

EQUALITY



I N C L U S I O N



EQUALITIES MAGAZINE

Culloden Academy |
November 2022



**CULLODEN
ACADEMY**

Classroom code: aykkpg6

MEET THE TEAM:

Teachers:

Miss Cavellini

Mr Munro

Mrs Skinner

Mr Wilson

Pupils:

Chloe Mutch

Scott Quick

Courtney Coyne

Scott Mackay

Elliot Goldie

Sophie Jones

Zara Jones

Zoe Jones

Macy MacKay

The equalities and rights respecting group meet every Thursday lunch time in Miss Cav's classroom.

We'd love to see you there!



PHOTOGRAPH COMPETITION

Show us your best shot!

Have you got a passion for photography or do you just take pictures for fun? If you enjoy taking photos, this competition is for you.

Entry criteria:

- A picture of your pet or an animal that you took
- Try and make your photo as unique and eye-catching as possible

Entries must be sent to Mrs Skinner by 20th January to be judged!!

Prizes to be won and the top 3 entries will feature in next month's magazine!

Good luck everyone!!





INTERVIEW

WITH MARINA FINLAYSON, THE DEVELOPMENT MANAGER FOR MIKEYSLINE.

BY SOPHIE JONES

Q: Who are Mikeysline and what do they do?

A: Mikeysline are a mental health and suicide prevention charity, we were founded in late 2015 after the tragic loss of two 23-year-old friends from Inverness; Michael (Mikey) Williamson and Martin Shaw. They took their own lives within 48 hours of each other. Mikeysline's aim is to support people of all ages when they are struggling with their mental health and emotions, in the Highlands & Islands and Moray.

We offer face-to-face support in four hives in the Highlands - Inverness, Alness, Tain and Nairn, we also offer virtual face-to-face support sessions so that people who cannot get to one of the hives can still access support when they need it most. We have text-based services in the evenings (textline, messenger, What's App, Twitter and webchat), this option takes away the pressure of having to speak to someone on the phone.

Further to this we want to reduce the stigma attached to mental health, we run group support sessions, and cover various mental health issues with communities, businesses and organisations. All of this allows for people to feel more confident in these conversations by knowing the signs and symptoms and being proactive when it comes to coping strategies. We want people to look out for themselves and others.

Q: What made you want to get involved with Mikeysline?

A: A couple of different reasons. Firstly, as an ex-Psychology teacher, I supported the young people I taught from a mental health point of view, I also delivered the Level 5 Mental health and wellbeing award to 79 students. Through both of these, it showed that young people were struggling and needed to understand their own mental health issues, but that they also needed trusted adults to go to in times of crisis. Whilst teaching the mental health course, I talked about Mikeysline and shared this with the students. When I left teaching in June 2021, I knew I wanted to continue making a difference with mental health, I waited until a job came up with Mikeysline, I got the position of Development Officer in September 2021 and in March 2022 I became Development Manager leading the young person's team of relief support workers.

Secondly, in 2018 I lost an ex-student of mine to suicide, I was devastated and saw first-hand how this affected his family and friends in the aftermath. This drives me to help other people, increase their knowledge on the support services that are out there and really give people a voice.

Q: What are you looking forward to the most about working with Mikeysline in schools this year?

A: We are now working with 31 secondary schools in the Highlands & Islands and Moray, along with 17 primary schools. It is about building on the relationships already formed and developing the roles of the Mikeysline youth champions. We have now rolled the youth champions programme out into primary schools; it is about both secondary and primary champions working together within their school communities to encourage others to reach out for support. We want to keep going with the staff and parent sessions on mental health topics as these can help adults to look at their own lives and also better understand the struggles of young people today.

Q: What does the role as the Mikeysline youth champions for schools involve?

A: The Mikeysline youth champions are paramount in changing how people view and talk about mental health. They are key to signposting our services to others within the school community, through the noticeboard, handing out cards and getting flyers out into the community. In the current climate we need to be kinder to each other and the youth champions should be role models for their peers. They will be actively involved in our social media platforms, tri-monthly newsletter, promotion of mental health dates and leading fundraising events. Every single one of us can make a difference.

Q: What are the aspirations of Mikeysline in schools for the future?

A: We want to keep building on the schools we are working with. Have set fundraising dates that raise awareness of our services but also key mental health dates. Fundraising allows us to keep working with schools and putting resources back into the communities. PSE classes are an opportunity to keep these discussions going, so coming in and delivering on different topics throughout the school year.

