



NBHS WEEKLY UPDATE
Friday 1st September 2023

Message from HT

It's been a week of reflection for me and in particular, on what makes me stay in a profession currently under so much pressure and challenge – and the answer is simply that I got into teaching to make a difference to young people and help them to achieve their goals. Although I enjoy my leadership role, I do still miss teaching English (I don't miss the marking) and got to cover an S1 PSE class unexpectedly this week – I loved working more directly with the young people and took the opportunity to get some feedback from them on their time at NBHS so far.

I used some learning games with them to teach them about the skills they need to be successful at NBHS and got them to reflect on how these skills will help them in school – “I believe the game prepared us for work in high school by showing us that work will get progressively harder but to always try it anyway”, “taught me about perseverance”, “we had to use listening, resilience and respect as our skills to complete the game”, “every time we made a mistake we supported each other and tried again”. It was also wonderful to read their feedback on teachers who have already had an impact on them – “Miss _____ is lovely and kind”, “Mr _____ is funny but keeps us focused”, “Mr _____ and Miss _____ because I trust them”. It is a privilege to work with young people.

I've also been reflecting on how important it is for our young people to feel included at NBHS and how we continue to have work to do on this, both in our school and in our community. I love to recognise successes and thank the pupils for their help and try to do this as often as I can. One way that I can see this happening is our Saltire Awards initiative, where older students volunteer their time to support the community often supporting younger classes or individuals. Some of our pupils have already accrued more than 10 hours of volunteering which can be accredited! We also know that young people have different levels of need for support which manifests itself in many complex ways, and young people thrive on kindness, appropriate boundaries and encouragement, which we do our utmost to provide. Our pupils are the very heartbeat of our school.

A reminder that school is closed on Friday 15th and Monday 18th September for the holiday weekend.

Have a great weekend!
Mrs Moore

NBHS Ocean Youth Trust Scotland Voyage 2023

We completed our first North Berwick High School Voyage with Ocean Youth Trust Scotland last week thanks to some generous funding from North Berwick Rotary club. Mrs Cairns from Art and Design and Mrs Johnson from CDT along with 10 pupils and 4 OYTS crew sailed 161 miles on the vessel Alba Explorer around the stunning west coast of Scotland. We started in Greenock then over to Holy Loch marina, around Arran to Campbeltown then up the cowl peninsula to Tarbert, around the stunning Kyles of Bute to Ru and finally back to Greenock. During the 5 day voyage the young

people were responsible for and took part in all the sailing, cooking, cleaning and navigating tasks and they gave it their all!

As well as being an incredible experience, this group of resilient, hardworking teenagers worked towards and gained a SCQF level 5 Leadership in Practice, a RYA Start Yachting Certificate SCQF level 3 core skills and an OYT Scotland Voyage Completion Certificate.

These young people really do deserve so much praise, they were incredible. Their resilience, determination, kindness, hard work and camaraderie was a joy to be a part of. There was a lot of laughter, new skills were acquired, friendships made and future careers decided on! The OYTS crew were full of praise for them all. We were very proud teachers!

Thank you OYTS crew of 2023, you were fabulous!



Ilaria Ronchi
Martha Cavers
Jason Sparrow
Annabelle Nelson
Struan Ferrier
Daniel Sheild
Amy Crummey
Becky Hamilton
Dobhran Paxton
Sam Laurie

Applications for next year's voyage will be coming out soon, and will be open to current S3-S5. All details will be posted on Google Classroom Home Group pages.

Thank you
Mrs Cairns

NBHS PTA

**NBHS PTA WILL FOLD
WITHOUT HELP**



To **continue running the PTA we NEED** a new:

Treasurer,
Chair,
Prize Draw Organiser
and several new Committee Members

The PTA gives vital support to school activities and raises funds throughout the year for the benefit of the students. The school RELIES on this funding for a variety of projects.

Help us keep the PTA going, otherwise sadly it will have to **FOLD** and the school will lose the support.

Join us for our next meeting on Tuesday 19th September 7pm at School

Get in touch if you can join the next meeting via email: ptanbhs@gmail.com

Message from NBHS Parent Council

The Parent Council wishes to engage with the parent forum on the subject of the live planning application for the NBHS playing fields expansion. Please see the NBHS Parent Council Facebook page 'North Berwick High School Parent Council' and use direct email of parentcouncil.nbhs@gmail.com to contact the PC.

