



NBHS WEEKLY UPDATE
Friday 22nd September 2023

Message from HT

Staff who attended the North Berwick Youth Project AGM this week were in awe of all our youth work partners have achieved and the fantastic resource the NBYP give us right here in our community. I'd like to extend my personal thanks to Lauren Cowie and her team for the support they give us here at NBHS – thank you so much for all you do.

Pupils have had an additional online assembly this week where the importance of respecting the personal space of others has been discussed. All have been reminded that our school and community functions well when respecting others is at heart. Although corridors and canteen queues can be busy places, the clear expectation is that pupils move quickly but calmly around the building, being mindful of others. Our School Link Police Officer, PC Shaun Cruden, will also be in school next week delivering year group assemblies to support our work on community kindness and respect, including our ambition to achieve our silver Rights Respecting Schools Award this session.

I also met with our School Quad Group HTs this week – we are partnered with Knox Academy, Rosehill High School and Ross High School. We carried out a self-evaluation exercise, sharing our School Improvement Plans and Standards and Quality Reports with one another. It is clear that despite our differing contexts, we share the same aspirations for our communities. You can find the NBHS School Improvement Plan and S+Q report on our school website.

It's all go here getting ready for the Careers Fair on Wednesday – do come along if you can as it was a brilliant event last year and we have even more contributors this time round. We are encouraging S1-S3 families and learners to come along in the first hour and seniors in the second but all welcome at any time.

Have a great weekend!
Mrs Moore

Family Learning Event – Study Skills Information Evening – Thursday 5th October 6-7pm

We are delighted to offer the first of our Family Learning sessions on **Thursday 5th October 6-7pm in the main hall**. This is an event for S4-S6 parents/carers and is a repeat of a successful event from last year – in particular, we welcome S4 parents/carers whose young people may be going through formal qualifications for the first time.

Come along to find out how best to support your young person to study effectively and pick up tips!

Mrs Hume and Mrs Johnston
Acting Faculty Leader - Support for Learning Department

Parent/carer response to absence notification – please help us!

We are working hard to ensure pupil attendance information is accurately recorded. On occasion, you may receive a text from school to notify you that your young person is absent or not in class – this happens when there is an unexplained absence with a reason “to be confirmed”. We would really appreciate it if you could please reply to the message so that we can code the absence correctly. The default will be “unauthorised absence”, coded as U on your young person’s attendance record, unless a reason is provided and we are working to reduce this as much as possible.

You can reply to the text or use the attendance@northberwickhigh.elcschool.org.uk mailbox or make a quick call to reception to do this.

Thank you for your support with this.
NBHS Senior Leadership Team

Iain MacFadyen Memorial Gala

Huge Congratulations to our S2 Lilly McAdam who competed in the Iain MacFadyen Memorial Gala Swimming competition on Sunday 17th September.

She was awarded Silver medals for front crawl and medley and awarded Bronze for butterfly backstroke and breaststroke. Well done Lilly!

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)



Youth Bands Showcase at Dunbar Music Festival

ELJam (East Lothian Youth Music Forum) and Dunbar Music Festival are thrilled to announce our very first Youth Bands Showcase, happening this Saturday (23rd) 11am-3pm.

Come along to Dunbar Parish Church Hall to hear a selection of our finest young talent, some of whom have already performed at Haddstock, Fringe by the Sea and Hops in the Garden this summer.

Featured bands are:

11:00-11:25 Cardiac Arrest (Dunbar Grammar)

11:35-12:00 Queen Spirit (North Berwick HS)

12:10-12:35 The Watts (Dunbar Grammar)

12:45-13:10 Gaslight (Knox Academy)

13:20-13:45 Kings of Lugton (Prestonlodge HS)

13:55-14:20 Room 27 (Dunbar Grammar School)

Entry is free, as this event is fully funded by East Lothian Council Arts Service.

2023/24 PAiS Performance Athletes in Sport (Golf) and Winter Development Squads @ Loretto Academy

For a number of years we have delivered in partnership with Loretto Academy a Winter golf programme in their indoor golf academy.

Loretto is a fantastic facility to have locally and I'm keen to help as many players access it as possible during the winter months.

The Performance Squad in this programme will form part of the Council's PAiS programme (Performance Athletes in Schools).

The other 3 squads are pre PAiS Development Squads and not officially recognised as PAiS.

