



EARLSTON HIGH NEWS

RESPECT - RESPONSIBILITY - HONESTY - COMMITMENT - EXCELLENCE

November 2018



Head Teacher's Comment

Dear Parent/Carer,

Welcome to our new look newsletter. In this edition you can see that our young people have been extremely busy putting our schools values into action. I hope you enjoy reading about the wonderful richness of opportunities offered here at Earlston High School.

Earlston High School Remembers

Every year pupils and staff at EHS join with the rest of our community to remember those who have fallen in conflicts around the world. This year has had particular significance as we commemorate 100 years since the end of WWI.

Our Head Boy Ninian Grant and Depute Head Boy Callum Weston attended Earlston Parish Church's remembrance service and laid the school wreath at the war memorial in Earlston. Other EHS students played prominent roles at their local remembrance services; Lewis Scott (S5) and Tom Borg (S4) laid a wreath at Galashiels war memorial, representing the Air Cadets, and other students were involved with local pipe and brass bands.

Our remembrance assemblies took place on Monday 12th November. Senior captains and students helped organise these with the help of Mrs Maciver. Stories and backgrounds of some of our local men who did not return home from WWI were read aloud and seats were reserved in the hall for all our soldiers who lost their lives. The Reverent Julie Rennick led the 2 minute silence which was respectfully observed by all.

Earlier on in the session, Rhiannon Fagan (S6) and Lauren Renton (S5) delivered an assembly to our senior students about their visit to Auschwitz with the Holocaust Educational Trust. During a very moving presentation, Rhiannon and Lauren explained the devastating impact of the Holocaust and shared their own reflections from the visit.

"At the going down of the sun and in the morning, we will remember them"



S1 Media Careers Morning

Earlston High School's S1 pupils had a media careers day on Tuesday 6th November 2018. Thirteen different people/companies came along to talk about media careers and tell pupils more about the jobs that they are in. This covered different media areas and were all very interesting. This included journalists, photographers, film makers and radio broadcasters. Mr Ferguson and Skills Development Scotland ran the first session and talked generally about media jobs and jobs that will be out there in the future. After that the classes split up for smaller talks.



The day included tasks from each speaker whilst pupils were in their classes. Some pupils did a press conference, some worked with film and radio and some made posters at a photography group.

A pupil from 1Y said 'The Journalist was great because she was so interesting' and another pupil from 1B said 'My favourite part was the Radio Borders session because it was interactive and interesting'.

The event was set up, not only to make us think about what we want to do when we leave school, but also to make us aware of jobs that we may not have heard of before. The morning was very

informative and interesting. Also, it was good to have a change of routine. S1 hope to have other mornings a bit like this to discover even more job opportunities out there. I think it was a day enjoyed by all S1 and it definitely would be worth doing again. A big thank you to all our visitors and partners who made this event possible.

Hannah McDonell and Emily McDougall (S1)

Business Leaders Go Back to School

Business leaders from across the Scottish Borders are heading back to school over the coming weeks as part of the Business into Education initiative, organised by DYW Borders.

The programme offers representatives from various businesses, the opportunity to take part in a range of activities. The schedule includes tours of the school with S3 Ambassadors, participation in timetabling discussions to identify work experience partnership opportunities, and business studies class visits.

Sally Paterson from SPPA, spoke about her experience at EHS "As employers, we rarely get the opportunity to meet young people in a school environment. Not only did I thoroughly enjoy my back to school day but, as an employer, I can see the benefit in working in tandem with our schools, and other businesses, to increase our youth employment".

During their time at school, business leaders learn about the issues faced by pupils as they make the transition into the world of work. It is hoped the employers take this learning back to the workplace and use it to inform recruitment and retention plans for the future workforce.

Mr Sinclair said: "It was wonderful to welcome our visitors from SPPA recently. Schools and businesses working in partnership is important to ensure we help meet the needs of young people".



Who Are Our New Teachers at EHS?

Miss Kwasek—Pupil Support Interesting fact: I lived in USA for 7 years.



**Mr Bender—
Maths**

Interesting fact: I was born in Norfolk, Virginia (USA)

Mrs Monks—Pupil Support Interesting fact: I was a season ticket holder at Charlton Athletic but now that I have moved to the Borders, I go to watch Newcastle United.



Mrs Wright—Business Studies Interesting fact: My dream job would be to travel the world as personal shopper, spending other people's money!

Mr Glen—Physics

Interesting fact: I have 2 guinea pigs called Thelma and Louise!



