy9 for five years.

## PRIMARY FOCUS

# How to make your own bird feeder

Now we are almost in winter it is getting harder and harder for birds to find food. Some birds like to move to warmer countries during winter, but some birds make Scotland their home all year round. During the winter, it can be hard for them to find enough food. Cold ground means birds can't get to worms and bugs as easily and snow and ice can hide food! Finding a regular source of food, such as a bird feeder in your back garden, is like winning the lottery for a bird, so why not try making one yourself?!

Wren

Robin

Bluetit

To make your bird feeder, you will need:

- a grown-up helper
- a mix of yummy food for birds (seeds, nuts, currants, oats and breadcrumbs)
- lard
- string
- a paper cup
- scissors

Finished fatball hanging in a hedge

Ingredients waiting to be mixed with lard

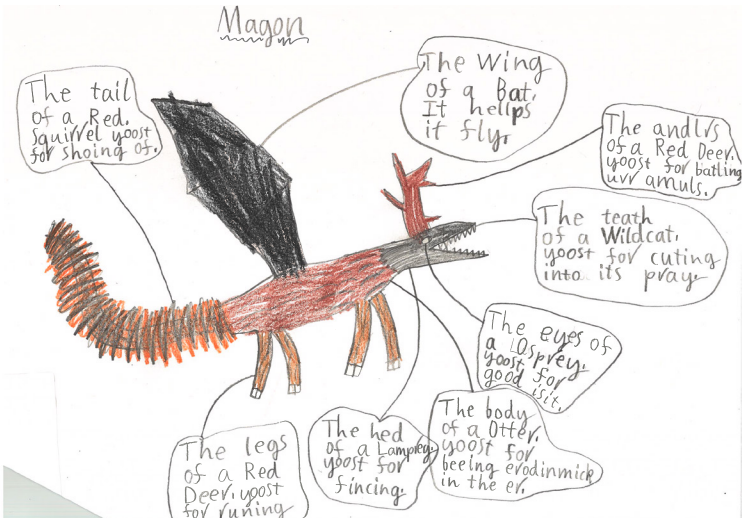
You can find the whole recipe and full instructions by clicking on the following link and scrolling down to "Academy9 Bird Feeder Activity" at the bottom of the page.blogs.glowscotland.org.uk/glowblogs/academy9/lesson-plans/level-1-background-environmental/level-2-ecology/level-3-animal/

Why not put your bird feeder near a window and watch the birds? Can you identify any birds that use your feeder? The Academy9 team would love to see photos of your bird feeder or any birds you spot! Send any photos to **Academy9@transport.gov.scot**

## PRIMARY FOCUS

# A9imals!

Thanks go to pupils from Grantown Primary who let their imagination run wild when asked to create their own fantasy creature incorporating the special features of animals to be found along the A9 Dualling corridor. We look forward to seeing other schools' contributions in future editions.



# Find out more

Want to know more about Academy9? Visit '[Latest News]' to see what we've been up to!

## SECONDARY ZONE

# Word search solution from August 2020's Newsletter

APPRENTICESHIP
BREADALBANE
DUALLING
ECOLOGIST
ENGINEER
GATEWAY
GEOLOGIST
GRANTOWN
KINGUSSIE
MINDSET
PITLOCHRY
ROADSHOW
TRANSPORT

## MINDSET SKILLS CHALLENGE

David Pollock
Academy9
Co-ordinator

I'm David and I can't hula-hoop. There, I've said it. Some of you will ask "why not? That's an easy thing to do!". Some of you might say "big deal; who wants to hula hoop, anyway?" Well, I do. It's always looked like fun and I'd like to challenge myself to see how long I could keep it spinning. So why can't I do it?

At Academy9, we include Mindset in all our activities. However, there are two types - Fixed Mindset and Growth Mindset. I'm afraid when it comes to hula hoop, I've been guilty of having a Fixed Mindset. Over several years when the opportunity has arisen, I've stepped into a hoop, frantically moved my hips in a circular motion, trying to maintain contact with the hoop. Sadly, after each attempt, the result has always been predictably the same – after a few seconds, the hoop slaps down on the floor. My Fixed Mindset says "I can't do this".

However, if I adopted a Growth Mindset, I would know that I have the ability to learn new things and not give up even when learning to hula hoop seems really difficult. It's easy to compare myself to others and think that I can't do it but with a Growth Mindset it doesn't matter how quickly I progress; its persevering and sticking at it that's important. Also, I would acknowledge that it's clearly quite easy to do if you've got the right technique – I've seen people hardly moving at all and yet they're able to keep it going for ages. I guess taking time to carefully observe the technique of hula hooping would make sense. Turns out the reason I can't hula hoop is **me**!

