



NBHS WEEKLY UPDATE
Friday 3rd March 2023

Message from HT

A friend used the phrase “it takes a village to raise a child” this week, in a passing comment, but it really resonated with me. The importance of NBHS as a central part of the community is not underestimated, but also the vital role parents and carers play in supporting the school. I want to thank parents and carers for working with us, reinforcing our expectations and values, and for being so proactive when we call with a concern or issue. It’s also great to have such strong and lasting partnerships with the North Berwick Youth Project, our Community Wardens and School Link Officer, amongst others. We are all part of the village and must continue to work together for the greater good of the whole school and community.

We are starting a new approach for monitoring late arrival to school – we are keen to ensure our pupils understand that timekeeping is a life skill. We are actively reminding young people that school begins at 8:30am with Tutor Time. From Monday 6th March, young people arriving after 8:40am will sign in with a member of the Senior Leadership Team at reception, rather than using the sign in sheet. You may notice an increase in late notifications following this change – please could we ask for your support by speaking with your young person about this, should you receive a notification.

We are also delighted to share with you that we have successfully been awarded the Silver LGBT Charter which recognises our work in this area. We join Knox Academy, Dunbar Grammar School and Ross High School in gaining this award.

A reminder that the next Parent Council meeting is on Wednesday 8th March, 7-8:30am in the HE flexible learning space at the back of the school, in the new block. The NBHS Parent Council email address is: parentcouncil.nbhs@gmail.com

Have a great weekend!
Mrs Moore

Study Skills - Family Learning Event – Thursday 23rd 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 23rd March 2023

Time: 6pm-7pm

Venue: North Berwick High School (main hall)

Study Skills Workshop

The Support for Learning department are running Study Skills workshops for senior students. This will be a block of three sessions. They will take place after school on a Thursday 3:30pm-4:15pm. They will be held in Miss Coupar's Geography classroom. The sessions will cover: Organising Yourself, Specific Revision Techniques, Getting Exam Ready. The first session will be on Thursday 9th March.

To book a place, please email Mrs Johnston from Support for Learning on: cjohnston@edubuzz.org

Please ignore this if you attended Study Skills last year.

S4 - Please contact Mrs Johnston if you have already been invited to a session but the session that you have been allocated is not suitable.

Email: cjohnston@edubuzz.org

Clare Johnston

Acting PT Pupil Support/Learning

Parent Council Consultation on School Trips

A group of parent council members are working with the school to think about future plans for school trips. Would you mind taking 2 minutes to complete this form? It would be great if you could submit your response by 12/03/2023.

To access the survey either:

- 1) Click this link: <https://forms.office.com/r/tfECcqaqVL> or
- 2) Scan the code below on a phone or tablets to access the survey.



A reminder also that the North Berwick High School Parent Council Facebook page is available to all parents and carers.

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 out more and apply online at www.eastlothian.gov.uk/ema

NBHS Dress Code – mythbuster

Contrary to rumour, staff at NBHS are keen to see young people dressed appropriately for school in our agreed dress code. This contributes to our positive school ethos. We ask for your support with this.

The November 2020 dress code can be found here:

<https://www.edubuzz.org/northberwickhigh/schoolinformation/school-dress-code/>

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/>

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 >>](#)

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



Careers

Mick Burns Careers Adviser

Email: mick.burns@sds.co.uk

Mobile: 07887 831454

Twitter: MickBurns2

Blog: www.edubuzz.org/careers

Dearbhla Gallagher Careers Adviser (she/her)

Email: 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 are delivered this 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](#)

Scottish Apprenticeship Week 6 - 10 March many live events including 9 March at 3.45pm – Apprenticeships – Your guide to opportunities. See link below for anyone interested in booking on. <https://bit.ly/apprenticeships-your-guide-to-opportunities-rewards-scotland>

Jerba Campervans vacancy [here](#)

Scottish Power Apprenticeship vacancies [here](#)

[Latest MA and vacancies here](#)

'International Women's Day' virtual event Nationwide [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](#)

NBHS netball round up

All 3 teams (S1,2 and 3) have been working hard at training and putting it out on court - they are showing fantastic connections and skill and have all won their 1st knock out games - which means they have all won their region in the plate and move forward in the competition.

12:1 Berwickshire S1

21:9 Balerno S2

28:5 Royal High S3

Huge congratulations to all the girls and we look forward to the next round. 🥳

Update

All three teams were successful in the next round

- S1 - NBHS 18- - 7 Broughton HS
- S2 - NBHS 21 – 15 Broughton HS
- S3 - NBHS 50 – 24 Woodfarm HS

The S3s now face Westhill Academy in the semi-finals, the S1s play Strathaven HS, and the S2s await their opponents.



Pupil Recognition

It's been a great week for Cerys Wright! In less than 7 days, she became U13 Girls' National Cross Country Champion and U14 Girls' Scottish Schools Athletics Association Cross Country Champion.

An incredible achievement! Well done, Cerys!



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

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

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