



**NBHS WEEKLY UPDATE**  
**Thursday 14<sup>th</sup> September 2023**

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**Message from HT**

Thank you so much to all parents, carers and young people who came along to the P7/S1 Open Afternoon last Friday. It was a lovely event and great to speak to such interested and engaged families and future/present NBHS pupils. A shout out to all staff for their contributions and to the S6 who continue to deliver an excellent service to the school – their tours were much commended!

We welcomed a group of Danish students and teachers to NBHS this week on a learning visit. Huge thanks to Ms Breslin, Mr Jones and the Modern Languages faculty for accommodating this visit and to our NBHS S3 tour guides who did a fantastic job. We are proud of our school and it was a great opportunity to show it off.

A really positive Parent Council meeting and AGM this week. Many thanks to all who attended. All welcome at the next meeting on 12<sup>th</sup> October.

Also, please do consider coming to the NBHS Careers Fair on Wednesday 27<sup>th</sup> September – starts at 6:30pm but you can drop-in any time. We are encouraging S1-S3 to come for the first hour and Seniors thereafter but the event is very flexible. It was really well attended last year and positively evaluated and will be even bigger and better this year so do come along if you can.

I'm thrilled to announce that our school librarian, Ms Nicole Wilson, has been selected as one of the judges for this year's Yoto Carnegie Medal, a prestigious literary medal for writing, awarded by children's librarians for an outstanding book written for children and young people. You can read more about Ms Wilson here: [https://yotocarnegies.co.uk/about-the-awards/meet-the-judges/#post\\_249](https://yotocarnegies.co.uk/about-the-awards/meet-the-judges/#post_249)

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

Have a great weekend!  
Mrs Moore

**Chief Invigilator Vacancy**

Following the retirement of our chief and deputy chief invigilators at the end of the 2023 exam diet, we now have vacancies for both these positions. These important positions are paid SQA roles, and the SQA provides full training.

The SQA stipulates that the right people for these roles should:

- have internet access, basic IT skills and a personal email address
- have excellent organisational skills
- be suitable to work within an education environment

- be physically able to undertake the duties of the role
- not be an employee of the centre or associated with the centre
- live within easy reach of the centre and in rural areas this should be no more than 5 miles from the centre [but this can be extended with the agreement of the SQA]

More details here:

[Chief Invigilator](#)

[Deputy Chief Invigilator](#)

If you would be interested in filling these vital roles for North Berwick High School, please email or phone me, Robert Jones, SQA coordinator, at 01620 894661 (Monday to Wednesday) [rjones@northberwickhigh.elcschool.org.uk](mailto:rjones@northberwickhigh.elcschool.org.uk) by Friday 22 September. There is no need to provide a CV or complete an application form at this stage.

Thank you

Mr Jones (DHT)

### **NBHS PTA**



**Join us for our next meeting on Tuesday 19th September 7pm at School  
WE URGENTLY NEED A NEW TREASURER TO KEEP THE PTA RUNNING**

The money raised by the PTA has helped many projects at school and the PTA team also provides support at events. We would love for parents and carers from all year groups to join us. As we also have openings for a new Chair and Prize Draw Organiser.

Get in touch if you can join the next meeting or want to find out more about what's involved.

If we can't fill the Treasurer role - sadly this may be our last meeting.

Our email: [ptanbhs@gmail.com](mailto:ptanbhs@gmail.com)

Website: [www.nbhs-pta.org.uk](http://www.nbhs-pta.org.uk)

### **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.

### **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](mailto: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:

Thurs 12 October  
Wed 22 November  
Tues 16 January  
Thurs 14 March  
Wed 22 May

### **Lunchtime typing club for S1-S3**

This new club will take place in CDT6 after the September weekend.

The first one will be on:

**Monday 25th September 1.20 p.m. CDT6**

Come along to learn to touch type or just typing faster!