**Miss Johnston—
Modern Studies**

Interesting Fact: I spent my summer travelling USA and took a helicopter ride over the Grand Canyon



Mr Mitchell— English

Interesting Fact: I have a cat called Rupert



**Dr Morton—
Physics**

Interesting Fact: I taught English and broke my foot in Peru



Miss Durston— Geography

Interesting Fact: I have backpacked around South-East Asia



National 5 RMPS Edinburgh Mosque Visit.

On Wednesday 31st October the National 5 RMPS class travelled to the Edinburgh Mosque to get further insight into the Islamic religion. Before entering the mosque we removed our shoes as a sign of respect. We then witnessed the Dhuhr prayers which are the afternoon prayers.



After this, our guide showed us the classroom where children learn how to read Arabic so they can understand the Qur'an in the language it was originally written. Around the classroom there were many informative posters about Islam. We were given the opportunity to look around the room and read the posters. Our guide was very helpful and answered all the questions we had about Islam. Afterwards, we went to the Mosque kitchen. Overall, it was a really informative day. It gave us the opportunity to learn a lot about Islam and gave us a lot of insight into how Muslims pray. Emma Ramsay and Hannah Page (S4)

Advanced Higher Geography Field Trip

The Advanced Higher Geography class recently spent the day at Bowhill Estate learning about physical geography fieldwork techniques. The course was run by Jen and Sean from Geobus which is part of St Andrew's university and we worked with pupils from other high schools in the Borders including Hawick, Selkirk, Peebles and Gala. In the morning, we dug



soil pits which allowed us to see changes in the colour and texture of the soil as well as the root network. We also learned how to measure the PH, amount of vegetation and rate of water infiltration through the soil. After lunch we headed down to the river where we looked at ways to measure different aspects of the river including speed, depth and roundness of the river's load. Many thanks to Geobus and Bowhill Estates.



'Raising Teens With Confidence' Course

Well done and thank you to our parents and carers who attended our most recent Raising Teens with Confidence course. Over the 6 sessions the participants covered topics including communicating with your teenager, how to manage risk-taking behaviour, the teenage brain and looking after your own wellbeing. To quote one parent on why the course was helpful, "You get all this information and help when your children are born, but nothing when they become teenagers!" The course has now run twice with 45 parents and carers attending in total.

Raising Teens with Confidence will run again in May/June 2019 - look out for your invitation Groupcall nearer the time. Many thanks to our training team; Mr Kidd, Miss Reilly, Mrs Renwick and Mr Watson.

Pupil Support—Social Studies



During our Social Studies topic of Vikings this term, as well as learning about their lifestyle and why they came to Britain, pupils took part in the building of a large Viking Longship. They discovered that after they died, Viking chiefs were sometimes sent to sea on a burning boat which was seen as a reward for their bravery. Another reason that boats were burned was because then the Vikings had no way home and so were then more committed to the battle ahead - they had to win! Pupils were understandably very keen to replicate these traditions and so they were fully involved in the risk assessment process to enable us to safely burn the boat. Grateful thanks to Mr Hayes and Ricky the janitor for their support in enabling an exciting end to our topic.



S1 Health and Wellbeing: CPR Training

On Wednesday 31st October S1 pupils took part in a CPR course from Borders Fire and Rescue Service to advance our knowledge of how to react in an emergency from a young age. CPR (Cardio Pulmonary Resuscitation) is a first aid procedure that could potentially save a life if someone has gone into cardiac arrest.

Some of the things we learned included how to see if someone is breathing and conscious and how to clear their airways, not to start CPR unless the person is not breathing and you know there is an ambulance on the way, how to use a defibrillator and how to put someone in the recovery position.

We practised CPR on dummies and putting each other in the recovery position.

I'm really glad that we had the lessons because it's important that we know exactly what to do if someone went into cardiac arrest. It could save a life.

We would like to say a very big thank you to Borders Fire and Rescue Service for giving us this interesting and important lesson.

Faye Turpie-Laird (S1)



Extra Curricular Sports

Tennis

Congratulations to Jamie Damerell (S4), Christian Townsend (S5), Ben Lynch (S5) and Luke Townsend (S3) who beat Inverkeithing 6-0 in their first match of the 2018 Scottish Schools Tennis Championships.

