NEWS

October 2nd, 2026

Message from SLT: **Spotlight on Sleep: Helping Our Young People Thrive**

In a meeting this week, we were talking about the importance of sleep—proper, deep sleep that means you wake up refreshed and ready for the day ahead. Anyone who has parented toddlers will vividly remember the exhausting fog of sleep deprivation. However, many of our high school students are currently experiencing that very same fog.

Recent UK statistics show that **two in every five young people** report regular sleep disruption. Among those who struggle with their mental health, that figure rises to **over 75%**. There is an undeniable link between a good night's rest and our children's emotional wellbeing, resilience, and focus in class.

While established habits can feel hard to break, small changes can make a massive difference. Here are a few tried-and-tested methods to help your teenager get the rest they need:

- **Introduce a screen curfew:** Teenage brains need time to wind down from digital stimulation. Aim to turn off devices 30 to 60 minutes before lights out.
- **Decompress without technology:** Encourage swapping the late-night scroll for a book, a walk, a quick chat, or even baking.
- **Move the charger:** Help them resist the urge to check notifications by charging phones across the room or at a central station downstairs.
- **Go old-school:** Switch to a traditional alarm clock so their phone isn't the first thing they grab in the morning.
- **Keep weekend lie-ins reasonable:** Try to keep wake-up times within two hours of their weekday routine to avoid "social jetlag" on Monday mornings.

Implementing just one or two of these adjustments can help set our young people up for a happier, more successful week.

Mr Chapman

Upcoming assessments

Subject	Level	Teacher	Assessment	Date
Physics	National 5	Ms Le-Mar	Dynamics assessment	05.10.26
PE	Higher	PE staff	Badminton performance	05.10.26
PE	National 5	PE staff	Badminton performance	06.10.26
PE	Higher	PE staff	Mental and Emotional Factors	07.10.26
English	National 5	Mrs Feeney	Textual Analysis	26.10.26
English	Higher	Mrs Feeney	Textual Analysis	22.10.26

New rugby session



Hockey

It was a busy and exciting evening of hockey on Friday as our school teams travelled to Jedburgh for their first away match of the season. With such an impressive number of players keen to take part, we even had to upgrade to a bigger bus — a very positive problem to have!

Across the various matches, there was a mixture of results, with our teams' recording losses and draws. Regardless of the result, the players showed plenty of determination, enthusiasm and hard work throughout the fixtures, despite facing some very experienced Jed players.



We even managed to get some of our junior players their first ever goals!

Away from the pitch, the bus journey provided its own entertainment. The song choices were, at times, questionable — although the impressive collections of snacks were considerably less debatable!

Overall, a positive evening, the players worked hard and gained valuable experience against strong opposition. As well as highlighting what we need to work on in training. The experience will give everyone lots to take away and practice going forward. With plenty learned from the fixtures, we look forward to putting those lessons into practice in the weeks ahead.

Results

Seniors 0 – 4 Jedburgh

S2/3 0 – 0 Jedburgh

S2 0 - 2 Jedburgh

S1 3 – 4 Jedburgh

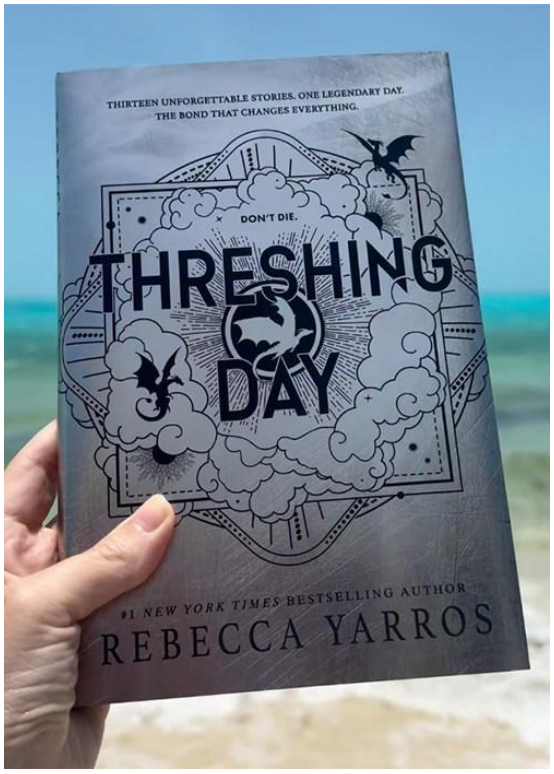
Next Fixtures; Friday 2nd Longridge (H) Seniors



Looking for your next read?

Welcome to Threshing Day, the brutal, high-stakes trial where would-be riders at Basgiath War College fight to earn the bond of a dragon or die trying. Amid ruthless competition and dragon fire, these thirteen cadets must survive a battlefield where desperate rivals will do anything to gain an advantage and dragons decide one's ultimate fate-and where a single choice can forge a rider...or destroy them.

On Threshing Day, there's only one rule: don't die.



Good luck!

Some of our young people are competing in the Kielder Marathon festival this weekend, taking part in various distance races.

6th years Beth Campbell, Heidi Blake and Edie Mykura are doing the half marathon (as part of their Duke of Edinburgh Award).

3rd and 4th years Kitty Mykura, Sarah Campbell and Isla Nieuwenhuys are running the 10k.

1st year Cherry Mykura is running the junior race.

The group are raising money for Young Lives vs Cancer and would be grateful for any donations- please scan the QR code on the poster.



Careers Update from Skills Development Scotland

This month I will be working with our S6 pupils with a groupwork session focusing on alternative routes to university, including apprenticeships and other pathways into learning and employment. Pupils will also take part in a Meta Skills activity, helping them recognise and develop the valuable skills that employers, colleges and universities are looking for.

For pupils applying to university this year, I will continue to run UCAS lunchtime drop-in sessions every Tuesday and Thursday. These sessions provide an opportunity for young people to receive support with personal statements, ask questions about the UCAS process, and get help with any aspect of their applications.

I will also be continuing to meet with all S1 pupils through their PSE classes, introducing them to the Skills Development Scotland careers service and supporting them to register with My World of Work. This gives pupils access to a range of career information, tools and resources that will support them throughout their school journey and beyond.

As always, pupils can speak to me in school if they would like careers information, advice or guidance, or support with planning their next steps. They can also scan the QR code below.

Emma Fairley

SDS Careers Adviser

Skills Development Scotland