



**NBHS WEEKLY UPDATE**  
**Friday 19<sup>th</sup> August 2022**

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**Message from HT**

Hello everyone and may I take this opportunity to say how wonderful it has been to reconnect with staff and pupils this week. My long summer days in Cornwall seem a million miles away now as the start of term is always a busy time – so many “hellos” and “welcome backs”.

With our staggered reopening, it gave me a fantastic opportunity to deliver S1 and S6 year group assemblies, conveying my enthusiasm for the term ahead and all we can achieve together. I recorded welcome videos for the other year groups and could hear my own voice echoing around the corridors at tutor time this morning, which is always slightly surreal! The young people are looking great – I’m so very grateful for your support with dress code.

I also want to say how incredibly proud I am of our seniors and the qualifications they have gained! I’m simply in awe of the resilience they displayed last year and their outcomes speak for themselves. Really proud of all those who were entered for qualifications this year, and of course, the staff who played an integral role in delivering the learning experiences they needed for their success.

Looking forward to welcoming parents and carers into the building very soon.

With my warmest wishes for a happy, healthy term ahead  
Mrs Moore

**Construction Site – Health and Safety**

It has been brought to our attention that children have been seen playing on building sites around the new Blindwells development. They have also been seen around the new urban drainage systems due to the hot weather.

We have been given the resources attached by the developer, and suggest that you discuss these with your young people to ensure they are aware of the associated dangers.

- <https://www.rospa.com/leisure-water-safety/water/advice/water-safety-code>
- <https://www.watersafetyscotland.org.uk/>
- Also of particular use regarding SUDs: [Sustainable Urban Drainage Systems | Health and Safety Advice - RoSPA](#)

# East Lothian Walkfest'22

East Lothian's  
Festival of Walking  
and Wheeling

15 – 21 August

## Find yourself outside

East Lothian's new walking and wheeling festival is for everyone, not just experienced outdoor types.



## Something for everyone

Join a **guided walk** with a group, or follow a **self-guided** route.

Choose a **gentle stroll** on firm level paths or set out on a **longer adventure** on more challenging terrain.

Sign up for one of our events including the **Wheely Good Day** at Whitekirkhill, where you can try a range of specially adapted bikes and all-terrain wheelchairs

## What to do next

**Start** your exploration by visiting our website [www.walkfest.org.uk](http://www.walkfest.org.uk) to find out what's on offer

**Book** your place. Details of how to book can be found with each guided walk and event

**Connect** with us via email [walks@walkfest.org.uk](mailto:walks@walkfest.org.uk), Facebook, Instagram and Twitter – search for ELWalkfest – and don't forget to use **#Walkfest22**



## East Lothian Walking Festival

East Lothian Walking Festival is aiming to encourage people across the county to get outside with its programme of social group walks and ideas for other places to explore with friends, family or taking a little time to walk by yourself. We also have some amazing events to suit a variety of people. We have the **Wheely Good Day**, the **Walk, Connect, Create** event and the chance to find out more about the treasures to be found in **Butterdean Wood!**

All walks and events are free of charge, including transport where it's organised and many of the walking routes use multi-use, flat surfaces to reduce barriers to participation.

Details of all that's on offer can be found on [www.walkfest.org.uk](http://www.walkfest.org.uk)

To find out more details about the programme please click on the following link - [Walkfest22 Programme](#)

## Growing Future Assets Investment Competition 2022



Ever thought you may **consider a career in investment management**, but **don't have a good understanding** of what that might involve?

**This is the competition for you!**

**Last year's team were runners up in the 16-18 year group.** The **competition was fierce** with **62 team entering!!!** So the **team's diligence paid off!**

**NBHS can enter teams of:**

- 3-6 girls/non-binary
  - Senior teams must consist of S5 and S6 students
  - Junior teams must consist of S3 and S4 students

**Interested?** Check out the details <https://www.futureasset.org.uk/growing-future-assets-investment-competition-22/>

**Competition Information Session on Tuesday 23 August at 4pm**

Register to join us

here: [https://docs.google.com/forms/d/e/1FAIpQLScNdk9d0nhDenYDI2eS\\_sQ6iB\\_OLg2T5vrf\\_2zK\\_ILCh46-kg/viewform](https://docs.google.com/forms/d/e/1FAIpQLScNdk9d0nhDenYDI2eS_sQ6iB_OLg2T5vrf_2zK_ILCh46-kg/viewform)

**Speak to Mrs Fox** in Business Education & Computing Science.

**Do you want to get involved in making your community a safer place for young women and non-binary people?**

[Complete this survey](#) to help young people in your community, by completing the survey, there's a chance to get a £20 love2shop voucher.

We have launched a survey for young women or non-binary people aged 16-25, who have lived in East Lothian within the last three years.

We would like to understand how many young women and non-binary people in East Lothian have experienced harm in their own relationships, and how many have experienced sexual assault. We also want to understand where people go for support currently, if there are things stopping you from getting support, and what kind of support you would like for yourself or a friend. Your views will be really important to help your local community to support you and other young people better.

