



## **NBHS WEEKLY UPDATE**

### **Friday 24 February 2023**

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#### **Message from HT**

It was a privilege to be able to work closely with staff on the Inservice Day. We explored the Cost of the School Day, had a presentation on the Duke of Edinburgh programme, a presentation from Mr Mumford on Equity, and considered ways to strengthen our school ethos by refining our approach to positive behaviour. A very productive day overall.

I've enjoyed interacting with the pupils this week – their energy amazes me! I am certainly feeling my age. Now that I've been in post for 18 months, I hope parents/carers and young people feel they know me better and can see that my vision and ambition for our school remains core to my leadership. When I asked a young person why she thought I (and others) constantly remind her of the importance of attending all her classes, she answered "because you care". I was heartened by this response.

A reminder that due to ongoing industrial action all East Lothian Council Primary and Secondary schools and Early Learning and Childcare settings will be **closed to all children and young people for learning on Tuesday 28<sup>th</sup> February 2023 and Wednesday 1<sup>st</sup> March 2023.**

Have a great weekend!

Mrs Moore

#### **HPV consent forms**

HPV consent forms have been distributed to pupils. Please could parents complete and return the forms as soon as possible please.

#### **Study Skills - Family Learning Event – Thursday 23<sup>rd</sup> March 6-7pm**

The Support for Learning department are hosting a Study Skills session with information on how to support your young person when preparing for exams. This is for parents and carers of senior phase students **(S4-S6)**.

Date: Thursday 23<sup>rd</sup> March 2023

Time: 6pm-7pm

Venue: North Berwick High School (main hall)

#### **Education Maintenance Allowance**

Don't miss out!

Young people aged between 16 and 19 who are currently in full-time education or undertaking an Activity Agreement may be entitled to a £30 per week payment.

Education Maintenance Allowance (EMA) is a means-tested award providing financial support to eligible 16 to 19 year olds who want to continue learning. It also applies to those who are in Home Education.

Students who turned 16 on or after 1 October 2022 can now apply:

- Apply before 28 February 2023 to have the payments backdated to the start of January term
- Apply before 31 March 2023 to receive the allowance during the current academic year. Please note that any applications received between 1 March and 31 March will not be backdated; payments will be made from the date the application is received
- Applications received after 31 March will not be processed and EMA will not be paid.

[Find](http://www.eastlothian.gov.uk/ema) out more and apply online at [www.eastlothian.gov.uk/ema](http://www.eastlothian.gov.uk/ema)

### **Staffing Update**

Mr Steven Frew, PT Business and Computing, who has been on secondment this year, has been successfully appointed as Depute Head Teacher at St. Augustine's High School in Edinburgh. Ms Hannah Fox remains in post as Acting PT. We congratulate Mr Frew on his appointment.

Mr Euan Orr, PT Pupil Support (Guidance – Fidra House) has been successfully appointed as Education Support Officer (Care Experienced Children and Young People) on a 23 month secondment to the central team here at East Lothian Council. We are delighted that Mr Orr will have this opportunity and his post is currently advertised nationally on a secondment basis.

Ms Sophie Lovett, Teacher of PE, has been appointed to job-share the PT Pupil Support (Guidance – Craig House) post on Thursday/Friday. She will work closely with Mr Burgess to support the young people of Craig House, while Mr Burgess carries out his DHT duties. Welcome to Pupil Support, Ms Lovett!

Ms Jade Woodhead, Teacher of Mathematics, has been appointed to the new PT Mathematics post at Wallyford Learning Campus. Congratulations, Ms Woodhead! We are currently recruiting in the Maths and Numeracy faculty and will provide further updates as they emerge.

We also warmly welcome back Ms Sarah Sands, Teacher of English.

### **Home Learning Activities**

Supplementary online learning offers are available to all pupils as follows:

The National E-Learning Offer (NELO) can be accessed here: <https://education.gov.scot/nelo>. This includes digital Learning Spaces for SQA courses which can be accessed here: <https://www.thinglink.com/card/1421866155961745410>

SCHOLAR resources for seniors can be found here: <https://scholar.hw.ac.uk/>

For useful sources of revision, try BBC Bitesize: <https://www.bbc.co.uk/bitesize/secondary>

There are learning grids with activities to support learning at home in the BGE with a focus on numeracy, literacy and health and wellbeing available here: <https://www.edinburgh.gov.uk/homelearning>

And here: <https://equipped.midlothian.education/pupilsupport/>

## World Book Day

World Book Day is a charity sponsored by National Book Tokens and aims to change lives through a love of books and reading. You can visit <https://www.worldbookday.com/> for lots of information and tips.

