



NBHS WEEKLY UPDATE
Friday 13th January 2023

Message from HT

This week has been a learning week for me. I've learned about photosynthesis and cell division, about the complexities some of our families are facing at the moment, about the importance of our partners in the work we do, and lots about the pupils, their interests and goals and some of the barriers they face to achieving them. I met with our Community Wardens this week to talk about how we work together – a really positive meeting with shared values. Parent Council next week and I plan to attend the Community and Youth Network meeting on Tuesday and look forward to that.

A reminder that school is closed to pupils (other than pupils completing prelims) on Monday 16th January due to ongoing industrial action. Pupils at home are asked to check their Google Classrooms in the first instance.

Another wee reminder that S2 Virtual Parents' Evening is on Tuesday 17th January.

Have a great weekend!
Michelle

ELVIS Kids project

Recently, we published evidence that nasal irrigation with salt water helped reduce the cold in adults. We have also shown the mechanism for how salt water helps with the common cold when applied on the nasal epithelium. Our research showed that cells use the chloride from the salt water to fight viral infections. Hence, we are now testing if salt water nose drops helps children fight the cold.

If you have a child under 7 years of age, you may be able to join the fight.

The Children's Hospital in Edinburgh are doing a study of salt water nose drops to see if it helps get rid of the cold faster.

Your child does not need to have a cold right now to take part!

You can join right now by calling/texting 07973657457 for an appointment to sign up and to be taught what to do the next time your child has a cold.

Your child does not need to attend.

Families completing the study will receive travel expenses and a £30 voucher to compensate for any inconvenience.

Further information is in the attached flyer or at www.elviskids.co.uk ; Twitter: @elviskids;

Facebook: Elvis Kids.

Lil Swish at the Seabird Centre

Join Lil at the Scottish Seabird Centre as we take on the challenge to “Buy Nothing New since ‘22”. Nothing new is up to you - maybe it’s clothes for you, or everything you’d normally buy, including gifts. However you’d like to do it, or even if it’s just doing a Lil more than last year, we’ll be celebrating all our efforts with a Swish at the Seabird Centre on Thursday January 19th from 7.30pm. Tickets are £15, including a fizz or non-alcoholic drink on entry.

HOW DOES IT WORK?

You donate great quality clothes/shoes/ bags/accessories that you no longer love/ wear in the week preceding the event to Lil, 10 High St Haddington, EH41 3ES or to the Seabird information desk or office at the North Berwick Harbour until 4pm on Thursday 19th.

No earrings or underwear please.

Everyone gets a chance to view the items, and then we take three new to us, each. Once everyone has got their top three, you can fill your bags with as many clothes as you can take home.

Please come along even if you don’t have clothes to donate.

WHY?

This event celebrates the Lil challenge - can you Buy Nothing New Since '22?

How many days/ months can you go? You can select your own level of challenge - just clothes? Just your stuff? Whole household and appliances... - and your exceptions. We allowed new underwear and consumables for our family version.

Hit us up on socials with #nothingnewsince22 if you're in!

Why take the challenge?

90% of biodiversity loss is down to the way we produce & consume; plus all those associated carbon costs. This is everyday conservation in action.

Buying secondhand is a conservation action: 90% of biodiversity loss is due to the extraction and processing of natural resources – and that includes making clothes.

We’re reducing shipping, unnecessary processing, unethical work conditions and carbon. According to data from ZeroWaste Scotland, reducing the 80% of carbon emissions that comes from the goods and services we buy – only buying existing items will help cut that.

Keen to buy secondhand but not sure where to start? Come join us on the 19th for top tips, and demonstrations on how to get the best out of Vinted, eBay, Freecycle et al.

North Berwick Coastal Community Connections - creating confidence, compassion and companionship - new volunteers welcomed this month! Find friendships, fun and fulfilment.