NBHS Parent Council meetings 23-24

NBHS Parent Council meetings take place in school in the HE breakout space in the extension block at 7-9pm. All welcome.

Several long-standing members no longer have students at the school and we are looking for new members. Interested people can contact the Parent Council via the North Berwick High School Parent Council Facebook page or via email on: parentcouncil.nbhs@gmail.com

The Parent Place tab on the NBHS school website sets out what the Parent Council is, how to get involved, copies of minutes and governance documents. You can find that here:

<https://www.edubuzz.org/northberwickhigh/parents/your-parent-council/parent-council-minutes/>

Dates for your diary are as follows:

Wed 13 September – PC meeting 7-8pm; AGM 8-9pm

Draft Agenda (7-8pm – HE Breakout Space, Extension Block)

1. Welcome & apologies
2. Approval of minutes
3. Matters Arising
4. Conflict of Interest
5. Head Teacher Report
6. Overview of recent events :-

*Sports Council Meeting Wed 23rd Aug

*Area Partnership Meeting Tues 29th Aug

*NB Community Council Tues 5th Sep

*P7/S1 Open Afternoon Fri 8th Sep

*Playing Fields - Live Planning Application deadline 22nd September

7. Local Place Plan (due 17th September)

8. AOB

Draft AGM Agenda (8-9pm – Main Hall)

1. Welcome from Chair

2. Formal approval of last years AGM Minutes

3. Election of Chair and Members

4. Chair's Report

5. Head Teacher report including exam results, reflection and looking forwards

6. Dates of future meetings.

7. AOB

Thurs 12 October

Wed 22 November

Tues 16 January

Thurs 14 March

Wed 22 May

ASD/ADHD Support Group for parents and carers

We are a support group for parents/carers of a child or young person with Autism or ADHD/ADD (whether already diagnosed or on the pathway to diagnosis).

We meet in the North Berwick Community Centre about once a month, and all are welcome to attend (including small children).

Our next meeting is Friday 22nd September, 09:30-11:30.

Please see attachment.

Healthy Respect Drop-In – Wednesdays 1-2pm

A reminder that our NHS Healthy Respect Drop-In takes place every Wednesday from 1-2pm in the Conference Room. Advice and support available from our school nursing service for all aspects of health, including sexual health and vaping cessation support.

Fidra Lions Hockey open afternoon

Fidra Lions Hockey Club are holding an open afternoon on Saturday 9th September.

It is an event for everyone from beginners to experienced players.

Supporting young people: The teen brain... what's going on?

Host: Lisa Thomson

We know that, other than during the first three years of life, the brain goes through the biggest change in its development during adolescence. This is a critical time in teens' lives and we have a crucial role to play in helping to guide and develop them to grow into happy and successful adults.

The session covers the main changes in the brain during the teenage years relating to:

- Hormones
- Risky behaviour
- The social brain
- Sleep
- The role of parents/carers and other adults

Tuesday 11 September, 6:00 - 7:30pm

Wednesday 27 September, 6:00 - 7:30pm

[Supporting young people: The teen brain... what's going on? on 11.09.2023 06:00 PM - Digital Samba](#)

[Supporting young people: The teen brain... what's going on? on 27.09.2023 06:00 PM - Digital Samba](#)

NBHS Careers Evening 2023

Only a few weeks to go until the NBHS Careers Event 2023 - **Wednesday 27th September at 6:30!**

Our annual, and very popular, NBHS Career Evening returns for 2023! This is a whole school event where we welcome all year groups (S1-S6) to attend.

After the incredible turnout last year of 750 people we are widening our offer of exhibitors across a variety of industries and pathways. Exhibitors will be able to provide advice for applications, ideas, opportunities and much more!

