



## EYEMOUTH HIGH SCHOOL | PARENT BULLETIN

15<sup>TH</sup> NOVEMBER | 2020 |

### Eyemouth High School Remembers

It was a very proud moment last week, when our fantastic Expressive Arts faculty came together to help us express our gratitude and thanks to those who have fought and died for our country. The poppy drop was beautiful and poignant – even more so when four or five minutes before the act, every single pupil involved went absolutely silent. It was great to see our young people, full of respect and kindness, engage so thoughtfully – releasing poppies, recording the event, listening to the last post, reflecting on those in our school community involved in the armed forces. We missed seeing Jim Barrie from the British Legion this year, and our wonderful chaplains – but the beating heart of our school was there for all to see!



Well done to Mrs Lowe and her team who were selling handmade poppies at Eyemouth Co-op last week. Many thanks to all who supported them!

### Eyemouth Co-op Visit



*...beautiful and poignant..*

# Energy Drinks!



As a school, we have become increasingly concerned about the use of energy drinks by some of our young people. We know that scientific research shows that frequent energy drink use can lead to the following:

- Headaches
- Cold Sweats
- Increased heart beat
- Anxiety
- Energy Crashes
- Diarrhoea
- Increased Urine
- Shakiness

Clearly none of these are desirable. Given the availability of these drinks in the local community, we would ask everyone involved to help young people avoid them. These will be banned in school from next week.



We will be celebrating our Scottishness on Friday 27<sup>th</sup> November, looking forward to St Andrew's Day on Monday 30<sup>th</sup> November (we will be on holiday that day!) Pupils are encouraged to wear something Scottish to go with their uniform on the day. There may well be some other Scotland-related activities going on!



This week, we have been contacting all of our school prize winners for the 2019-20 session. Unfortunately, due to the restrictions and lockdown, this is both later in the year than usual, and cannot be done in person. We will, however, be releasing lots of information and pictures for the next newsletter, which will be a Prize Giving Special Edition! Thank you to all of our sponsors who have continued to support us and our young people. What a great community we have!



As part of our INSERVICE Days last week, staff have been reflecting together on the importance of warmth and nurture in our school. This is part of a wider SBC initiative to promote nurturing approaches in all schools and settings. We were struck by the extra challenge we are all facing at the moment to listen to each other, provide support, and to keep moving on and learning. This is a challenge which applies to adults and young people alike. As senior pupils prepare for their first SQA Evidence Point (from 23<sup>rd</sup> November onwards) we will be keeping this in mind.

*"What a great community we have!..."*



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