



Penicuik High School Parental E  
Newsletter Issue 7







scottish credit and  
qualifications framework



KINDNESS



INCLUSION



DETERMINATION



RESPECT

### *Our new school values*

As part of our work towards achieving our Gold Rights Respecting Schools award, we have been reviewing our school ethos. Earlier in the year we established our new vision statement for Penicuik High School. *“At Penicuik High School we aim to create a caring community where everyone is respected, included, treated with kindness, and feels safe. We believe in nurturing*

*a learning environment that strives for excellence, values diversity, promotes dignity and encourages personal growth, preparing students to succeed in a connected world.”* As part of this review, we have also revisited our school values. Our PRIDE values have served us well over the years, but it was felt that a refresh was needed. After consulting staff and student groups we believe that Kindness, Inclusion, Determination and Respect will help us achieve our vision for Penicuik High School and serve our community over the coming years. The next stage of the review is to take both the vision and values and incorporate them into our new relationships and behavior policy.

## A message from Miss Lyon Principle Teacher



Welcome to the latest edition of our Parental Newsletter! November is an extremely important month for some of our senior students; on the 25th November our prelims start. Prelim assessments are part of your child's preparation for their final exams; they give them the opportunity to experience exam-like conditions and equip them with the revision skills needed for assessments of this nature. They are sat for National 5, Higher and Advanced Higher courses.

The outcome of the prelims will provide staff and students with valuable information for planning next steps and targets, as well as being used (in conjunction with other material) to form predicted grades.

Prelim evidence (along with other evidence) can also be used in an exceptional circumstance.

A reminder that there are a number of resources that can be used to help prepare. On your child's year group google classroom, in the classwork section there is a topic called 'SQA Exams/Prelims/StudySupport/Coursework.' In this topic they will find the prelim timetable, a copy of the prelim assembly presentation, a list of current study support classes, a guide to access ACHIEVE (an online revision resource) and an electronic copy of the SQA My Coursework booklet.

Emotions such as stress and anxiety are natural and are telling the pupils that there is something in our environment to which we need to respond - in this case, a prelim. For some people stress and anxiety can manifest more visibly; this is why some people will cry before or after a prelim.

The best advice for your child? - be proactive. In other words, make sure they do something. This could be:

- Looking over revision material you have made
- Talking through your concerns about a prelim with your class teacher/peers/guidance teacher
- Some people benefit from not revising right up to the last minute

Please remind them there is always a 'Plan B'.

I would also ask if you have junior students for them to be supportive peers during this time; remind them if they see a sign indicating that an exam is taking place in a room they should not enter that room and ensure they are silent while moving around areas of the school where prelims are taking place.



### Free Study Support from e-Sgoil

Registration for the 2024/25 National e-Learning Offer Evening Study Support programme is now open. This Scottish Government funded provision is focussed on delivering equitable access to all Senior Phase learners and is completely free. Students will need their Glow login and password to access. Students should see their guidance teacher if they have lost their details.

Study Support comprises live, interactive webinars and are delivered by experienced, GTCS registered teachers. In excess of 50 different webinars are on offer each week during term time, covering the most popular curricular areas as well as an extensive range of other subjects.

Link - <https://e-sgoil.com/senior-phase/study-support/#FAQs>



The National Saturday Club run extra-curricular clubs for young people across the UK in partnership with Universities, FE Colleges and cultural institutions. The first Saturday Club in

Scotland is an Art and Design focused club starting January at Edinburgh College of Art, and is a completely free 20 week programme for 13-15 year olds.

There's more information about the club below: <https://saturday-club.org/club/edinburgh-college-of-art/> and more generally about the National Saturday Club here: <https://saturday-club.org/>





# **WEEKLY AUTISM AND NEURODIVERSITY FOOTBALL SESSIONS**

**STARTS**  
**22ND AUGUST 2024**

**PENICUIK ATHLETIC YOUTH  
FOOTBALL CLUB**

**THURSDAY 5 - 6PM**

**MONTGOMERY PARK ASTRO,  
BOG ROAD**

**Boys and Girls Aged 10-15**  
**All skill levels welcome**

**For more details please email: [ben@teamunited.org.uk](mailto:ben@teamunited.org.uk)**

All new players must complete a Player Profile before we  
can confirm a place.