The girls (Alice MacBrayne (S6), Felicity Walls (S3), Ailsa Clark (S2) and Amy McDougall (S5)) were meant to play their first fixture on Friday 9th November but their opposition had to concede allowing the girls to go straight through to the next round. We wish all the pupils the very best of luck in their next games!

Road Race & Cross-Country Success



The 2018/19 season started at the end of the October Holidays with the East District Cross Country Relays at Glamis Castle – the Gala Harriers junior team 1 had Cameron Rankine (Under 13), Ewan Christie (Under 15) and Ewan Purves (Under 17) – Cameron won his leg in awful conditions, Ewan C crossed the line in 3rd for his leg and Ewan P finished the team overall in 5th running in a higher age group. There were more than 50 teams taking part so this was an incredible run for the team.

East District League Race 1, Stirling – Cameron Rankine was 2nd in the Under 13 category and just 5 seconds behind the race winner.

Scottish National Cross Country Championships, Cumbernauld – Cameron and Ewan C were teaming up again in this one. Cameron finished 12th in his leg and the team finished overall 14th.

Results from Lauder – Ewan C was 2nd in the 12/13 age group and 5th overall with Cameron 5th in the age group and 10th overall.

The races are coming thick and fast with Dunbar in the Borders Series and Broxburn in the East District League both coming up this month. Congratulations as well to the pupils who competed at the Scottish Schools Road Race Championships on Wednesday 3rd October. Results were as follows:

Race 3 (129 runners) - Anna Fairclough 28th and Elspeth Panter 51st. Race 4 (107 runners) - Ewan Christie 5th, Cameron Rankine 19th and Mackenzie Power 34th. Race 9 (74 runners) - Lewis Tharme 25th.

A huge well done again and a big thank you to their travelling support on the day.

Swimming

Earlston High School swimmers enjoyed a very successful day at the East Lothian and Borders Schools Swimming Championships on Sunday 4th November. Swimmers in each area of Scotland who finish 1st, 2nd or 3rd in their age group event stand a chance of competing in the Scottish School Championships at Tollcross in January next year – the best times across the country qualify for the Championships.

In the 12 years and under age group, Jack Sewell (S1) collected 1st in the 100m Individual Medley (IM) event and 2nd in the 50m Breaststroke.

In the 13/14 years age group, Tilly Lakie (S1) picked up 3rd in both the 100m Butterfly and 100m IM events, and Archie MacDonell (S1) claimed 2nd in the 200m Freestyle, 3rd in the 100m Freestyle and 3rd in the 200m Breaststroke.

Also in the 13/14 years age group, Meghan Roper (S1) recorded personal best times for 100m Freestyle and 100m Backstroke, whilst Lucius Armitage (S1) also recorded new and best times for 200m Backstroke and 200m Freestyle, picking up third place for both.

In the 15/16 years age group, Finlay MacDonell (S3) finished 3rd for 100m Breaststroke, and Amy Sewell (S3) collected a 2nd place for 200m IM and 3rd for 200m Backstroke. Lewis Thame (S5), the most senior EHS pupil at the qualifying event claimed 1st places for 100m Butterfly, 100m Freestyle and 200m Freestyle.

Congratulations to all of the pupils for their hard work in training, and in competition.



Extra Curricular Sports ... Continued

Girls' Rugby

The girls' rugby training at EHS has taken a slightly different route this year with pupils invited to attend training sessions at Netherdale, Galashiels. These have been taking place on a Wednesday from 5-6pm and have seen a number of our pupils attend on a weekly basis. We have also introduced a Girls' School of Rugby at EHS with two sessions taking place each week on a Tuesday and Thursday lunchtime. Lucy Brown (SRU), is leading these sessions and she has been delighted with the commitment and focus displayed by all those who attend.

These sessions are open to any girls in S1-6 with an interest in rugby. Please speak with Miss Pate in the PE Department if you are interested in joining this group.

We would like to congratulate Catrin Howell (S5), Abigail Anderson (S5) and Josie Hall (S4) who recently represented a Scottish Select 7s Squad down in Wales. They won 3 of their five games and were all a real credit to the school. Well done girls!

Hockey

The hockey squads from the new pupils in S1 through to the seniors have made a fantastic start to the season. Each team has taken on other schools from across the Borders and those further afield, such as Mary Erskine and Trinity HS, in enjoyable and competitive fixtures.