Having a Growth Mindset means that you'll use strategies to succeed. For me, that could be:

- **Practise** – be willing to devote some time to achieve something I want to do (not giving up after four attempts!)
- **Observe** – study how someone else is able to do it
- **Trial and error** – be willing to get it wrong, learn from it and try again
- **Ask for help** – could that person teach me how to do it?
- **Recognise progress** – give myself a pat on the back when I see improvement
- **Use the power of "YET" (see below)** – switch to an "I can" attitude

At a recent Academy9 Apprenticeship Academy event, one of our S3 pupils employed Growth Mindset and went from not being able to juggle at all to juggling four balls! All achieved during breaks over a period of only two days!

Is there something you've always wanted to do, but think you can't (e.g., Hula Hoop, Rubik's Cube or Juggling)? What's stopping **you**? Is it you? Why not set yourself a challenge, adopt the power of "YET" and your Growth Mindset and take your first step on the road to success. And please let us know how YOU get on!

So, although current restrictions prevent it, who knows what will happen when I next come across an unattended hoop?

I'm David and I can't hula hoop - **YET!**

TEACHER FEATURE

# iheart resilience and wellbeing webinar series

Following the invitation in the last edition, we're delighted that twelve teachers were included in the group of participants who were able to take advantage of the offer from **iheart** (Innate Health Education And Resilience Training) to participate in their pilot of this course. Feedback has been very positive, particularly on its usefulness for dealing with issues such as overthinking, stress, anxiety and difficult situations.

## Roadshow Event

The current restrictions have brought into sharp focus the need to consider different ways to deliver our series of events. In this edition, we look at how our Roadshow is structured. The challenge for Academy9 is how to deliver the "Meeting the Professionals" part while we can't get into schools.

Our Roadshow event is a practical and innovative experience aimed at Primary 6 pupils. It provides pupils with an insight into the A9 Dualling programme and allows them to experience scenarios that reflect the real-life work of professionals involved in the dualling.

There are three parts to the Roadshow that encourage both breadth and depth of learning: **Introductory Lessons** (Teacher Led), **Meeting the Professionals** (Professional Led) and **Post–Visit Lesson Plans** (Teacher Led).

### Introductory Lessons (Teacher Led)

Comprising of two lessons, this section gives pupils the opportunity to learn new information about the A9 Dualling Programme in order to raise awareness of its size and scale. They are also taken on a journey of exploration and discovery while they research the wide variety of animals that have to be considered when designing and developing a large-scale infrastructure project.

Considering wildlife when designing a route

### Meeting the Professionals (Professional Led)

As part of a 'real life' learning opportunity, pupils work with professionals from three diverse disciplines currently involved in the A9 Dualling Programme. Through a series of practical tasks, pupils will develop an understanding of the purpose and role that ecologists, geologists and engineers play on a project of this magnitude. Pupils will gain an insight into the inter-disciplinary approach of the project, where professionals from different backgrounds work collaboratively to make decisions.

### Post-Visit Lesson Plans (Teacher Led)

In this series of eight lessons, pupils build upon their newly-acquired information about the A9 Dualling programme, looking in more depth at the three disciplines and how their work contributes to the project. While each lesson is developed to follow an inter-disciplinary approach, the many interactive team activities have been designed to enhance pupil engagement throughout. Furthermore, to fully support teaching and learning, each lesson has been carefully planned to support delivery by the non-specialist.

## Get in touch

We were delighted to see the examples of Grantown Primary's A9imals appearing in the Academy9 mailbox. It's really encouraging for us in the team to know that some Academy9 activities are continuing in classrooms while we can't be there in person. Hopefully, these images have inspired you to consider running your own A9imal lesson and we look forward to featuring your school and the creativity of your pupils in a future edition.

Whether it's A9imals or some other STEM-related activity you want to tell us about, please get in touch at **Academy9@transport.gov.scot**

We have a large stock of Academy9 Lesson Plans books which contain all the activities covered by the Roadshow event and so much more. If you would like a copy/copies for your school (subject to your current arrangements for receiving material through the post), just email us at **Academy9@transport.gov.scot**

# PROFESSIONAL APPROACH

We want to reassure our industry professional colleagues that you haven't been forgotten during this time when we can't be out in schools. We are currently developing a bespoke course for professionals from our consultancies and Transport Scotland who want to get involved with Academy9. The course will formalise the training that's already in place and will guide volunteers to lead or assist with events and activities which reflect their particular specialisms or fields of interest.
Look out for further updates in future editions!

My day to day job can be fun, too!

# STEM ambassador update

Due to the current restrictions, arrangements have been made for existing and aspiring STEM Ambassadors to complete PVG processes online. Click on the following links to find out more.

PVG Procedure for New STEM Ambassadors
PVG Renewal Procedure for Existing STEM Ambassadors

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WORKING TOGETHER WITH STEM AMBASSADORS INSPIRING THE NEXT GENERATION

**CONTACT US**

For further information on Academy9 please visit:
bit.ly/academy9

Alternatively you can email us at:

Academy9@transport.gov.scot