Taking part is voluntary and your response will be totally anonymous. We know that answering these questions may be upsetting and uncomfortable. If you become distressed at any point while taking part in this survey, take some time out, and [have a look at this page of resources, reading and useful contacts for further support](#). Please make sure you are in a safe and comfortable place while taking part in this survey, it should take around 10 minutes to complete.

### **Former NBHS Pupil**

Dr Hugh Nicholson who is a former pupil of North Berwick High School (2006-2012) has recently had his PhD research published in The British Journal of Cancer on 1st July 2022. He studied Biological Sciences at the University of Dundee where he gained a 1st class honours degree and then went on to complete his PhD at the same university which he completed in May 2021. Please see below the link to his publication along with the press release explaining in more layman terms the content of his research.

<https://news.stv.tv/north/new-research-by-nhs-tayside-and-university-of-dundee-could-lead-to-new-ovarian-cancer-treatments>

[Fibroblast growth factor signalling influences homologous recombination-mediated DNA damage repair to promote drug resistance in ovarian cancer | British Journal of Cancer \(nature.com\)](#)

### **Sports Committee**

We are looking for volunteers from S4-S6 to be part of our Sports Committee. This will involve planning, organising and delivering sports events and sessions - lunchtime clubs etc. - as well as promoting sport and activity at NBHS and in the community. If this is something that you're interested in, please email me - [cparry@elcschool.org.uk](mailto:cparry@elcschool.org.uk) - to note your interest by Monday 29 August.

Thanks,  
Miss Parry - Active Schools Co-ordinator

### **Hockey**

Hockey practices will start next week (w/c 22 August)

Monday - S3  
Tuesday - S2  
Wednesday - S1  
Thursday - Seniors

Any questions, please ask in the P.E. department, or email me - [cparry@elcschool.org.uk](mailto:cparry@elcschool.org.uk)

Thanks,  
Miss Parry - Active Schools Co-ordinator

### **Active Schools Programme**

We are in the process of finalising the Active Schools Activity programme for this term. As soon as it's confirmed, further details and online booking information will be distributed.

We are always looking for help and support in delivering our activities, and widening the range of activities on offer to our pupils. If you are able to help with anything, we'd love to hear from you. Please email me - [cparry@elcschool.org.uk](mailto:cparry@elcschool.org.uk)

Thanks,  
Miss Parry - Active Schools Co-ordinator

## Young Ambassadors

We are looking to select two S6 pupils to be Young Ambassadors for NBHS for this year. The role of the Young Ambassadors is to promote sport, and motivate and inspire other young people to get involved in sport in their schools, clubs and local communities, as well as leading the sports committee.

If you would like to apply for this role, please email me – [cparry@elcschool.org.uk](mailto:cparry@elcschool.org.uk) – with a short paragraph on why you think you would make a good Young Ambassador for NBHS, by Monday 29 August.

Thanks,

Miss Parry - Active Schools Co-ordinator

## Careers

**Mick Burns** Careers Adviser

Email: [mick.burns@sds.co.uk](mailto:mick.burns@sds.co.uk)

**Mobile:** 07887 831454

Twitter: MickBurns2

Blog: [www.edubuzz.org/careers](http://www.edubuzz.org/careers)

**Remember! Even after you leave school, we remain your Careers Advisers so feel free to contact us if you need any assistance. If you are still needing help for leaving this summer contact me as soon as possible to arrange a meeting.**

**Westgate Gallery** have part-time vacancies in their Cafe. Duties include greeting customers, serving food and drinks, clearing tables and ensuring customers have a pleasant visit. Experience is not essential as training will be given, but a positive, friendly manner is ideal. Contact them on 01620 894976 or pop in to Westgate Gallery if you would like to join their friendly team. They have a range of days available to cover weekdays, weekends and holidays.

## Attendance Mailbox

We would like to remind you that NBHS has a dedicated email address for all attendance matters. There is no need to phone the school – just send an email to the attendance address below, giving the detail of absence, appointments etc. **Please be sure to include the reason for your child being absent from school;** we need this information to ensure that all absences are recorded correctly. We recommend that you add this email address to your contacts so this it is quick and easy for you to access:

[attendance@northberwickhigh.elcschool.org.uk](mailto:attendance@northberwickhigh.elcschool.org.uk)

## NBHS Communications

Just a reminder that if you wish to contact school you should email us at the communications email address below, or contact your child's guidance teacher directly. If your child is absent from school, please contact the dedicated absence line

[communications@northberwickhigh.elcschool.org.uk](mailto:communications@northberwickhigh.elcschool.org.uk)

## Dates for your Diary

- P7/S1 Open Afternoon (for parents of new P7 and new S1 pupils) Friday 2<sup>nd</sup> September\* - please note this is likely to change to **Friday 9<sup>th</sup> September**
- NBHS Senior Prizegiving Wednesday 14<sup>th</sup> September tbc\*
- NBHS Careers Fair Wednesday 28<sup>th</sup> September\*
- \*Further information and confirmation of dates will be communicated to all parents/carers after the summer holidays.
- Parent Council meetings next term start at 7pm:
  - Thursday 8<sup>th</sup> September – AGM in school
  - Tuesday 25<sup>th</sup> October – online
  - Tuesday 22<sup>nd</sup> November – in school