Most recently the 1st XI hockey squad competed in the annual tournament on Friday 2nd November at EHS. The pool games saw the team play ferocious, clinical and positive hockey throughout their three matches against Jedburgh GS (1-0 win), Galashiels Academy (0-0) and Peebles HS (0-0). Progressing through to the semi-finals as runners up, the team travelled to Selkirk HS to face a strong Selkirk side. Both teams produced potentially goal-scoring attacks, but it was Selkirk who slotted the winning goal in with only a few minutes to play. Despite some very brave, resilient and composed hockey from the Earlston players, Selkirk progressed to the final with a 1-0 victory. Next up is the senior 2nd XI tournament and fixtures against neighbours Galashiels Academy.



South Schools Hockey

Congratulations to the following pupils who were selected to represent the South Schools Under 16 and Under 18 squads at the recent Inter-district tournament.

South Under 16s: Livvy Hogg, Olivia Henderson and Imogen Dawson
South Under 18s: Amy Inglis, Ellen Keefe, Lara Howard and Christie Rout
Throughout the weekend the girls played some superb and determined hockey and represented the school excellently, resulting in both teams finishing in 4th position.

Further congratulations must go to senior goalkeeper and head girl Christie Rout. Having impressed Scottish selectors at the Inter-district tournament and through selection trials, Christie has earned a thoroughly deserved place in the Scottish Under 18 Academy group. Well done!



Boys Rugby

The Earlston High School Melrose Wasps currently compete in the Warriors 'Town vs Town' conference alongside the other Borders schools and enjoy matches from S1 through to U18. We have also enjoyed competing against the likes of Merchiston Castle School, Edinburgh Academy, Fettes College and George Heriot's with exciting fixtures in the coming weeks vs George Watson's, Stewart's Melville College and many more teams around Scotland.

The rugby community is committed to instilling 'The Wasps Way' culture in to all its members where by the players are encouraged to represent the school and Melrose Rugby with pride and to always be the best version of themselves. The philosophy is always "Development over winning" and the challenge when playing other teams and rugby communities is always an exciting prospect.

The U16 team are currently enjoying a successful run in the Scottish Schools Shield competition, a competition that last year's Wasps team won! Victories in Oban and Elgin catapulted the team on their journey to retain the Shield and a semi-final victory over Dunbar will see them yet again at BT Murrayfield, in early December. **#TheWaspsWay #GettingBetterAtGettingBetter**

Artist Masterclass

On Wednesday 17th October, Artist Adrian Wiszniewski visited our Advanced Higher Art students for a full day workshop. Adrian shared his own work and experiences with the students. He also led tutorials on using oil pastels and distorted perspectives. Rory Dunlop, who attended the session, said "I found it very useful because it involved us learning new techniques and skills which can help further our own artistic development." Luke Martinez in S6 added, "It gave me a great insight into the subject in an 'out-of-school' context and the real world of art." Adrian spoke very highly of our students after the event and hopes to return again in the future. Many thanks to Miss Allison and the Art department for organising this event.



House Championship 2018/19



The House Championship has kicked off with many events already taken place since August. The House and Sports Captains were selected to represent their respective Houses and were immediately sworn in to help with the organisation and management of the famous lunchtime House Events.

We have already had a number of events see a vast percentage of the school come through the doors to compete for those all important House Points. Events have included Scrabble, Space Hopper Races, a 'What Happened Next?' Quiz, Tug-of-War, Football, X-Box Challenge, Bench Ball, Badminton, a 'Film' Quiz and a Scavenger Hunt. With lots more to look forward to, the Captains will continue working hard on encouraging more pupils through the door to 'fight it out' for the

House Championship Title which will be announced at Easter time.

House Championship Table (as at 19/11/18)

1. Eden	399 points
2. Leader	358 points
3. Teviot	348 points
4. Turfford	295 points
5. Tweed	293 points



New Newsletter Design

Huge thanks to S6 students Kacper Kozub, Matthew Whitaker and Ellis Wilkinson who have designed the new format for our school newsletter. They have done this as part of their SQA Personal Development Award, one of a number of new courses we are offering students in the senior phase this year.



Dates For Your Diary

Thursday 22nd November — World of Work Evening (7-9pm)
 Thursday 29th November — S4 Parents' Evening
 Monday 3rd December — St. Andrew's Day Holiday
 Thursday 6th December — S5/S6 Parents' Evening
 Monday 10th December — S1/S2 Christmas Dance
 Wednesday 12th December — S3/S4 Christmas Dance
 Friday 14th December — S5/S6 Christmas Dance
 Wednesday 19th December — Christmas Concert
 Friday 21st December — Church Services and end of term