



# Dalkeith HS Bulletin

Friday 13 October 2023

## IN THIS ISSUE



In the Classroom

• 3 •



RRS

• 7 •



Sport

• 9 •



by Blair Newton, S5, NPA Art and Design



Mrs E. Ormerod  
Head Teacher

# Head Teacher's Update



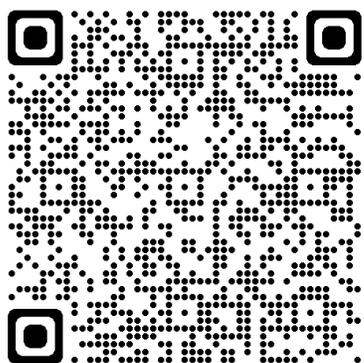
## P7 Parents Evening Thursday 26 October

Our school will be open on Thursday 26 October at 6.30pm to P7s and their parents/carers who wish to explore the S1 curriculum across our school. We have some fun activities planned across our departments and hope that you can join us!

Midlothian



## Support coping with rising living costs



Dear Parent/Carer,

Our focus, since I last wrote, has been centred on rights respecting schools. Our staff training session last week focused on how we deliver a rights based approach in the classroom. Staff reflected on approaches which celebrate dignity, pupil participation and social justice. The time for reflection was invaluable to ensuring we refocus our efforts to ensure our approaches in and out of the classroom are rights focused.

We have also set up a pupil working group to focus on this area of school development. This week I met with BGE pupils to discuss our toilet facilities around the school. Pupils are keen to work with the school to ensure these shared facilities are improved for all. I really valued my time with this group of young people, and they should be very proud of what they have achieved so far.

At the start of this week our school assemblies focused on challenge poverty week. Pupils took part in whole school surveys which highlighted to them the increased need across Scotland but also our school community. Pupils were reminded about:

- The essentials hubs which are placed around our school. These are stocked with stationery, sanitary products, hygiene products and snacks. This is available for all pupils at any point of the day.
- We also run a breakfast club which is open for all pupils. This starts at 8am and is very well attended by our pupil body.
- This year we will continue to run our Christmas present appeal within the school and our prom wear shop.

We hope that all of this will help in some small way to take the stigma away from poverty. Our whole school working group are continuing to plan new ways that we can challenge poverty and there will be more news on this soon.

A reminder to all in our school community that there are supports out there for families, especially as the cost of living continues to rise. Please follow the link below which highlights extra supports which are in place to support families.

[https://www.midlothian.gov.uk/info/200301/cost\\_of\\_living/645/support\\_coping\\_with\\_rising\\_living\\_costs/2](https://www.midlothian.gov.uk/info/200301/cost_of_living/645/support_coping_with_rising_living_costs/2)

As you are aware our parent council committee has recently changed. Our new office bearers are: Co-Chair - Ed Jupp; Co-Chair - Helen Beasley; Treasurer - Julia Critchley; Secretary - Joanne Arneil. I am delighted to have them all on board as we continue to develop our school. Our next meeting will take place on the 7th of November and we would be delighted to welcome new and former members to this meeting.

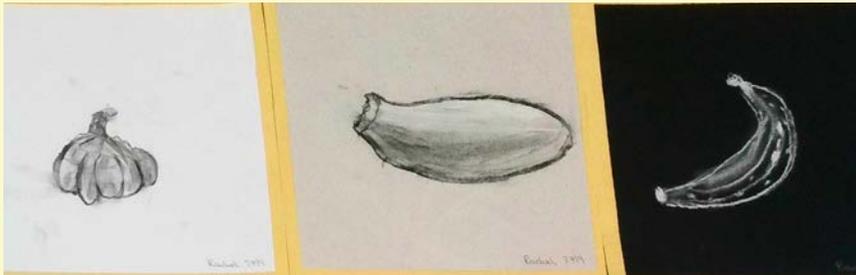
Finally, a small reminder that pupils do not return from their mid-term break until Tuesday 24th October. Staff will return on Monday 23rd October for our in-service day. On Thursday 26th October, our P7 parents evening takes place. On the night there will be a chance to experience the S1 curriculum across our school. We are looking forward to welcoming our P7 parents to the school.

I hope you all have nice plans for next week.

Take care

*Emma Ormerod*

# In the Classroom...



Students in the Hive have been developing their drawing skills this term within the context of 'Still Life'. We did tonal drawings in pencil of our favourite foods (from imagination) as well as observational drawings in chalk and charcoal of fruit and vegetables.

# Maths Week...

Once again, the Maths Department ran several activities for Maths Week at the end of September.

S1 pupils were honing their probability/chance and statistics skills, starting with the chance to guess (and win) the jar of sweets:

Congratulations to the winning class: Mr King's S1 class.



