

NEWS



January 17th, 2025

Message from SLT

Good morning – our Prelim assessments have started well – with plenty of hard work and revision being put in by our students. As interim assessments we will use these to see how pupils can improve before their final set of assessments in June. In the meantime there are plenty of coursework and practical assignments to focus on. Coming up on March 6th we have our Careers Fair, which will help all our young people to increasingly form a clearer idea about what they would like to do in the future – watch this space for details.

On another note we have been successfully monitoring lates this week – the figure has been reducing every day! Please would you work with your young person to ensure they are here on time each day ready to learn. This is much appreciated.

Duke of Edinburgh

Exciting times this week as Mrs Bewsey visited the S3 classes to explain what the 'Duke of Edinburgh Award' entails and how students can get involved. S3 Bronze applications have now been given out to those wanting to sign up and we're getting all set to launch 3 new groups in two weeks' time.

Staffing

We are pleased to welcome Mr McGuire to our English department for the next seven weeks. He is here on his PGDE school placement and will be taking a variety of classes across the department.

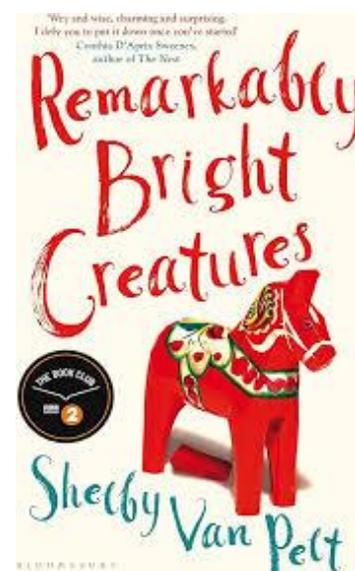
Prelim exams week commencing 20.01.25

Monday 20th January	English National 5	Fashion And textiles National 5 Photography Higher
Tuesday 21st January	Physics National 5 Physics Higher Physics Advanced Higher Environmental Science National 5	Graphics National 5 Graphics Higher Practical Metalworking
Wednesday 22 nd January	Maths National 5 Applications Of Maths National 5	Engineering Science National 5 Engineering Science Higher
Thursday 23rd January	Maths Higher	Music - Higher Listening
Friday 24 th January	Biology National 5 Biology Higher Biology Advanced Higher	

Looking for your next read?

“Remarkably Bright Creatures” by Shelby Van Pelt is a heart warming and quirky text that is narrated by both a 70 woman and a giant pacific squid.

After Tova Sullivan's husband died, she began working the night cleaner shift at the Sowell Bay Aquarium. Ever since her eighteen-year-old son, Erik, mysteriously vanished on a boat over thirty years ago keeping busy has helped her cope. One night she meets Marcellus, a giant Pacific octopus living at the aquarium who sees everything, but wouldn't dream of lifting one of his eight arms for his human captors - until he forms a remarkable friendship with Tova.



Recommended by Mrs Feeney

Get involved

Next weekend is the RSPB's Big garden birdwatch. They ask people like you to count the different types of birds you see in your garden over one hour. It is great way to check which birds are doing well and those whose numbers maybe declining. If you go online google RSPB Big garden birdwatch, here you can sign up, find an identification of birds page and somewhere to log your results. If you are interested in wildlife, it is an important survey you can be part of.



Choose an hour between 24 and 26 January

Only record the birds that land in your patch

Record the highest number of each bird species you see at any one time

S6 Workshop Round Up

Making A Difference!

As part of our work with Amnesty International, the S6 heard from Chris Jary about a lady called Neth Nahara. She is an Angolan who believes in the right to free speech and the right to a democratic government. She made a TikTok video that criticised the Angolan leadership, and particularly President Lourenco. As a result, she was arrested and jailed in August 2023.

While in jail she was denied the right to medication and her health deteriorated rapidly. Amnesty International have been campaigning for her release and we joined their fight through the 'Write for Rights' movement. We were very pleased to receive an email from Chris yesterday celebrating that finally in January 2025 after 16 months in an Angolan prison, Neth has been released.

