



## What is expected of me?

- I should submit work up to 3 times per week per subject (based on work issued by my teachers)

## How will I submit the work?

- By using Showbie – see guide and video at <http://www.castlemilkhigh.glasgow.sch.uk/>
- By using GLOW - see guide at <http://www.castlemilkhigh.glasgow.sch.uk/>

## What if I don't submit the work?

- I will be contacted by the school and my parents/ carers will be contacted

NB: I will also use my revision box  
I will check twitter and facebook for regular updates

If I am really worried about anything or wish to speak to someone, I will contact Mrs King  
[gw09cookekathryn@glow.ea.glasgow.sch.uk](mailto:gw09cookekathryn@glow.ea.glasgow.sch.uk)

Most importantly, please look after yourself and your family and if you need anything at all, please contact any teacher or your pastoral care teacher

Mr Weir [gw10weiralexander@glow.ea.glasgow.sch.uk](mailto:gw10weiralexander@glow.ea.glasgow.sch.uk)

Mr McPherson [gw15mcpersonross@glow.ea.glasgow.sch.uk](mailto:gw15mcpersonross@glow.ea.glasgow.sch.uk)

Mr Clark [gw07clarkandrew@glow.ea.glasgow.sch.uk](mailto:gw07clarkandrew@glow.ea.glasgow.sch.uk)

### Where can I go for extra help?

#### Foodbanks

- Glasgow SE Foodbank , 201 Arden Craig Road
- Castlemilk Church Foodbank, 465 Carmunnock Road (opposite Cherry Tree nursery)
- Maureen Cope Community Hall, Arden Craig Road

#### Local supports

- Castlemilk Youth Complex 0141 630 0000 (Facebook / Twitter)
- Castlemilk Stress Centre 0141 630 0111 (Facebook / Twitter)
- South East Young Carers 0141 423 0728
- Castlemilk Church 0141 634 7113

#### Other supports

- Childline 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- Police Scotland 101
- SEE ME Scotland [www.seemescotland.org/young-people](http://www.seemescotland.org/young-people)
- Lifelink [www.lifelink.org.uk/how-we-can-help/young-people](http://www.lifelink.org.uk/how-we-can-help/young-people)
- LGBT Youth Scotland 0141 552 7425 (Facebook / Twitter) [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)