The following list of organisations have already signed up to attend:

Investment 2020
Allied Health Professionals
Army
Bannantynes
Can Do
Charles River Laboratories
Clyde Marine Training
Dalkia (EDF Group - was SPIE)
DYW Foundation Apprenticeship
East Lothian Health & Social Care Partnership
Edinburgh and Lothians Out of School Care Network
Edinburgh College
EL Works
ELCAP
Enjoy Leisure
Eyemouth Marine
Fidra (Environmental Charity)
Garden Stirling & Burnet Solicitors
Glam Candy

Glasgow Caledonian University
Heriot-Watt University
IBM
Intergen
JM Architects
Leonardo
Leuchie House
Limelight Careers
MacTaggart Scott
Marine Hotel
MCR Pathways
Napier University
NatWest (RBS)
Paris Steele
Queen Margaret University
RICS
Royal Air Force
Royal Navy Submarine Attract Team
Scottish Fire & Rescue
Scottish Gov
Scottish Water
SDS/My World of Work
SRUC
Strutter Aviation
University of Edinburgh
University of Stirling
University of Strathclyde
You can be a Doctor

We look forward to adding more names in the coming weeks!!!
If you would like to add your organisation to our exhibition, please email the school on communications@northberwickhigh.elcschool.org.uk

North Berwick Youth Project

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

Wednesdays 3:30 to 5:30pm – NEW Boys Group for P7/S1's
 3:30-5:30pm – Girls Group

Thursdays 3:30 to 4:30pm – ZAP
 4:45 - 5:30pm - COMING SOON teen fitness class

Fridays 12:30pm – Drop in at Youth Project



For more information, please check out our social media or website:
www.northberwickyouthproject.org.uk or email our Lead Youth Worker Beth:
beth@northberwickyouthproject.org.uk

NBHS Rugby

North Berwick High School of Rugby teams returned to Schools Conference action at the weekend. After promotion last season, the teams now play in National 2 Caledonia/East in the second tier of National Schools rugby.

Results from Saturday

U13 NBHS 28 - 17 Bell Baxter HS

U14 NBHS 49 - 0 Bell Baxter HS

U15 NBHS 50 - 0 Bell Baxter HS

U16 Bell Baxter 0 - 40 NBHS

U18 Bell Baxter 21 - 7 NBHS

In Girls Rugby, s1 Lily Muir made her debut for East Lothian Girls u14s and was presented with her NBHS School of Rugby tie.



The Girls School of Rugby has launched a Thursday lunch club, see Miss Cutt for more details.

Forthcoming fixtures

9th September

Friendlies

NBHS u13 vs Preston Lodge HS

Melrose/Earlston HS vs NBHS u14

East Region Schools league

NBHS u18 blues vs Dalkeith

13th September

National Schools Cup Round 1

NBHS u18 vs Robert Gordon's College

23rd September

National 2 Caledonia/East Schools Conference

NBHS vs St Leonard's School (St Andrews)

2023 Alfred Dunhill Schools' Challenge

The Alfred Dunhill Schools Challenge open to Secondary pupils with handicaps.

Location: Fairmont, St Andrews

Competition: Torrance Course

Date: Sunday, 1 October 2023

Tee Times: From 08:00

Format: The main competition will be decided by one 18-hole medal round, with the player returning the lowest net score in each category being declared the winner. Competitors will play off their full handicap in four separate divisions: Junior Boy and Girl (S1-S3) Senior Boy and Girl (S4-S6)

In addition, there will be an overall Scratch Prize for the lowest gross score across all four division

If you have any questions, please feel free to contact rachel.smith@img.com

All pupils competing in the event will be eligible for 3 complimentary tickets for the final day. Please email Rachel.Smith@img.com to register your interest for these tickets.

Please find full details and entry form attached.

School Leavers – Edubuzz Accounts

IT have advised that accounts will remain active until October. Please ensure between now and then you:

- Download and save any work you wish to keep from your drive.
- Forward any emails you wish to keep to a personal email address.
- Update the email address associated with accounts where currently it is your edubuzz one. For example college, SAAS, UCAS, Scratch etc. Or maybe you have the email linked to verification when signing in to a personal email or device/app. Or maybe you've set it as the email for a password reset.

You have until 30 September 2023.

Communications – a plea

If you are emailing school, please can you include your young person's class in the email subject line in order that we can ensure it reaches the correct House team. Thank you.

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

Wednesday 13th September – Parent Council meeting 7-8pm; Parent Council AGM 8-9pm

Friday 15th and Monday 18th September - school closed for September Holiday

Wednesday 27th September – Careers Fair – all welcome