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Manager's bi-yearly newsletter to parents
"It won't win any Pulitzer prizes!"

Hi Everyone!

In 2014 we began our packed lunch trail that quickly became a staple part of Boarding life! We managed to get the school nurse to come down for a visit and chat to the Boarders. We've had a Stress Relief Session with Nigel. Drugs Action gave a lecture. We also had a group of professional nutritionalists and trainers in Boarding giving advice. We value feedback from our young people and have had several participation meetings of various types. There was orienteering at the Tyrebagger Walk. There have been four *Riverview* publications, this is our internal newsletter. We had a unique event with our Well Man Clinic, which looked at raising awareness of health problems particular to men. This also included shaving comparisons (wet vs dry), dressing right and cleanliness. We have championed anti-bullying and highlighted examples and how it should be dealt with. Ice Bucket Challenge! On the Life Skills area we have had the following events, Make your own Smoothies, Bread Making week, National awareness on Homophobic Language, Sun Awareness, National Walking Month, National Vegetarian week, Cupcake week, Basic Cooking skills, Making a Facemask, Knitting, Soap making, Make your own Lip Balm and Christmas cake decorating competition! We've celebrated Chinese New Year as well as our Boarders birthdays. Our swimming on a Monday and games on Tuesday nights are well attended. Some photos below:



*Well Man Clinic showing notice boards, aftershave and face balm
(kindly donated by local companies)*



Celebrating Chinese New Year – using fingers to get the food onto chopsticks!



Orienteering! Slawek failing to not look like a gym teacher!



Ice bucket challenge! Too much enthusiasm young man! Too much enthusiasm!



Christmas Dinner! Otherwise just a normal day in Boarding!



Secret Santa is always fun!

Food

It has been a mixed year with regards to catered food. After much pushing, with Mrs Scaife at the helm, we finally got our own cook. However, we are still getting problems with consistency and have had several meetings, with this problem being raised by our Boarders, the staff and at Parents Meetings. Recently, we managed to secure a meeting with the cook, her boss, her boss and the senior boss! To make certain that they understood the problem from all areas, we had a group of residents come along as well. There have been positive changes, but it's a slow and steady at present. We now have a greater selection on the salad bar, including cooked meats. The vegetarian selections are still a bit hit and miss, but it too is slowly improving. Now we just need to convince the fussy eaters!



Bulb planting

We have taken part in the Britain in Bloom event and were given 2000 bulbs to plant. Aberdeen City Council workers came out and dug about 2000 holes and we had to plant the bulbs in them. After a wee while we realised that it's not as easy as you think. Place bulb in hole, run across and get divot, place divot over bulb and press home, now repeat 2000 times! It seemed never ending! Still it'll be nice to see next year when they bloom. There will be a photo in the summer newsletter.



As you can see we've had a busy year in Boarding! And as we depart 2014, I'd like to say 'goodbye' to Dave Smith our Parents Committee Chairperson who has done a sterling job for ACMS Boarding. Before I wish you all a pleasant Christmas, I would like to remind parents/carers that I'm trying to organise a Family Day, which at the Parents Meeting it was suggested that we have it in June. Hope to see you all there!

M. Howes.
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Marc Howes – Residence Manager

Have a great Chrimbo and New Year – See you all after the break!