



NBHS WEEKLY UPDATE
Friday 21st April 2023

Message from HT

This week, I want to take the opportunity to wish our seniors the very best of luck with the upcoming exam diet. They have adopted a commendable attitude to their studies this year and I know they will do their very best. It is also important to remind ourselves that SQA results are just one aspect of attainment and what is written on that text/piece of paper in August does not fully capture any individual's character, skills and achievements. I'd also like to thank all staff for their hard work in supporting and encouraging the seniors to ensure work is completed and SQA deadlines are met – no mean feat.

Mrs Neri and I met our new School Link Police Officer, PC Shaun Cruden, this week. We are looking forward to PC Cruden becoming part of our NBHS community and thank him for visiting the canteen at break on Thursday to see the school in full swing.

It was also the S6 Leavers' Ceremony on Friday – always an emotional event on many levels. I want to commend our S6, almost all of whom have been respectful and kind throughout the week. In my speech to S6, I spoke of my fervent hope that their time at NBHS has provided them with all they need for a successful future and that they leave us with happy memories of their time here. Huge best wishes to each and every one of them for what lies ahead.

Have a great weekend!
Mrs Moore

Congratulations

Congratulations to Iona Syme (S5) who over the Easter weekend represented Scotland at the 4 Nation International Hockey Series in Nottingham.

Congratulations also to Roo Purves (S4). He was sailing last week at the RYA Youth National Championships held at Weymouth and he came first in the under 17's class and was 8th overall (under 21s).

Congratulations are also due to Fergus Kinnaird and Archie O'Brien who were selected from Borders regional FOSROC Academy to represent Edinburgh Rugby under 16's against Glasgow warriors in the 1872 under 16 cup.

Exams 2023

Please remember that all pupils who are on study leave cannot come into school unless it is for an exam.

Here is the recording of the assembly this week that went over behaviour during exams for senior pupils:

https://www.youtube.com/watch?v=rEOBRNS9_iU

In March the SQA launched Your Exams 2023 for learners sitting National Qualifications. It is available to view and download from their website. The publication includes helpful advice and important rules learners must read and understand before they sit their exams.

Hard copies have been given to learners.

[Visit the website](#)

PTA



PTA EASTER RAFFLE finishes soon - Buy your tickets NOW!

Thank you to everyone for their support so far. Please share the link with anyone who is keen to buy a ticket. There are lots of great prizes up for grabs from our pals in East Lothian, together they are worth hundreds of pounds...so let's see if we can **raise even more** and **increase funds to support the S6 Leavers event, create improved outdoor learning spaces, purchase a projector and lots more.**

Tickets are £5 each. To enter, visit the ticket form on [Jotform here](#) or via the [PTA website here](#).

Winners will be drawn Friday 28th April.

The NBHS PTA needs new committee members and a new Chair. We support school events and raise vital funds for the school and its students and can't do it without volunteers. To find out how you can get involved and make a difference please drop us an email at ptanhbs@gmail.com or come along to our next PTA meeting on **Tuesday 2nd May.**

East Lothian - Stand Up & Be Counted! Project

East Lothian School Library Service has secured funding from the 2022/23 School Library Improvement Fund through the Scottish Library and Information Council. The 'Stand Up & Be Counted' project aims to ensure that diversity, inclusion, and equality are recognised and represented in school libraries across East Lothian.

Funds will be used to purchase new diverse library collections for every primary and secondary school in East Lothian, as well as to run a number of workshops and events to celebrate diversity, empower pupils, and support inclusive school environments.

To inform the project further, we are conducting the below survey of secondary pupils to understand how they currently view their school library provision of diverse books, and to gain an understanding of what books they would like to see on the shelves which would help them to read diversely and inclusively.

Secondary Pupil Survey: <https://forms.gle/2e2tjx7ncHPBUvpv7>

The deadline for responses is **Friday 5th May 2023**.

NTL Thursdays - Drama Club

Broadcast from the world renowned *National Theatre* in London, North Berwick High Schools' Drama department will be screening live recorded theatre productions every Thursday during lunch.

These screenings will provide all pupils with the opportunity to access current, world-class theatre from the West End (normally costing upwards of £25pp to view at any cinema, for free!).

For any questions or queries regarding 'National Theatre Live Thursdays', please email communications@northberwickhigh.elcschool.org.uk to get in contact with the Drama department for further details.

North Berwick Youth Project

WHAT IS ON?

Tuesdays

- 3:30 to 5:30pm – Out'n>About Outdoor group
- 5 to 6pm – Online Cookery

Wednesdays

- 3:30 to 4:30pm – FREE yoga at NBHS in the mirrored gym
- 3:30 to 4:30pm – Out'n>About Outdoor group
- 4:30 to 5:30pm – Girls Group

Thursdays

- 3:30 to 4:30pm – ZAP
- 5.00 to 6.00pm – FREE boxing classes

Fridays

- 12:30 to 4pm – Drop in at Youth Project

For more information, please visit our website www.northberwickyouthproject.org.uk or get in touch with our Lead Youth Worker, Beth. beth@northberwickyouthproject.org.uk

Please note that groups will not be on during school activities week.