"It's ok not to be ok"

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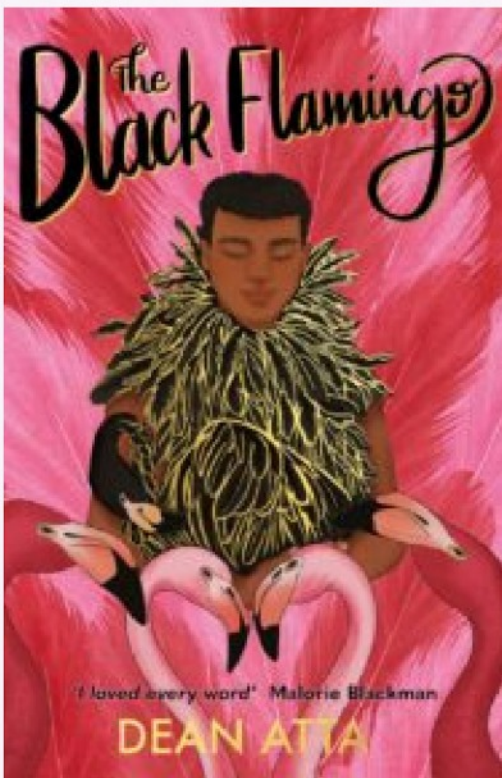
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BOOK CLUB

A selection of great stories from black authors
to celebrate Black History Month



The Black Flamingo by Dean Atta

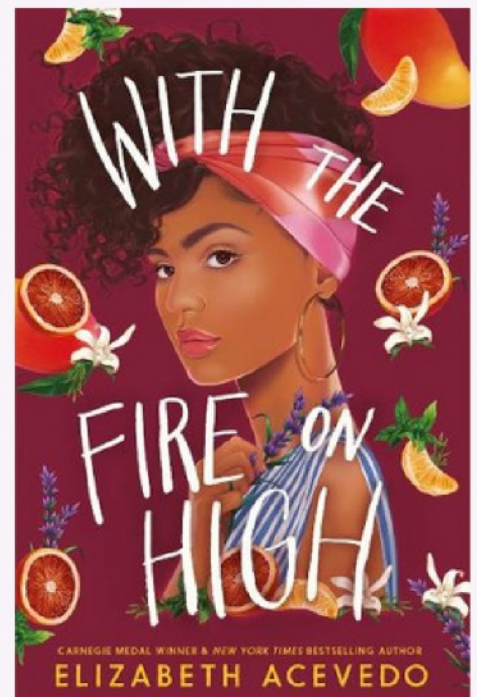
WINNER OF THE STONEWALL BOOK AWARD
SHORTLISTED FOR THE CILIP CARNEGIE MEDAL
SHORTLISTED FOR THE JHALAK BOOK PRIZE

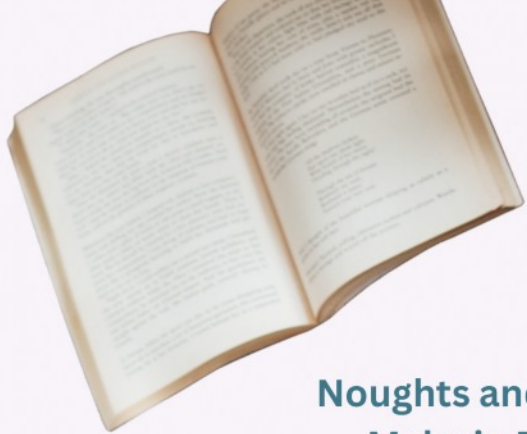
In this brilliant YA novel in verse, a boy comes to terms with his identity as a mixed-race gay teen – then at university he finds his wings as a drag artist, *The Black Flamingo*. A bold story about the power of embracing your uniqueness. Sometimes, we need to take charge, to stand up wearing pink feathers – to show ourselves to the world in bold colour.

With the Fire on High by Elizabeth Acevedo

With her daughter to care for and her abuela to help support, high school senior Emoni Santiago has to make the tough decisions, and do what must be done. The one place she can let her responsibilities go is in the kitchen, where she adds a little something magical to everything she cooks, turning her food into straight-up goodness.

Still, she knows she doesn't have enough time for her school's new culinary arts class, doesn't have the money for the class's trip to Spain—and shouldn't still be dreaming of someday working in a real kitchen. But even with all the rules she has for her life—and all the rules everyone expects her to play by—once Emoni starts cooking, her only real choice is to let her talent break free.