# STEAM Club

STEAM (Science, Technology, Engineering, Art and Maths) club runs on a Tuesday lunchtime in F2.33 and is open to all S1s. We have had a great time this week building the tallest tower from marshmallows and cocktail sticks. It also had to free stand for 1 minute. The teams worked brilliantly together and there was some very interesting towers produced!



## ADULT LEARNING



### Raising Teens with Confidence Lunchtime, online course



Starts Tuesday 24<sup>th</sup> October, 12:30 – 2pm

This free, 6-week **online** course aims to help parents / carers and people who work with teens understand how they can best support teenagers to develop confidence, build resilience and promote emotional wellbeing.

The sessions include adolescent brain development, risk taking behaviour, importance of communication and the effects of stress. It also includes a session on looking after your own wellbeing.

It gives you the opportunity to share and learn from others who are raising teens. Suitable for anyone who works or cares for 11 to 18-year-olds.

Book online - <https://www.eventbrite.co.uk/e/raising-teens-with-confidence-online-course-tickets-731804957327>

For more information email [CLL@midlothian.gov.uk](mailto:CLL@midlothian.gov.uk)

## Help with school meals during holidays

Where a pupil is eligible for free school meals because of low income, they may get extra help during school holidays and in the event of strike action.

Information on Free School Meals and the October Holiday payment can be found at:

[https://www.midlothian.gov.uk/info/855/school\\_meals/117/free\\_school\\_meals\\_and\\_clothing\\_grants/2](https://www.midlothian.gov.uk/info/855/school_meals/117/free_school_meals_and_clothing_grants/2)

Payment	Paid to Bank Accounts	Notes/Comments
October School Holidays Monday 16 <sup>th</sup> October to Monday 23 <sup>rd</sup> October 2023	Thursday 12 <sup>th</sup> October 2023	£12.60 per Primary School pupil £14.40 per Secondary School pupil



# S3 Career Choices

Barbara Moir, our Skills Development Scotland Careers Adviser, will be visiting all our S3 PSE classes to look at how to research career ideas.

As subject choice for S4 subjects is coming up soon, Barbara will be offering all our S3 pupils a chance to have a face to face chat with her about their career ideas. She will not be telling them what to choose but will share resources with them that they can use to find out more about their career ideas including the "Option Choice Tool" on [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk) which they can use to see how their favourite subjects can be useful for a whole range of careers.

Useful resources can be found on Barbara's "Planning Ahead" leaflet which can be found on her S3 Google Classroom and the code is is5ejtd as well as on her career blog and its code is c5q3osx. You can also find helpful resources to support your young person with their career ideas by putting "Parents" into the search on [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

If you wish to speak to Barbara about your young person's career ideas, please contact her on [barbara.moir@sds.co.uk](mailto:barbara.moir@sds.co.uk)



# Construction Academy

The Construction Academy offers employability skills advice, Construction sector recognised certificates, a guaranteed interview with recruiting employers for all successful graduates, REHIS H&S in Construction test and CSCS exam. It is a great opportunity to enhance your clients' CV and help them move to work.

**Prerequisites:** This opportunity is open for anyone aged 16 and above, unemployed or underemployed and in receipt of DWPs' benefits (UC/ESA/JSA etc). All must have evidence of Right to Work, a good level of English and be able to start work straight after the course. They don't need any qualifications or experience to apply!

E: [TrainingAcademy@capitalcitypartnership.org](mailto:TrainingAcademy@capitalcitypartnership.org)



**Capital City Partnership's Vocational Training Framework** is open for referrals for an occupational course offering: employability skills advice, Construction sector recognised certificates followed by guaranteed interview with recruiting employer/s. It is a great opportunity to enhance your CV and find work. **This is 3 weeks course starting on 30/10/23.**

- Free certified training in: REHIS Health & Safety (Construction), Manual Handling, Working at Height, Abrasive Wheels Practical, Vehicle Banksman.
- Preparation and CSCS exam booking and support to apply for a CSCS card.
- CSCS Exam and 1resit (if necessary) fully funded
- Guided job search activities, helping you to understand local labour market and any specific employer requirements.
- Insight into the sector from Construction industry professionals/site visits
- 1:1 CV building and interview technique support.
- Guaranteed interview with recruiting employer (for all graduates passing CSCS exam) !
- Location: Edinburgh; week 1 (FT hours), week 2 and 3 - 1:1 and site visits

To register your interest or for more information, please email us at

[TrainingAcademy@capitalcitypartnership.org](mailto:TrainingAcademy@capitalcitypartnership.org)

To find out more about our current courses, please check

<https://helix.scot/job-seeker-training/>



**S1**

# HALLOWEEN DISCO

**COME IN COSTUME**

MUSIC games PRIZES **SNACKS**

**MONDAY OCT, 30 / 6-8PM**

**ASSEMBLY HALL OF FEAR**

**Ticket £3**  
**from The Office**  
**(of darkness)**

Music Playlist on Google Classroom

# Rights Respecting Schools - Journey to Silver

Members of the RRS Pupil Leadership Team recently took part in the Midlothian Learners Conference as part of challenge poverty week. The young people had the opportunity to discuss children's rights and share their views on poverty in Midlothian. They were able to come up with some fantastic ideas to help reduce the cost of the school day which Midlothian Council will consider when enacting change in the future. Thank you all for taking part, we are extremely proud of you!



