

Cults Academy Weekly Update

Friday 22nd May 2026



Activities Week 2026

Activities Week proved to be another outstanding success, with around 600 pupils taking part in a wide range of exciting and memorable experiences.

Despite some very unpredictable weather, from hail and rain to bursts of sunshine, spirits remained high throughout the week. Pupils and staff alike have reported a thoroughly enjoyable experience, making this year's Activities Week one to remember. You can see some highlights from the week on our Instagram page [@cultsacademyofficial](#).

We are always keen to improve and would really value feedback from parents and carers. It is helpful for us to hear what worked well and what could be even better in future. If you have any comments, please do share them with us via this [feedback form](#).

A huge thank you to all staff who organised and led trips this week, from in-school activities such as clay making to day trips and residential experiences both at home and abroad. A tremendous amount of time, effort, and commitment goes into planning and delivering these opportunities, with staff consistently going above and beyond to ensure our young people benefit from such rich and memorable experiences.

Special thanks also to Mrs Duggan and Mr Netherway for their work in coordinating the week and ensuring everything ran so smoothly.

Articles and photographs from a number of the trips are included below. Any that are missing will be shared in next week's update.



Aberdeen Based Activities (S1)

Our S1 pupils embraced the opportunity to try something new, with 210 young people taking part in activities such as climbing at RGU, soap making, orienteering, visits to Lochter and Deeside Activity Park, and snowsports. There was a real buzz of enthusiasm as pupils challenged themselves and developed new skills.

Aberdeen Based Activities (S2/S3)

Thirty-five S2/3 pupils enjoyed an action-packed programme of activities that combined outdoor adventure and high-energy fun. Highlights included paddleboarding at Knockburn Loch, where pupils developed confidence on the water, exciting sessions at Airhop that kept everyone active, and the opportunity to let off steam through paintballing, which encouraged teamwork and resilience.

A further group of around 35 pupils took part in a wide range of engaging in-school activities. These included creative music sessions, relaxing wellbeing walks, library-based crafts, baking, and a variety of other opportunities designed to promote creativity, collaboration, and personal wellbeing. Together, these experiences ensured that all pupils had the chance to participate in enjoyable activities that gave them the opportunity to experience new things and develop new skills.



Enhanced Provision Activities

Our Enhanced Provision pupils enjoyed a varied and engaging programme of activities this week, both in school and out in the wider community. Highlights included a trip to the cinema, and a fun swimming pool session that supported both physical development and confidence-building. These experiences provided valuable opportunities for social interaction, enjoyment, and skill development in different environments.



S2 Residential Trips

Last week, our S2 pupils took part in residential visits to a range of outdoor activity centres, including Caythorpe Court, Boreatton Park, and Winmarleigh Hall. Across these centres, pupils experienced a varied and exciting programme designed to challenge and inspire them in a supportive environment.

Throughout the week, pupils participated in a wide range of outdoor and adventure activities such as canoeing, raft building, climbing, archery, high ropes challenges, zip wires, and team-building exercises. These experiences encouraged pupils to step out of their comfort zones, build confidence, and work collaboratively with others.

Evenings were equally engaging, with a mix of social and fun activities including discos, games, quizzes, and campfire-style events, giving pupils the chance to relax, socialise, and strengthen friendships in a different setting.

Across all three centres, what stood out most was the positive attitude shown by pupils—supporting one another, embracing new challenges, and making the most of every opportunity. Come rain or shine, they represented the school with enthusiasm and maturity throughout.

These residential trips were a real highlight of the school year, providing lasting memories and valuable experiences for everyone involved.





Barcelona (S3)

'Barcelona 2026 - what a trip! The pupils were exceptional and the city did not disappoint. We managed to rack up just under 100,000 steps but in doing so managed to view Gaudi's architectural marvels; enjoy the panoramic views from Montjuc Castle; visit the home of the newly crowned La Liga champions; sample local delicacies; be enthralled by a Flamenco show; indulge in some shopping and release some pent up adrenaline at PortAventura theme park. Till next time.'



Ardeche (S3)

In the early hours of Sunday morning the 35 adrenaline enthusiasts met at Aberdeen airport ready to start their adventure to the south of France. Arriving late it was a chance to acclimatise to the centre and have



our first chance to enjoy the French sunshine (or not). The weather shone on Monday where we spent the day exploring the canopy of the forest, traversing the river and zip lining on a high ropes course. Tuesday, we explored the wonders of Haribo, before soaking up some French culture in the town of Uzes. The next two days were when the fun really started with our descent of the Ardeche river, battling rapids, jumping off cliffs and even having a little swim in the cooling waters. It was a fantastic trip for both the teachers and pupils, and everyone did exceptionally well, we are so proud of the young people. Roll on next year!!!



Copenhagen (S3)

On Monday 11 May, 36 students from Cults Academy, accompanied by Mr Gibb, Mr Emslie, Mrs Walker and Mr Robertson, travelled to Denmark. The trip began with Scotland's Alpine Rollercoaster in Edinburgh. In Copenhagen, they enjoyed a guided tour and canal cruise before visiting Tivoli Gardens to ride the historic



Rutschebanen. Activities continued with a Parken Stadium tour and laser tag. A highlight was Legoland Billund, offering rides, exhibits and Lego builds. The visit concluded at the Lego House's interactive displays. Throughout the week students behaved excellently, creating lasting memories. Thanks to all who supported this unforgettable Activities Week experience.