FREE OUT'N'ABOUT ACTIVITIES THIS MONTH:

- Saturday 29th April – Rock climbing
- Sunday 30th April - Orienteering in Whitekirk

To book a space, or find out more info, please get in touch with our Outdoor Youth Worker, Natalie. natalie@northberwickyouthproject.org.uk



Total Adventure

The dates and times for the Total Adventure online bookings going live are -

SUP Sessions goes live [01/04/23/@6.00pm](#)

Dinghy Sailing goes live 01/04/23 @6.00pm

Sailing Sessions goes live 01/05/2023 @6.00pm

Beginners Surf Sessions goes live 01/05/2023 @6.00pm

Improver/Intermediate Surf Sessions goes live 01/05/2023 @6.00pm

Wakeboarding Session 1 goes live 01/05/2023 @6.00pm

Wakeboarding Session 2 goes live 01/05/2023 @6.00pm

To book - <https://eastlothian.bookinglive.com/home/active-schools/active-schools-total-adventure/>

North Berwick Skatepark

NB Community Skatepark Project have now successfully raised funds to rebuild North Berwick's Skatepark and work is underway. They are hosting a fundraiser next month so that they can add lighting to the park extending the use of the facility in darker months. They also they plan to offer a 'library of kit' so that skateboards, scooters and helmets can be borrowed for free without parents having to first invest in new kit.

The following links are to their social media so people can follow the skatepark build process:

<https://www.facebook.com/NBCOMMUNITYSKATEPARK>

<https://instagram.com/nbcommunityskatepark?igshid=YmMyMTA2M2Y=>

Support MYPAS annual Bluebell Trail Run as Team North Berwick!

MYPAS are reaching out to schools in East Lothian and Midlothian connected with MYPAS, to let them know about their annual fundraising Bluebell Trail Run. Each year they hold the Bluebell Trail Run in the beautiful Dalkeith Country Park. This year our event is being held on Sunday 14th May 2023.

All schools across East Lothian and Midlothian can enter, with pupils entering free of charge. In the past, schools have put forward a dedicated team representing their school. In 2022, for example, Penicuik High School participated and they raised an amazing £1,559.73 in sponsorship!

MYPAS would be so grateful if any teachers or students (or both!) would like to participate in our fundraiser. The entry cost is free for students, with the option to run either the 5K or 10K event.

Taking part of a sponsored challenge is optional; however, every penny raised goes towards providing additional support for young people in your community.

For more information and to sign up, please head to our Bluebell website at

<http://www.bluebelltrail.co.uk/> . If you are interested in raising sponsorship, please email fran.armour@mypas.co.uk

Resilient Parent Course

Samantha Bedford, a parent at the school, is running a course for parents called The Resilient Parent.

The course is based on the work of international meditation teacher Rob Nairn and includes all the principles of the Mindfulness Based Stress Reduction Programme (MBSR) created by Jon Kabat-Zinn. The aim of the course is to help parents build a well-being toolkit that they can apply to their personal and professional life.

Key research findings on the benefits of Mindfulness are:

- It can help reduce stress, anxiety and rumination about the past.
- It can reduce emotional distress, increase positive states of mind and improve quality of life.

Please see the attached digital poster and this is the [link](#) for people to book.

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/>

Community Etiquette

All NBHS pupils are reminded of the importance of being respectful and safe when travelling on public buses. We encourage active travel and therefore, taking public buses for short distances when walking would be appropriate (for example, returning to school after lunch) is not recommended.

Pupils are also asked to enter local shops when purchasing items rather than a whole group accompanying one friend who is buying something. This is to ensure all members of the public are able to access shops at all times and to avoid unnecessary crowding.

Representing our school in the community positively is everyone's responsibility. Please think, manage your time and act responsibly.

Bus Turning Circle

Parents and carers are respectfully asked not to come into the bus turning circle at the beginning and end of the day to drop pupils/students off. Signage states this is for Authorised Vehicles Only.

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

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

Welcome back and I hope you all had a good break.

Latest updates on the careers [blog](#) include:

[Modern Apprenticeship and vacancies](#)

[Find the career for you in NHS Scotland](#)

[Archerfield House vacancies - Bar & Waiting Staff](#)

[Aldi recruitment - North Berwick](#)

[NHS Youth Volunteering opportunities](#)

For all 2023 leavers - Remember that we are still your Careers Advisers even after leaving so please feel free to contact us if we can be of any assistance in the future.

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

Monday 24th April – Friday 3rd June inclusive - SQA Exam Diet and Study Leave. All return for change of timetable on Monday 5th June.

May Holiday – Monday 1st May – school closed

S1-3 Activities Week – Tuesday 2nd- Friday 5th May

King's Coronation – Monday 8th May – school closed

Staff Inservice Day – Monday 22nd May – school closed to pupils

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

- Thursday 25 May