## EARLSTON HIGH SCHOOL NEWS 10th May 2019



## National Sport Selections – Hockey and Rugby

Congratulations to Livvy (S4) who recently won her 4th and 5th caps for Scotland. Livvy was selected to play as part of the Scottish Under 16 Squad who competed against England in Glasgow. The squad grew in confidence and were delighted with their performances over both days. Livvy played a huge role both on and off the pitch, and was picked as captain! She displayed role model attributes throughout the weekend including our very own school values. Congratulations Livvy and we wish you the best of luck in the upcoming series against Ulster and Ireland later on in the year.

A huge well done to Keiran and Christian (both S5) who both represented Scotland U17 vs England U17 recently. It was fantastic to see two hard workers being merited with selection at this level and it is very well deserved for both of them.

Kerian also recently turned out for the Melrose RFC senior team for the first time at Earlston 7s on Sunday 5<sup>th</sup> May. Although Melrose were narrowly beaten in the final by Watsonians, Keiran was named as player of the tournament! A brilliant achievement!

Two of our other senior ruby players have been selected for a player development camp in Valladolid, Spain in the summer holidays. Sam and Ben will attend the camp with 24 other players from around Scotland. The aims of the camp are to provide additional tactical, technical and physical development opportunities within a "High Performance Rugby Environment". The players will be educated through a series of workshops on areas such as nutrition, analysis and strength and conditioning as well as practical sessions.



## S1 Fishing

A group of S1s recently went to Tweedstart at Sunlaws in Kelso. They had a chance to do some invertebrate sampling, fly tying and fly fishing. It was a great day and a few fish were caught too! Thank you to Kenny Gault of the Tweed Foundation and Eoin Fairgrieve of Tweedstart for this amazing opportunity. Thanks also to Mr Foggin for arranging the excursion.







## Leadership for Life Programme

Our Leadership for Life Programme continued this week with visits to Ikea for a flat pack furniture building challenge and some survival cookery. Our students also worked with Primary 5 pupils from Earlston Primary on their reading skills. Students have been learning vital life skills such as cooking, budgeting and negotiation. All of these experiences are contributing toward a Dynamic Youth Award. We can confirm that the tacos and pineapple upside down cakes from survival cookery were extremely yummy indeed!