We stand with Amnesty International and will continue to support the 'Write to Rights' campaign which is in line with our own UNCRC work. If you would like to know more about how you can make a difference, please check out the Amnesty International Website where there's lots of information and several active issues you can speak out about – use your right to freedom of speech!

Message from assemblies

There are no assemblies this week, however can I encourage you to watch the documentary *Swiped* on Channel 4, with Emma and Matt Willis. [Colchester students give up smartphones for 21 days in experiment - BBC News](#) It's about young people's use of phones and a must for each parent to see!

'We feel we've lost our kids to smartphones'



Matt and Emma Willis are hosting a new documentary about the impact of smartphones on children's behaviour

Upcoming assessments

1P1 Science Test: Energy and Waves – 30th January, Dr Lymer

EYEMOUTH HIGH SCHOOL

Thursday 6th March 2025

4:00-7:00pm

Open to all S1-S6 pupils & parents

SAVE THE DATE
CAREERS
FAIR

With a broad range of businesses, education establishments, and charities attending, get advice and guidance from employers and educators. They can speak from first hand experience about the knowledge/skills required to work in their sector.

Hear about apprenticeships, work experience, job vacancies, volunteering and the many different courses at University/College.

Young
Person's
Guarantee

DYW

BORDERS
Developing the
Young Workforce

Explore the best pathway to move you into the career you want!

Performance Enrichment

Rehearsals have begun for our next enrichment show which will be an abridged and slightly altered version of 'Annie'!! With a cast of 40 students we will be working at full pelt in order to be ready for the performance of this which will take place on Wednesday April 2nd. Watch this space for details of tickets later in the term!

Library news

"The last thing Jack expected when he bungee-jumped at the fairground was to plummet into a maze of underground rooms, full of traps, puzzles and some weird and wonderful people." 'Escape the Rooms' by Stephen Mangan is just one of the new titles in the library. If you like your history why not try out the latest novel from Tom Palmer 'Angel of Grasmere'. If gaming is more your thing, then you might like to try reading about Emmy, a superstar gamer in 'Emmy Levels Up'. Simon James Green, who visited the school last term, was so well received that we now have all his books available in the library. Check them out, there's something for everyone. If you can't find what you are looking for, please just ask. The library is open every day at breaktimes.



Message from Vaccination team: Protecting Scotland's young people from vaccine preventable diseases

www.nhsinform.scot/chat-sign-protect

Public Health Scotland (PHS) is encouraging young people to take up the offer of routine vaccines at secondary school, as reports published earlier this week show that uptake rates are yet to return to pre-pandemic levels.

In Scotland, three routine vaccines are offered in secondary schools – HPV, MenACWY and DTP. They provide young people, their families, and their communities with long-term protection against these serious diseases. If fewer young people get their vaccinations, the risks to themselves and those around them are likely to increase.

All S1 pupils are offered vaccination against Human papillomavirus (HPV), a very common virus that can cause certain cancers including cervical cancer, head and neck cancers, and anogenital cancers.

The HPV vaccination programme started in Scotland in 2008, and a recent study shows that no cervical cancer cases have been detected in fully vaccinated women following HPV immunisation at age 12-13. Despite this, the report shows that vaccination rates in S1 pupils have declined gradually over 10 years.

Pupils in S3 are offered the MenACWY vaccine to help protect them from meningitis and septicaemia (blood poisoning), as well as the DTP vaccine to protect against diphtheria, tetanus, and polio. Both vaccines complete the childhood vaccination course and provide longer-term immunity.

Data shows that boys are less likely to receive all three vaccines than girls. There are also differences in uptake by deprivation and ethnicity.

Parents and carers should look out for the consent packs coming home in school bags from secondary schools. They are encouraged to discuss the potential seriousness of these conditions and the importance of vaccination with young people, before signing and returning the forms to school by the deadline. Pupils can get the vaccines at school, meaning that it is easy to get the protection they offer.

PHS's national campaign, Chat. Sign. Protect., is helping to raise awareness and uptake of secondary school vaccines. It provides useful information such as videos answering some of the most common questions about secondary school vaccinations, information in other formats and languages, and advice for young people who are not in mainstream school.