Community Connections is your local social isolation charity, working to connect people together in a range of ways. We offer Scone Cafe Drop-Ins, Coffee Connections meet-ups, befriending, buddy walking, group walks, Compassionate Neighbours (befriending people with a life-limiting diagnosis) and a monthly newsletter. Community Connections, with local opportunities and inspiration. New volunteers start Part 1 training from Tuesday 17th January 10.30-12 at NB Rugby Club (OR Thursday 19th on zoom 6.30-8pm). More information from Project Manager Carol Stobie, nbc-communityconnections@outlook.com (Tues-Thur) or apply at <https://www.nbc-communityconnections.org/volunteer-form/>

Volunteering with School Duke of Edinburgh

Duke of Edinburgh is a wonderful programme, and we always have more S3 pupils wishing to take part than we have spaces available. The parent council have expressed interest in recruiting parent helpers, to allow us to increase the number of spaces we can offer. This would be amazing. This link gives an overview of the different roles within the team of adults delivering Duke of Edinburgh.

<https://www.dofe.org/run/volunteerroles/>. In addition we may require minibus drivers, qualified with MIDAS or equivalent. If you are at all interested in offering some time to help us to broaden our D of E offer, please contact the parent council at parentcouncil@northberwickhigh.elcschool.org.uk. We will run an information evening shortly for potential volunteers, where we can go into more detail about the support we need, and the ways in which we can support volunteers to gain the qualifications they may require

Young people gain a huge amount from Duke of Edinburgh, and I personally find it very rewarding to be part of helping that to happen. I do hope some of you may have time to commit to helping us to expand our offer.

Robert Jones
Depute Headteacher.

Scottish Seabird Centre Free Exhibition

At the Scottish Seabird Centre, discover a fun, new interactive exhibition about one of Scotland's rarest birds. Help Secret Agent Corncrake discover why the noisy yet secretive corncrakes are disappearing from Scotland.

This interactive exhibition has been masterminded by RSPB Scotland as part of the Corncrake Calling project with support of the National Heritage Lottery Fund. It was co-designed with students from Lochgelly High School, The Glasgow Academy, Berwickshire High School, Castlehead High School, St. Joseph's Academy & Banff Academy. Supported by The National Lottery Heritage Fund, Corncrake Calling is a new four-year project to save these small brown tawny members of the rail family. The exhibition is open from 10am daily until 20 January, last entry is 3pm.

NBHS Breakfast Club

Breakfast Club re-starts on Tuesday 17 January, 0750-0820, in the canteen, nearest the Assembly Hall.

All welcome!

Any questions, please contact Miss Parry in P.E. - cparry@elcschool.org.uk



NBHS Playing fields

Unfortunately our playing fields are still being used regularly for dog walking and we have had to delay recent hockey and rugby kick off times whilst coaches and referees do their best to clear the dog waste left behind. We almost had to postpone a fixture because of the state of one of the pitches. We use these pitches for curricular and extra-curricular sessions and would appreciate everyone's support in treating them like our classrooms.

Signs have been put up and there are more to come but your support in this will be appreciated.

NBHS Netball – Scottish Schools' Cup Update

It's been a very busy 3 months for all of our NBHS Netball Squads. We entered S1, S2, S3 and an Open team into the Scottish Cup and have been competing in the group stages of the competition - arranging and playing 16 games in 6 weeks!

We have seen a super display of netball across the board with every one of the teams working hard for every win - I am, as always, such a proud coach of all the teams - it's not always the wins that see the greatest development - the attitude and team spirit from all of the girls is admirable.

The S1s won 2 games lost 1 and drew 1 but with their superb goal difference it sees them continue to the regional section of the Plate competition. - for a brand new team this lot are ones to watch.

The S2s also had a great run winning all their games convincingly then losing by only 1 goal to Portobello in a nail biting finish which meant coming a strong 2nd in their pool - they continue alongside the S1s to compete in the regional section of the plate.

The S3s also won all their games with ease, until they came up against a strong James Gillespies side who took them a bit by surprise and the win to top the table, so the S3s placed 2nd in their group which sees them continue to the regional section of plate competition as well.