## Dynamic Earth

On Wednesday October 4th the Geography Department took 60 S2 pupils to Dynamic Earth in Edinburgh. Here, the pupils enjoyed learning about the Earth in all its glory- focusing on Volcanos, Earthquakes, the Poles, and Rainforests. The pupils got a tour through Dynamic Earth, attended workshops and finished the day with a talk in the planetarium! In these workshops pupils worked together to combine engineering and Geography together to build hospitals in Earthquake prone locations. The pupils had a fantastic day out!



Over 30 pupils and staff take part in this online game where pupils choose a team of players from the English Premier League, how those players perform in real life gain their team points. Over the last month 40 teachers and pupils have been battling it out for top spot of the Dalkeith High School Fantasy Football League.

The manager of the month award for September goes to Kyle in 5D2.

Make sure you keep updating your teams to move up the table and win prizes!



**FANTASY  
PREMIER  
LEAGUE**

# DofE Silver Practice Expedition

The Silver Duke of Edinburgh group set off on their practice expedition last week in the Lammermuir Hills. Starting in Lauder on Thursday morning, the groups travelled across various terrain to make it to Stenton, over 20 miles away three days later. Day one started off with a fresh breeze, but the threat of rain was soon on the horizon. The groups battled hard to stay ahead of the wall of cloud that was fast approaching. It was only during the last few kilometres where the groups were caught in strong winds and driving rain, but thankfully the rain eased as they headed off the hill and into camp for night one. After setting up their tents and filling their bellies, the groups settled down in front of the campfire for some marshmallows and star-gazing in the beautifully clear night sky.

The next morning the groups were up at 7 o'clock, ready for the day ahead. After getting out of camp at 9, they headed out for the next leg of their expedition. The groups soon arrived at Hopes estate and headed for the hills. The new challenge for the groups this year was tackling the hill ascents, with the biggest coming on day two. The groups persevered and after what felt like an age, made it up to well over 500m carrying their heavily laden packs. Next the groups faced a long walk along a valley, however a series of stream crossings swollen with water from recent rain would make things interesting. The groups pushed on and with the odd wet foot, managed to get into camp for their second and final night. Thinking the biggest challenge was out the way, the groups cooked, socialised and relaxed... until....

The rain started at about half past 6 and didn't stop until Sunday afternoon (thankfully everyone was home and warm by then). The campsite flooded overnight, Mr Duncan and Mr Pyper and many others woke up in puddles 2 inches deep. Some people even had to relocate their tents in the middle of the night to try to prevent water seeping in further. Everyone woke up to heavy, relentless downpours that were to be the theme of the day. With very little left to soak through, the groups trudged through the bog and deep puddles to complete the last 9km of their expedition. Some were so desperate for the end, they were wading through puddles almost knee deep. One by one the groups made it safely into Stenton, where everyone quickly disbanded to the safety of their cars.

A massive well done to everyone who braved these difficult conditions. We're looking forward to getting out on our Silver Assessment in the Trossachs next year where (fingers crossed) there won't be any rain although, there may be a midge or two....



# Scottish Schools' Road Race



We took a 13 pupil strong team to Pit-tencrief park in Dunfermline to represent Dalkeith at the Scottish Schools' Road Race Championship. We saw some fantastic results from pupils who were first timers, moving up age groups and seasoned pros. We had 4 pupils in the top 20 in Scotland and one winner. Andrew McWilliam, S5, won his race securing a Gold medal. Andrew will also have another year in this age category. Well done to all the racers.



# Scotland East Swimming

Anna Lawson represented the Scotland East team at the swim England County Championships in Sheffield recently. Congratulations Anna, we are super proud of you and the team!



# Skiing Success

Congratulations to Tristan in 5D2 who did a great job of representing DHS in Aberdeen recently at The Robert Gordon's College School Ski Race. Over 60 racers took part from schools principally from the Aberdeen area but also Edinburgh and Midlothian areas too. In a strong U18 category Tristan finished 3rd and achieved a podium place. He was pleased to be able to take part on behalf of the school and enjoyed the day.