Well done to all of the pupils who represented Cults Academy in sports fixtures recently.



Fixture Results @ Cults Academy



S1 Scottish Schools Plate Quarter-Final		08/05/26	v Gleniffer High School	Loss
Under 15 Girls Scottish Schools Shield Semi-Final		08/05/26	v Kyle Academy	Loss
U15 Scottish Schools Cricket Cup Quarter-Final		21/05/26	v Strathallan School	Loss
Aberdeen City Schools Golf League		21/05/26	v Albyn School	Loss



PE: Ready for Learning – Expectations Reminder


To ensure we are fully prepared for the new timetable in PE, we are taking time this week to remind pupils of our *Ready for PE* expectations. We are also sharing this information with parents and carers to support preparation and conversations at home.

PE READY FOR PE

Expectations for All Pupils

 **SPARE KIT AVAILABLE**

- ✓ All spare kit is washed after every use
- ✓ Pupils will not wear kit previously used by another pupil
- ✓ Using spare kit is a compulsory school expectation when kit is forgotten
- ✓ This ensures all pupils can fully take part in learning

 **IF KIT IS FORGOTTEN**
notify your PE teacher on arrival at the PE department so spare kit can be issued before lessons begin

FULL PE KIT MEANS:


To be classed as having PE kit, pupils must have:

-  Change of top
-  Change of bottoms (shorts/ leggings/ joggers/ tracksuit bottoms)
-  Suitable change of shoes
-  Hair tied back
-  Jewellery and watches removed


 **FOOTWEAR REMINDER**

 Black school shoes are **not** PE shoes

 Converse are **not** suitable




 UGG-style boots/shoes are **not** suitable


NOT SUITABLE FOR PE

 **UNABLE TO TAKE PART? PARENT/ CARER NOTE REQUIRED**




Please provide a paper note for the PE teacher. Paper notes help ensure staff receive information before lessons begin.

NOTES SHOULD INCLUDE

-  Reason for missing PE
-  Number of lessons affected
-  What they can still do in PE

 **PUPILS SHOULD STILL BRING FULL PE KIT WHERE POSSIBLE**

THIS ALLOWS PUPILS TO:

-  Take part in an adapted role
-  Stay warm and dry outdoors
-  Remain involved in learning

Whenever possible, pupils should still participate at an appropriate level

 **Respectful**  **Safe**  **Responsible**



Summer Sports Event – Wednesday 1st July 2026

We're gearing up for one of the most exciting days in the school calendar—our Summer Sports Event, taking place on Wednesday 1st July.

In the leadup to the day, S1–S3 pupils will take part in athletics heats in the hope of representing their House in the finals. Senior pupils will again have the opportunity to sign up after study leave.

This year's programme offers something for everyone, including the athletics finals, the always lively Interhouse Tug o' War, and the return of the Cults Tough Mudder. A range of drop-in activities will also run throughout the day to suit all levels of interest and ability.

Top performers will be recognised with medals and trophies, and the day will conclude with the much-anticipated announcement of the Interhouse Cup champions.

To help deliver this large-scale event, we welcome support from local businesses or individuals interested in sponsoring part of the day. Sponsors will be acknowledged in our event programme, weekly updates, and school assemblies. Please contact the school office at cultsacademy.enquiries@ab-ed.org or 01224 868801.

We would also love to hear from community groups who may wish to run taster activities or get involved in any way. If this sounds like an opportunity for you or your organisation, please contact the school office.





Community Notices

Scouts 
21st Aberdeen (Cults) Scout Group

JUMBLE SALE



- * Clothes & Accessories
- * Toys & Games
- * Bric-a-Brac
- * Household & Kitchen
- * BBQ

THIS SATURDAY

23RD MAY 2026, 10AM – 1PM

Cults Scout Centre, South Avenue, Cults

Donations of good quality, sellable goods accepted
this week: Tuesday-Thursday, 2-4pm & 7-9pm
With regret, we cannot accept: Books, Underwear, Bedding,
Electrical & Electronic, or Damaged items.

Thank you for your support!

Raising funds to equip young people with #SkillsForLife.

Small entrance fee applies – cash only.



Aberdeen City Music School Summer Concert

Saturday 13th June 2026
5 pm at Fountainhall Church
(Queen's Cross Church)
38 Albyn Pl, Aberdeen AB10 1YN



FREE ADMISSION
But tickets required
Please scan QR code

ACMS

We have been asked to share the following information from **Aberdeen City Music Service (ACMS)**. It has been a very exciting year, and they hope many of you can join them for the final events of the school year advertised on the posters below. Please use the QR codes below to book.



Leavers' Concert 2026

Thursday 4 June 2026
6.30 pm, MPA, Dyce Academy,
AB21 7NF



FREE ADMISSION
But tickets required
Please scan QR code



Aberdeen City Music School Pop Concert

King's Church, Bridge of Don, Aberdeen

Wednesday 1st July 2026
6.30 to 8.30 pm

Join the exceptional young musicians of the Aberdeen City Music School, one of Scotland's centres of musical excellence, for an uplifting evening of family friendly pop. Expect energy talent and a vibrant mix of musical styles in a relaxed and welcoming setting.



Sign up using the QR code
Admission Free