Please contact your school immunisation team with any questions or if you require further information

Email: Immunisation.team@borders.scot.nhs.uk

Alternatively, call: 01896 661932

Hockey news

We were delighted to welcome all teams back to hockey this week! It was great to see old and new faces returning and determined to improve our skills and get ready for games! We would still love to have some newcomers join us, regardless of experience!

Juniors: Tuesdays, 3:50pm – 4:50pm
Seniors: Wednesdays, 3:50pm – 4:50pm

Our first 2025 fixture is upon us! On Friday 24th of January both juniors & seniors travel to Berwickshire High School for an afternoon of hockey! Please see the PE noticeboard for further details and remember to sign up to play! Any questions, come and see the PE Department!

Rugby news

Last week's extremely cold weather saw every rugby match in Scotland called off, including our scheduled fixtures vs Dunbar.

This week, however, the forecast is a lot more promising, so all teams will hopefully play their first fixtures of 2025! All 3 Berwickshire Schools teams are making the journey across to Hawick on Saturday morning to play our rescheduled fixture following the previous game in December being postponed.

All 3 teams will go with loads of confidence after having a very positive end to 2024! All three games kick-off at 10am in Hawick.

What's on in PE?

Please see below for our very busy timetable of varying activities in the PE department for students to attend during the week:

** please note that PE kit is required to attend any lunch/after school practical clubs.*

At several extra-curricular clubs this week we have had many discussions regarding appropriate clothing. As we know, the Scottish weather is very unpredictable, so please come to any clubs or fixtures both during and after school prepared for all weathers with:

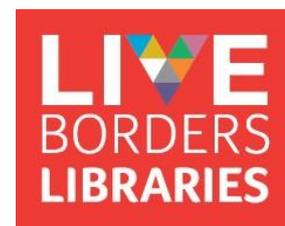
- Plenty of warm layers that can be added or removed.
- Sport specific equipment; mouthguard, shin pads etc.
- Hat, gloves, scarf.
- Waterproof clothing.
- Any personal medication/inhalers.
- Sun cream.
- A dry change.
- Hair bobbles.
- Plenty of water.
- Food/snacks.

PE Extra-Curricular

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	S3 Elective/ National 5 Study Support Badminton	S3 School of Rugby S1-3 Netball American Football	National 5/Higher PE Study Support S3 Fitness Suite Hockey Skills	Football	S5 Basketball Gold D of E
After School	Senior Netball	S1/2 Rugby S1/2/3 Hockey	S4/5/6 Hockey S1/2/3 Rugby (6.30pm)		Hockey matches Rugby matches (some Saturday mornings)

Enrichment news

This week in PE Enrichment, our S1-2's were faced with new choices for the term ahead: continuing with rugby, a new Literacy & Football project, and a mix of volleyball & basketball. It was great to see the interest in our new football project, with all students keen to get started and were very engaged!



The PE Department would like to express their gratefulness to Live Borders who provided a whole class set of the book 'Foul Play' in order for our interdisciplinary learning to take place.



January Jobs in the Garden

Despite the confusion that the recent mild weather has brought - both in the garden and wardrobe! - January is typically a time for planning. Keen gardeners often find themselves perusing seed catalogues and visiting garden centres for inspiration - and while there's the excitement of sowing new seeds and creating new outside spaces, it's important to remember that there are still "routine" jobs to be



On the allotment, students have been working their way through the tool shed, cleaning and oiling our library of tools - and occasionally enjoying the pleasure of rediscovering the original paint colour! This is also a good time to sharpen your secateurs before heading outside for some seasonal pruning (on dry days, your roses will benefit from such attention at this time) and hardwood cuttings. We've been delighting in the vibrant colours of the Dogwood (Cornus) and the new growth on these cuttings.



We're also making plans for future growing, specifically for our Plant Sale to be held on a Friday afternoon in May (exact date TBC).

This year we're expanding our plant range to include fruit, veg and succulents as well as flowers. (Green) fingers crossed, we hope that you'll be impressed with the recent developments on the allotment if you can join us in May.

