

Wellbeing Newsletter

Jan 2026



Exams & Course Choice on our minds!

With our prelims nearing the end and S2-5 revving up to make their options choices for next year; it's been a fast-paced start to 2026.

Exams and options can be a stressful time. We have a range of people in school who can help. For options advice, subject PTs, the guidance team and our careers advisers are available. All information about our courses, the process to complete choices and the deadline dates is on our website (please take a look!).

As always, for wellbeing support pupils can reach out to any trusted adult, the guidance team, or our school counsellor either in person or by using our online form.

Getting in touch

Guidance:

Rognvald: melanie.johansen@orkney.gov.uk

Magnus: marnie.ker@orkney.gov.uk

Thorfinn: helen.murray@orkney.gov.uk

Support for Learning
jennifer.nixon@orkney.gov.uk

General Enquiries
admin.sa@glow.orkneyschools.org.uk



Your Voice Helps

Our anti-bullying policy is now live. Your thoughts and views have shaped how we identify, record and monitor bullying. Our S5 students helped to launch the policy in whole-school assemblies.

If you would like to read our new policy, it is on our school website or we can email/ print you a copy on request.

We have used your feedback from our most recent survey to update our code of conduct. Our pupil council are meeting soon to finalise the wording. We will share it with you in our next update.



Wider Achievement Opportunities

Our pupil council are focussing on successes and achievements this term. We will keep you updated on their plans.

There is also:

- Volunteering with VAO - gain Saltire Awards and give something back to the community
- Wind band and string groups continue.
- Sports are on offer every lunch
- The Base has social activities, games and offers homework support.
- Our library is open with a range of activities every day



Challenge Poverty

Please do let us know if you would benefit from some support in managing everyday costs.

We can put you in touch with services that will help. Some of these have a 'cash-first' policy.

We can discretely support you with easing the cost of attending school so do get in touch.

We can help with Free School Meals and EMA applications too.



Upcoming Events

- Every Mon/Thurs: soft-start breakfast club from 8:30-9am.
- S3 Parents Evening: Thursday 29th Jan
- S4-6 Parents' Evening: Thursday 19th Feb
- Careers Week: w/c 3rd February



Help available here:

General advice:

Growing up in Orkney:

<https://youth.protectorkney.co.uk/>

Our school website

<https://www.stromnessacademy.org.uk/>

If you need to tell us something

<https://forms.office.com/e/g8bQtaxidy>