World Book Day is on Thursday 2nd March this year, and the book token is now digital. So please see the attached leaflet for your £1.00 book token.

## World Book Week 2023

- **Monday 27th February – Lunchtime - Book Upcycling - badge making and folded book art**  
Have you ever looked at the folded books in the school library and thought "Oh I wish I knew how to do that?" Well, now you can!

Come along to the school library and upcycle some old/withdrawn books and comics into badges and art. All you need is a pencil and a ruler.

- **Tuesday 28th and Wednesday 1st March - Authors Live On Demand**  
As we are not in school on Tuesday and Wednesday, why not watch a recorded author event from the Scottish Book Trust? Includes events from favourites such as Anthony Horowitz, Juno Dawson and many more!

Please visit <https://www.scottishbooktrust.com/authors-live-on-demand> .

- **Thursday 2nd March – Lunchtime - Book Swap**  
Bring a book: take a book! It's as simple as that! Open to all pupils and staff.

Bring in a book you no longer read but which is still in good condition and that you enjoyed, then swap it for a book brought in by another person. Swaps on an equal basis only (so if you bring in two books, you can take away two books and so on). Please bring any books for the book swap to the school library by **end of P4 on Thursday 2nd March**. Swap tokens will be issued to all participants.

**Author Event Screening** World Book Day and the National Literacy Trust present Natalie and Naomi Evans, contributors to *Being an Ally: Real Talk About Showing Up, Screwing Up, and Trying Again* and founders of the platform Everyday Racism. Together we'll explore their part in *Being an Ally*, from the process of becoming a contributor to their own reflections on their writing. All welcome!

## Sleep Information

We are noticing that the most common reason young people give us for their late arrival in school is that they have slept in.

There is a free resource that can help parents and children learn more about their sleep and develop better bedtime routines. Sleep is essential to brain function, by helping children to sleep better, we can help them to succeed in school.

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

There is a free helpline run by trained sleep advisors, many of whom are specialists in working with SEND. They can talk to young people directly, or parents (they can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

### **Future Asset**

We have a team heading to the final of the Future Asset Investment Competition. The girls have worked extremely hard and have shown huge amounts of enthusiasm, they've been a pleasure to work with.

Best of luck for the finals on Thursday 9 March!!!!



From left to right we have Amber Waldman, Brisa Jackman, Lilianna Way, Sarah Livingston, Rose O'Rourke and Lily Lamb.

### **PTA**

The next PTA Meeting is on Monday 27th February at 7pm here at the school and we would love to see lots of you there.

If you can make it to this meeting and would like to be involved, please email the PTA at [ptanbhs@gmail.com](mailto:ptanbhs@gmail.com).

### **Easter Holiday Activity Programme from Venturing Out**

Please see the attached poster from Venturing Out CIC with information on what is available as part of their Easter holiday programme being run in partnership with the Council's Outdoor Learning Service.

The activities go live for booking at 7pm on Friday 24<sup>th</sup> February.

### **Residential Sailing Trip and Level 5 Leadership Qualification**

We are pleased to share the details of a new residential sailing trip we plan to run in the 2023/2024 session.

The North Berwick Rotary club have, very generously, fundraised on our behalf to substantially subsidise the cost of a group of 10 senior pupils to take part in a week long voyage around the west coast of Scotland with Ocean Youth Trust Scotland. All current S3, S4 and S5 pupils can apply to take part in the voyage and no previous sailing experience is necessary. To express an interest please fill in the google form below. This trip has been run successfully at various East Lothian Schools for over 14 years and we are delighted to be able to offer this opportunity to the young people of North Berwick High School. Please feel free to email Mrs Cairns or Mrs Johnson with any questions.