Mrs Irvine (Support for Learning)



### **Dates for your Diary**

Friday 15<sup>th</sup> and Monday 18<sup>th</sup> September - school closed for September Holiday

Wednesday 27<sup>th</sup> September – Careers Fair – all welcome

### **Dunbar Festival 2023**

This music festival is taking place on Saturday 23<sup>rd</sup> September from 11am-3pm in the Dunbar Parish hall.

Local North Berwick band, Queen Spirit, featuring our very own Daniel Lovell, Finlay Mackenzie, Noah Henderson and Duncan Mackinnon, will be on stage at 11:35am kicking things off in style. This a free event so do go along to give the band some support.

### **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](mailto:communications@northberwickhigh.elcschool.org.uk)

### **Skills Development Scotland**

**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

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

#### **Vacancies include:**

Weekly updates on Modern Apprenticeships and vacancies

Law virtual event - Wednesday 20th September 2023

Personal assistant vacancy North Berwick

Baillie Gifford vacancy - Trainee Workflow Analyst

LNER - Edinburgh vacancy

Also

Volunteer NHS – opportunities to gain work related experience to support work, college, and university applications.

**Our major careers related event happens this month – The NBHS Careers Convention will be held on Wednesday 27 September at the school between 6:30pm and 8:30pm More information will be circulated by the school.**

### **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

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

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

## **MYPAS**

We are excited to introduce our SMART Family and Friends meetings.

Starting on Thursday 28<sup>th</sup> September at 10.15am-11.15am or 6.15pm-7.15pm.

SMART F&F meetings support Family and Friends of young people living in East Lothian and Midlothian who use substances, to establish healthier relationships. The programme supports those affected by a young person's substance use to concentrate on themselves and learn new ways of dealing with the challenges, thoughts, and emotions that they experience. The meetings focus on positive communication, disabling and enabling, and trust and self-care. More information about SMART F&F can be found at [https://smartrecovery.org.uk/smart\\_family\\_friends/](https://smartrecovery.org.uk/smart_family_friends/)

To register interest contact Dawn Casey on 07745043959 or email [dawn.casey@mypas.co.uk](mailto:dawn.casey@mypas.co.uk)



Our weekly SMART Recovery programme supports friends and family affected by a young person's substance use enabling participants to concentrate on themselves and learn new ways of dealing with the challenges, thoughts, and emotions that they experience.

Where: Tolbooth Hall, 176 High Street, Dalkeith, EH22 1AY  
When: Thursdays 10.15am- 11.15am or Thursdays 6:15pm – 7:15pm

To register interest or for more information, please contact Dawn at [dawn.casey@mypas.co.uk](mailto:dawn.casey@mypas.co.uk) or on 07745043959

## **NBHS Rugby**

### **NBHS Rugby Roundup**

Saturday 9<sup>th</sup> September

It was another good week for the school teams on a very hot weekend with only three games. All coming away with a win in tough conditions!

U14's away at the Home of Rugby 7's was an amazing experience for the team and the occasion didn't hamper their performance.

NBHS U18 Blues 19 vs 18 Dalkeith

NBHS U14 48 vs 14 Melrose

NBHS U13 54 vs 14 Preston Lodge

North Berwick Rugby Club hosted a brilliant minis tournament on Sunday 10<sup>th</sup> September for our future High School players with 11 clubs visiting from P3 – P7's. With well over 800 players at Recreation Park it was an amazing day. Well done to the minis coaches and parents for making this happen!

#### Future Fixtures

This weekend – Saturday 16<sup>th</sup> September

Home

U18 Blues vs Clifton Hall

Recreation Park kick off at 10:30 – it will be great to have all the other age groups and pupils there to support the team!

Next Weekend – Saturday 23<sup>rd</sup> September

NBHS vs St Leonard's (St Andrews, Fife)

Home

U16 and U18's at Recreation Park, kick off at 10:30

Away

U13, U14 & U15's at Madras Rugby Club, kick off 10:30

Saturday 30<sup>th</sup> September

NBHS vs Glen almond College

Saturday 7<sup>th</sup> October

NBHS vs George Heriot's School

## **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)