



Parents/Carers

What is expected of me?

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

How will my child submit the work?

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

What if my child does not submit the work?

- I will be contacted by the school and support will be offered

NB: I should encourage my child to work from their revision box

If I am really worried about anything or wish to speak to someone, I can contact Mrs King
gw09cookekathryn@glow.eaglasgow.sch.uk

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

Mr Weir gw10weiralexander@glow.ea.glasgow.sch.uk

Mr McPherson gw15mcpersonross@glow.ea.glasgow.sch.uk

Mr Clark gw07clarkandrew@glow.ea.glasgow.sch.uk

Please see regular updates on twitter and facebook

Where can I go for extra help?

Foodbanks

- Glasgow SE Foodbank , 201 Ardenraig Road
- Castlemilk Church Foodbank, 465 Carmunnock Road (opposite Cherry Tree nursery)
- Maureen Cope Community Hall, Ardenraig 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
- Police Scotland 101
- SEE ME Scotland www.seemescotland.org/young-people
- Lifelink www.lifelink.org.uk/how-we-can-help/young-people
- LGBT Youth Scotland 0141 552 7425 (Facebook / Twitter) www.lgbtyouth.org.uk