



Cults Academy Weekly Update



Friday 24th April 2026

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.





Could you help shape a young person's future?

At Cults Academy we are committed to the **Developing the Young Workforce (DYW)** agenda, helping young people understand the skills, pathways and opportunities that link learning to the world of work. We value the experience and knowledge of our parents and carers, and we are keen to involve you in future DYW activities such as careers talks, workplace insights, mock interviews, or supporting employer-led events. If you would be willing to volunteer your time or expertise at any point, please consider completing our short form to tell us a bit more about your background and interests: <https://bit.ly/CultsDYW>. No matter what your occupation or route, your support can make a real difference in preparing our young people for life beyond school.

Could you help shape a young person's future?

Over the past two weeks Anurag Rai, founder and executive coach at [Superhuman in you](#), has been working with pupils in our S2 PSE classes. During his inputs, Anurag explored the range of skills and qualities involved in working positively in a team situation by posing challenging and thought-provoking situations to the classes. A big thanks to Anurag!



Fashion & Textiles – Creative Materials Needed

Our Fashion & Textiles students are currently exploring a range of creative techniques and experimenting with different materials to inspire their designs.

We would be very grateful for any fabric remnants or haberdashery items you may have at home, such as:

Fabric

Ribbons, lace, or buttons

Hand-sewing needles

Crochet hooks

Knitting needles

Embroidery thread

These donated items help students develop creativity, confidence, and practical skills while working with a wider variety of materials. If you have any donations, pupils can hand them in to the Home Economics Department, or items can be dropped off at the school office.



Scottish Schools Athletics Association (SSAA) – Event Entries Now Open

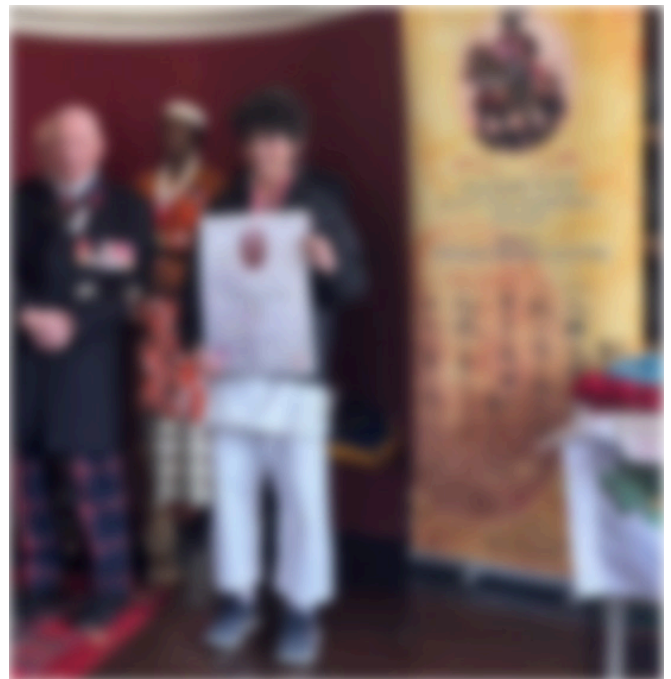
Entries are now open for the following Scottish Schools Athletics Association (SSAA) events:

- **Pentathlon / Quadrathlon** – Closing date: 8 May
- **Steeplechase** – Closing date: 8 May
- **Hammer** – Closing date: 8 May
- **Track & Field Championships** – Closing date: 18 May

All events will take place on various dates throughout June at Grangemouth. These competitions are aimed at young people who are actively involved in athletics out with school and who meet the qualifying standards for the relevant events. Full event details and qualifying criteria can be found on the SSAA website. If your son or daughter is interested in entering, or if you would like further information, please contact Miss Bowie in the PE Department. Please note the entry closing dates listed above, as late entries cannot be accepted.

Karate Achievement

Yazan (S1, Friarsfield) has been awarded the *Order of the Scottish Samurai – Cadet Award* on 29 March 2026. This award, inspired by Thomas Blake Glover, recognises Yazan's achievements and contribution to Martial Arts in Aberdeen. Yazan is currently a 2nd Dan Karate practitioner, competing at both national and international level. His commitment and dedication to his sport are excellent to see. Well done, Yazan – keep up the good work!





Police Scotland Safety Update

We have been asked by Police Scotland to share an important safety message with our school community. Police Scotland has recently become aware of incidents across Scotland involving young people producing 3D-printed knives or weapon-like items and bringing them into schools and local communities. In some cases, these items have also been distributed to others.

Occasionally, such items have been presented as “fidget toys” or similar objects and, because they are made of plastic, may not immediately appear dangerous. However, they can still pose a risk of harm to pupils, staff, and members of the wider community.

While some pupils may encounter 3D printing through supervised school learning activities, Police Scotland have highlighted that these items are often produced at home, without adult supervision. Given the potential for misuse or injury if these items fall into the wrong hands, Police Scotland have asked schools to treat any weapon-like 3D-printed items seriously.

We ask parents and carers to support us by maintaining awareness of how and where 3D printing is being used at home, talking with young people about appropriate use of technology, and reinforcing the message that weapon-like items must not be brought into school, regardless of the material used to make them.

S4-S6 Sports Opportunities during Study Leave (Active Schools)

For any senior pupils who would like to take part in some sport or physical activity during exam leave, we have put together a small timetable of classes for you. This is a great opportunity to take a break from studying, catch up with friends and take part in some exercise! We’ve been able to get some funding to run the following sessions during study leave:

HIIT / Hyrox classes – Tuesdays 3.30-4.30pm (starting 28th April)

Badminton – Wednesdays 3.30-4.30pm (starting 22nd April)

Teen Gym Fitness – Fridays 3.30-4.30pm (starting 24th April)

A groupcall will go out to S4-S6 pupils each week with a sign up link so that they can book a space in classes for the following week. If you’d like any more information about this offer, please contact our Active Schools Coordinator – John Dixon: JoDixon@sportaberdeen.co.uk