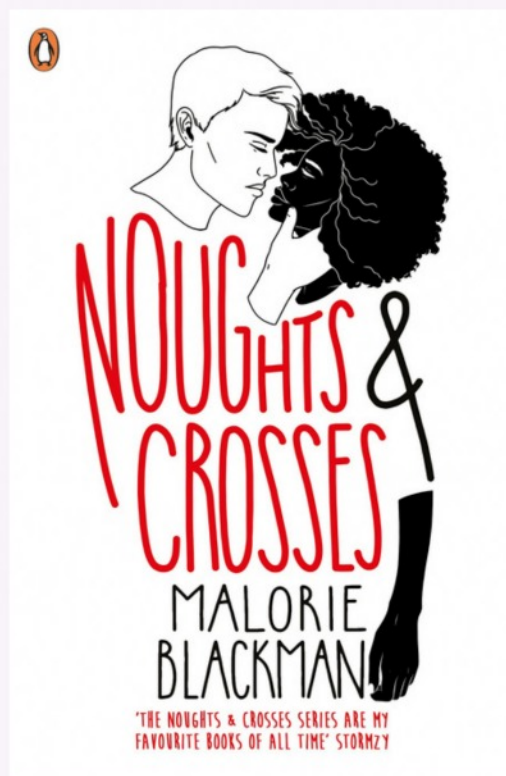




Noughts and Crosses by Malorie Blackman

A dystopian Romeo and Juliet that makes eloquent statements about race relations and the burning passions of the teenage heart, *Noughts and Crosses* is absolutely pivotal in the evolution of the Young Adult novel.

In spite of a world that is fiercely against them - these star-crossed lovers choose each other. But this is love story that will lead both of them into terrible danger . . . and which will have shocking repercussions for generations to come.



If It Makes you Happy by Claire Kann



High school finally behind her, Winnie is all set to attend college in the fall. But first she's spending her summer days working at her granny's diner and begins spending her midnights with Dallas—the boy she loves to hate and hates that she likes. Winnie lives in Misty Haven, a small town where secrets are impossible to keep—like when Winnie allegedly snaps on Dr. Skinner, which results in everyone feeling compelled to give her weight loss advice for her own good. Because they care that's she's “too fat.”

Winnie dreams of someday inheriting the diner—but it'll go away if they can't make money, and fast.

Winnie has a solution—win a televised cooking competition and make bank. But Granny doesn't want her to enter, so Winnie has to find a way around her formidable grandmother. Can she come out on top?



WHAT IS A

**RIGHTS
RESPECTING**



SCHOOL?

Culloden Academy has achieved the Bronze Award, and we are working towards Silver on our Rights Respecting School Awards.

Human rights are needed to protect and preserve every individual's humanity, to ensure that every individual can live a life of dignity and a life that is worthy of a human being.



**UNICEF UK
RIGHTS RESPECTING
SCHOOLS AWARD**

BRONZE – RIGHTS COMMITTED

The four core principles of the INCRC are non-discrimination, best interests of the child, right to life survival and development, right to be heard.

A Rights Respecting School is a community where children's rights are learned, taught, practised, respected, protected and promoted.

The United Nations Convention on the Rights of the Child (UNCRC) is a document which describes 54 basic rights that all under 18s should have.

Rights Respecting Interview

with Mr Wilson

By Scott Mackay and Macy Mckay

What is the rights respecting school award?

It is a UNICEF award that is given to schools who make rights respecting values part of their school ethos. There are 3 levels of the award - Bronze, Silver, and Gold. We earned the bronze award in June 2022. This is given to schools that make a commitment to become more rights respecting. You can then go onto the silver and gold award, which requires your school to embed the rights.

What have we done to get this award?

Last year to get bronze we surveyed the school community and set up a rights respecting group that made a plan to work towards the silver.

What are the next steps?

To get the silver award, we need to work through our action plan to make sure everyone in the school is aware of their rights and improvements are made throughout the year.

How can pupils get involved?

Come along to the rights and equalities group on a Thursday, they can get involved in many ways - there are lots of different tasks to help out with on the Silver Award plan.

How can teachers get involved?

Teachers can promote the rights in their classrooms and include rights in their lessons. They can also get involved in the rights and equalities group

Why do you feel that it is an important issue?

In order for our school to be the best place it can be for pupils and staff, it is really important that everyone has their rights respected, and by gaining the award, I hope that it will help everyone enjoy coming to school. It also helps to build the ethos of the school and supports the 4 school values we have recently adopted.

What do you think is the most important right?

All rights are equally important but something people need to know is that your rights cannot be taken away from you. As a teacher, I obviously think that the right to education is really important to all young people, whether in Culloden or around the world.

Do you think that there are more rights now than there were when you were younger?

Yes, it was a while since I was young but people are more aware of their rights today which is a good thing. When I went to school it wasn't really something that we spoke about so it is a big improvement that in 2022 it has become a normal part of the conversation in Scottish schools.

WORDSEARCH

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Rights
Equality
Respect
Race
Religion
Family
Sexuality

Child
Kind
Disability
Refugee
Privacy
Article
Gender