# Rugby

We were lucky to host S1/2 pupils from 7 other schools in the SRU Mini Tournament recently. Our strong S1 team managed to win all of their games and then enjoyed some mixed recreational games allowing them to mingle and play with pupils from other schools. S2 didn't have enough for their own team, however, they joined up with other schools to get involved and play. We are always looking for new players to join the team so if you are interested come along to the club or let your PE teacher know. We had some great help from some of the Sport and Recreation pupils in S5/6 who helped referee and coach the teams. Big thanks to Jason, Dalkeith Rugby Club's Development Officer who is assisting us in growing rugby in Dalkeith.



# Football



The senior boys' football derby match against St David's saw a close first half, ending 2-2. However, a determined second half performance from Dalkeith, secured an impressive 6-2 win for the team.



Campus Girls Team were competing at Newbattle in the SPAR cup against local teams. They came back with 2 draws and 2 defeats. All games were very close and the girls played really well. They are looking forward to the next couple of weeks with lots of upcoming fixtures.

# Trampoline & DMT



Jay McCormack and Harvey Houlston competed in the Scottish National TRA & DMT Championships at the Bells Sports Centre in Perth recently. Jay won Gold in Trampoline and Harvey won Gold in both Trampoline and DMT.

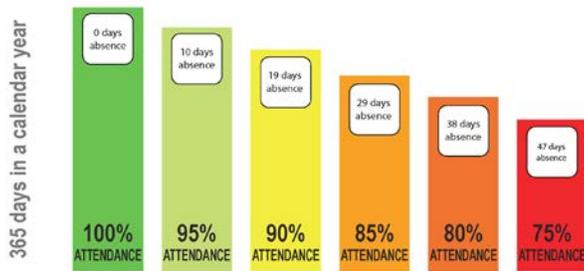
Harvey also won Gold representing Scotland in Birmingham in both Trampoline and DMT. He scored the highest trampoline score of the entire day. Harvey has been selected to compete for Scotland in Portugal later this month.

Congratulations to both of the boys and good luck in Portugal, Harvey!





**Good attendance at Dalkeith High means...**  
...being in school every day ready to learn!

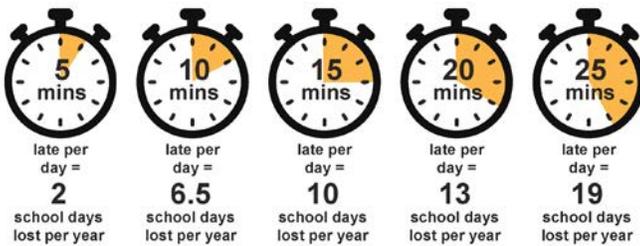


190 school days in a calendar year  
175 not at school for shopping, holidays & appointments

**Did you know?**  
A two week holiday in term time means the highest attendance you can achieve is 94.7%

**Did you know?**  
If you are 15 minutes late each day you will have missed 2 full weeks in a year.

**Good time keeping at Dalkeith High means...**  
...being in school every day ready to learn!



## Over a Million Words!

Congratulations to Peter (right), Isabella, Rosa and Isla from Mrs McCabe's English class who have all read over a million words this term. The four pupils have read their books and passed her quizzes with over 85% correct answers!

Accelerated Reader is a reading programme organised by the English Department and the School Library.




# Accelerated Reader™



## CHILD PROTECTION

KEEPING CHILDREN SAFE IN  
DALKEITH HIGH SCHOOL

Schools play an important role in child protection. All schools have a Designated Member of Staff for Child Protection who will co-ordinate the schools response to concerns for children and young people's safety and wellbeing.

School staff help keep children and young people safe and well by:

- ▶ Helping them learn about personal safety
- ▶ Being a trusted adult who children and young people may turn to for help, and will take them seriously
- ▶ Identifying when children and young people may need help
- ▶ Understanding the steps that must be taken when there are concerns for children's and young people's safety and wellbeing



The Designated Member of Staff for Child Protection at Dalkeith High School is Mrs E O'Connell

The Deputy Designated Member of Staff is Mrs E Ormerod

Scan the QR code at the top of this page for more information on our website.

Outwith School Hours, Weekends and Public Holidays, Emergency Social Work Service - Freephone: 0800 731 6969 or Police Scotland 101 or 999 in an emergency



**Dalkeith High School**  
2 Cousland Road, Dalkeith  
Midlothian EH22 2PS

Tel: 0131 654 4701

Fax: 0131 663 7311

Email: [dalkeith.hs@midlothian.gov.uk](mailto:dalkeith.hs@midlothian.gov.uk)

<http://dalkeith.mgfl.net/>



@official\_DHS

Dalkeith High School PTA & PC



@DalkeithHighSchoolParentCouncilandPTA