If your child meets the criteria for any of the squads below and would like to register their interest in attending please email kgreen@eastlothian.gov.uk confirming:

Child's name

Current exact handicap

Home Club

School

Date of Birth

Closing date for indications of interest: **Friday 6th October 2023**

Places are limited and will be allocated based on handicaps and age with priority being given to secondary aged pupils and then those in P7.

If you have any questions please let me know and I'd be very happy to help.

PAiS Golf Criteria:

- Attend an East Lothian based high school i.e. Musselburgh Grammar, Ross High, Preston Lodge High School, Knox Academy, North Berwick HS or Dunbar Grammar
- Applications will also be considered for pupils that live in East Lothian but attend school out with East Lothian
- Applications will also be considered for pupils that are at primary school but have a handicap priority will be given to secondary aged pupils
- Applications will also be considered from girls in P7+ that are working on gaining a handicap
- PAiS Performance Squad = Handicap range 0 - 11
- Pre PAiS Development Squad 1 = Handicap range 12 – 19
- PAiS Development Squad 2 and 3 = Handicap range 20+

These handicap ranges are a rough guide as it will depend on the numbers and handicaps of those that register to attend.

2023/24 PAiS Golf Coaching Dates/Times

PAiS Performance Squad = Handicap range 0 - 11

Day: Mondays

Time: 1900 – 2000

Block 1 Dates: Mon 30th Oct to Mon 4th Dec inclusive = 6 weeks

Block 1 Price: £35

Block 2 Dates: Mon 15th Jan to Mon 26th Feb inclusive = 6 weeks
No coaching: Monday 12th Feb 2024
Block 2 price: £35

Pre PAiS Development Squad 1 = Handicap range 12 – 19
Day: Mondays
Time: 1800 – 1900

Block 1 Dates: Mon 30th Oct to Mon 4th Dec inclusive = 6 weeks
Block 1 Price: £35

Block 2 Dates: Mon 15th Jan to Mon 26th Feb inclusive = 6 weeks
No coaching: Mon 12th Feb 2024
Block 2 Price: £35

Pre PAiS Development Squad 2 and 3 = Handicap range 20+
Day: Wednesdays
Time: 1800 – 1900 or 1900 – 2000

Block 1 Dates: Wed 1st Nov to Wed 6th Dec inclusive = 6 weeks
Block 1 Price: £35

Block 2 Dates: Wed 18th Jan to Wed 28th Feb inclusive = 6 weeks
No coaching: Wed 14th Feb 2024
Block 2 Price: £35

Payment: Each block would be payable separately a week prior to the start date of each however players would need to sign up to attend both blocks to ensure we have the numbers to cover costs etc.

Discounts: May be available to [Access to Leisure Pass holders](#) and those qualifying for free school meals. Contact Kate Green to discuss or your Active Schools Coordinator in confidence.

Block 2 is currently TBC as we need to confirm staffing but please book in for both and I will confirm in due course.

Loretto will have PGA Pros leading the sessions who will work players individually on rotation covering:

- 1) Goal setting & data collection
- 2) Trackman Combine
- 3) SAM Putting
- 4) Short game skills challenge
- 5) V1 swing development
- 6) Pre shot routine building
- 7) Constraints practice routines, preparing for performance.

We recognise that players at your child's level potentially all have their individual coaches with coaching plans in place.

The intention of these sessions is to compliment their existing coaching plans by giving them the opportunity to utilise indoor practice facilities during the winter months.

As spaces are limited we are looking for as close to 100% attendance as possible.

Kate Green | Golf Development Officer

S1 AND S6 GROUP AND INDIVIDUAL PHOTOGRAPHS

On the morning of Friday 6 October, Tempest Photography will be in school to take group and individual photographs of all S1 and S6 pupils. Further details will be issued next week.

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:

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

NBHS Careers Evening 2023

Only a week 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

Skills Development Scotland

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

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

Vacancies include:

Weekly updates on Modern Apprenticeships and vacancies

Rewards Training Apprenticeship Vacancies

BAE Systems-Virtual Work Experience

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.

S1 Careers Talk 2023

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

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 28th 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/

To register interest contact Dawn Casey on 07745043959 or email 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 or on 07745043959

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 27th September – Careers Fair 6:30-8:30pm – all welcome

Thursday 5th October – Family Learning Event: Study Skills for S4-S6 parents/carers 6-7pm

Thursday 12th October – Parent Council meeting 7-9pm in the HE Breakout Space

Monday 16th- Friday 20th October – holiday – school closed

Wednesday 25th October – S2 Parents' Evening – this is in-person and in school; further information will follow