[Further information can be found here.](#)

[Express an interest here](#)

[About Ocean Youth Trust Scotland](#)

Mrs Cairns [ncairns@northberwickhigh.elcschool.org.uk](mailto:ncairns@northberwickhigh.elcschool.org.uk)

Mrs Johnson [ajohnson@northberwickhigh.elcschool.org.uk](mailto:ajohnson@northberwickhigh.elcschool.org.uk)

### **The Duke of Edinburgh's Award (DofE)**

Help required to run DofE from parents/interested members of the community

If you didn't make the DofE meeting on Wed 8<sup>th</sup> Feb where we talked about the need for more adult help within the community to extend the provision of DofE then please still get in touch with the East Lothian DofE Support Team by emailing [dofe@eastlothian.gov.uk](mailto:dofe@eastlothian.gov.uk)

**North Berwick Youth Project** – Open to all young people at high school.

### **Yoga**

After the holidays, our FREE yoga & mindfulness class will now take place at the mirror gym at NBHS on Wednesdays from 3:30 until 4:30. Open to all young people S1+.

### **DATE FOR YOUR DIARY**

We will be having a disco at the community centre on **Friday the 3<sup>rd</sup> of March**. Tickets will go on sale soon keep an eye out for posters with more details!

Tickets will be sold in school for £3 – further information will follow.

For more information about what's going on please check out our website

[www.northberwickyouthproject.org.uk](http://www.northberwickyouthproject.org.uk) or email [beth@northberwickyouthproject.org.uk](mailto:beth@northberwickyouthproject.org.uk)



### **Art classes for 10 - 18 year olds in Aberlady**

Two art sessions are being held on 11 and 18 March 2023 from 3 - 5pm, Kirk Stables, Aberlady. Join two local artists for an afternoon of fun and creativity. There are limited numbers so please book: [online registration on Eventbrite >>](#)

### **Social Media - resources for parents and carers**

If you find an opportunity, can we ask that you have a conversation with your young people about healthy and acceptable social media use?

There is a really useful guide written by Connect, the National Parent Forum of Scotland, here:

[https://www.npfs.org.uk/wp-content/uploads/edd/2020/05/NPFS\\_online\\_safety\\_E.pdf](https://www.npfs.org.uk/wp-content/uploads/edd/2020/05/NPFS_online_safety_E.pdf)

And from Childline here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

Thank you

### **NBHS Breakfast Club**

Breakfast Club is up and running on Tuesday and Thursdays, 07:50-08:20, in the canteen, nearest the Assembly Hall.

All welcome!

Any questions, please contact Miss Parry in P.E. - [cparry@elcschool.org.uk](mailto:cparry@elcschool.org.uk)



### **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)

**Dearbhla Gallagher** Careers Adviser (she/her)

Email: [dearbhla.gallagher@sds.co.uk](mailto:dearbhla.gallagher@sds.co.uk)

**Mobile:** 07920 152537

### **Applying for College 2023**

Edinburgh College courses are live and you can view our preparation to apply resources [here](#) You can still fill in the Google Form if you missed the session and arrange to see us for help with applying. You should make an early application.

### **Employability talk**

We delivered a talk covering the help we can offer with finding employment and resources you can use to help with this on Monday 23 January 2023. You can view the talk and download the resources [here](#)

[University of Edinburgh Hospitality recruitment event here](#)

[Latest MA and vacancies here](#)

[Aegon Asset Management - Investments Trainee here](#)

Careers within the UK Government/Civil Service with Defence Nuclear Enterprise online event [here](#)

The Year in Industry (YINI) Scheme – Opportunities within Architecture – Edinburgh [here](#)

Horticulture Taster Day [here](#)

Leuchie House – offers a variety of employment and volunteering opportunities and you can out more [here](#)

BBC Young Reporter Competition [here](#)

Robert Gordon University - deadline extension [here](#)

Aberdeen Veterinary Medicine and Science Online Q&A [here](#)

Babcock International National Apprenticeship Week Event [here](#)

[Archerfield House vacancies here](#)

Torness vacancies [here](#)

Apprentice Electrician [here](#)

Ski and Snowboard Instructor Internship Opportunities [here](#)

Scottish Apprenticeship week information [here](#)

### **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.

### **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.

### **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**

Tuesday 28th February and Wednesday 1st March – school closed due to Industrial Action

Tuesday 23rd March – Study Skills - Family Learning Event for S4-S6 parents and carers

NBHS Parent Council meetings 7-8:30pm in school:

- Wednesday 8 March
- Thursday 25 May