The Open team, a mix of experienced and inexperienced players ranging between S4-S6, have had a great run, enjoying every moment on court. They didn't manage a win so don't continue in the competition, however their commitment spirit and team work is to be commended and they should be very proud of how they have competed as a team. I hope they enjoyed the journey as much as I enjoyed coaching them.

Personally, I would like to say congratulations to all the girls in the all the teams, each and every one of them are a pleasure to coach – I would also like to say a HUGE thank you to Miss Parry who drives the mini bus to every game and organises every match for us – we could not enter the competition at all if it was not for her support. I also extend my thanks and make a special mention to Martha Blacklock (S4) and Miss Anderson for helping out at training and umpiring for the teams whenever we need it – Thank you. School Netball has given so many girls the opportunity to participate in a competitive team sport. Training is open to all and allows many girls their first experience of competitive sport.

Keep an eye out for the weekly updates of the cup progress going forward!

Weekly training starts again for everyone on Tuesday 17th January - open to all so come and join in.

If anyone would like to get involved in the school netball going forward please do get in touch we are always looking for volunteers who would be interested in joining the coaching or management team - its such a great way to give back and there is no experience necessary at all :-) we cannot run this fabulous sporting opportunity for so many girls without fabulous volunteers so come and join us 😊.

Sally Hetherington.

S1 - Madison Smith, Isla Lennox, Anna Gries, Leyla Hogg, Isla Buchan (c) Freya Buchanan (VC) Caitlin Buntin, Ellie Cunningham, Rosie Tandy, Isla Burns, Freya Bevan ,Mhari Fisher.

S2 - Millie Lindsey (VC), Daisy Bowdler, Katie Lucas (c) , May Kirkland, Isobel Kirkland, Ruby Coates, Rosie Boot, Marianne Hill, Mia Scott, Holly Joseph.

S3- Anna Mackenzie, Rosie Weir, Ellina Dickie, Lilliana Way, Rose O'Rourke, Julia Cathcart, Rosie Buchanan, Tamzin Ralph (c) Francesca Watts, Eleanor Stirling (VC)
Open - Emma Younger, Maisie Ferguson (c) , Jaiden Smith, Issy Ashall, Francesca Wise, Amelia Muir, Hannah Harley (VC) Martha Blacklock, Murrin Sinclair, Holly Maslen, Eva Cowley, Isla Anderson, Lili Taylor, Jena Elliot

Bus Turning Circle/Law PS Staff Car Park Access

Please could we respectfully remind parents that they should not use the bus turning circle or the Law PS staff car park as a drop off point for students. Thank you so much.

Careers

Mick Burns Careers Adviser

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Twitter: MickBurns2

Blog: www.edubuzz.org/careers

This session I will try to update using the careers blog above and highlight relevant information, resources and events.

Parent and Carer Scottish Apprenticeships Webinar [here](#)

Applying for College 2023

We delivered the talk in school on Monday 21 November and you can view the session [here](#) and you can still fill in the Google Form if you missed the session.

What do graduates do? You can view and download the 2023 report [here](#)

Updated apprenticeships and vacancies [here](#)

NHS Modern Apprenticeships: [here](#)

Local Apprenticeship vacancies in construction [here](#)

Legal and General - Careers in Investments, Finance and Technology online event [here](#)

Police Scotland youth Volunteers [here](#)

Unite Foundation Scholarship – Scholarship opportunities for care experienced university students [here](#)

What are we doing?

During the S4/5/6 Prelims we are interviewing S3 students and we will soon start the S2 careers talks from 18 January and I will update on these when completed.

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

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

Dates for your Diary

Senior Phase Prelim Block 2 6th-19th January

S2 Virtual Parents' Evening – Tuesday 17th January*

***PLEASE NOTE CHANGE OF DATE**

Course Choice Information Evening in main hall, NBHS - Monday 23rd January
Current S3 parents/carers 6-7pm; Current S4/5 parents/carers 7-8pm

S3 Virtual Parents' Evening – Thursday 26th January

Future NBHS Parent Council meetings –

- Monday 16th January
 - Wednesday 8th March
 - Thursday 25 May
- All 7-8:30pm in school.