Scottish Registered Charity No SC 039699



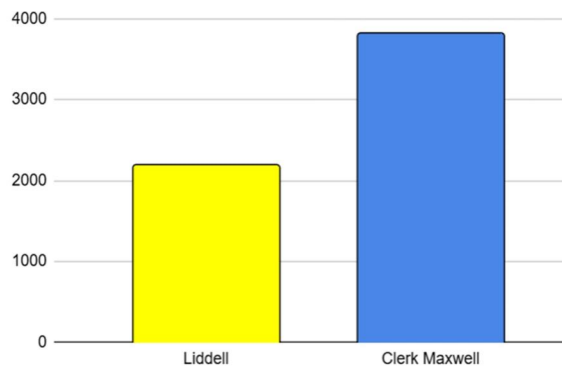
This week some of our pupils undertook an 'Army Ration Box Challenge'. The students planned and made their own meals using items from the ration box plus some other basic ingredients. This tested their cookery skills as well as giving them a glimpse into other careers available in the armed forces away from active combat. And the cookery room smelt very enticing afterwards!





HOUSE POINTS





Social Subjects ran a house competition for S1's. The results are:

Clerk Maxwell - 150 points

Liddell- 75 points

Well done to everyone who took part!



The School's Bite site will hold its annual Christmas dinner on Thursday 5 December this year. Note the date if you want your child to attend. Image not an actual PHS Xmas dinner!



### **HAMPER APPEAL:**

For a number of years Penicuik High School have run a hamper appeal to support members of our community at Christmas time. We are going to be collecting items for food hampers over the coming weeks and distribute them before the end of term.

From Monday 18th November there will be boxes by the main school entrance that pupils can drop off items for our hampers. The final day for bringing in goods will be Friday 6th December.

Below is a suggested list of some items that would be suitable for the hampers.

If you feel able to send in any items they would be gratefully received.

Thank you in advance

The Rights Respecting Schools Group

Cupboard Basics 1	Cupboard Basics 2	Christmas Treats
Pasta	Coffee	Selection Boxes
Rice	Tea	Festive Chutney
Pot Noodles	Sugar	Mince Pies
Beans	Cereal	Christmas Cake
Pasta Sauce	Powdered Milk	Stollen
Tinned Soup	Diluting Juice	Popcorn
Beans	Fruit Juice	Sweets
Other Tinned Goods	Jam	Hot Chocolate
Chocolate Spread	Ketchup	Marshmallows
Custard	Brown Sauce	Biscuits
Jelly	Mayonnaise	Crisps
Rice Pudding		Crackers
		Breadsticks



- **Monday Lunchtime**
- S3-4 Indoor Football (Miss McShannon)
- S1-2 PHS Swifties (Mrs Sneddon, room 45)
- Debate club (Miss Astor) room 42
- Burnt Out Records (Music Dept The Hub)
- BGE Science Homework Help

#### **Monday After School**

- Spin (Miss McShannon)
- Senior Vocal Group (Mrs McIntosh room 4)

- Chemistry N5 and AH

### **Tuesday Lunchtime**

- Eco Schools (Mr Johnston)
- S1-2 Maths homework (Mr Knox)
- S1-S2 Indoor Football(Mr Hogg)
- Creative Writing Group (Ms Henderson)
- Wind Band(Mr Walker)
- Percussion Group (Ms Waddell)
- Guitar Group (Mr Mcleod)

### **Tuesday After School**

- S1-3 Netball (Miss McShannon)
- Modern Languages Homework Club Mrs McEvoy's Room

### **Wednesday Lunchtime**

- LGBTQ+ and Allies (Miss Graham)
- Young Carers (Mr Milligen - fortnightly)
- S1-S6 Badminton (Miss Gungui)
- Rights Respecting school (Mr Murphy)
- STEM club (Ms Forbes room 49)
- Jazz Band(Mrs MacRae)
- String Group (Miss Dance)

### **Wednesday After School**

- S4-6 Basketball (Mr Witton)
- Book & Biscuits (Ms Henderson Reading Room)
- Dyslexia homework Support group (Mrs Wood, room 5)

### **Thursday Lunchtime**

- S1-2 Cheerleading (Miss Tavakoli)

- S6 Indoor Football (Mr Hunter)
- Junior Vocal Group (Miss Hamilton rm 3)

### Thursday After School

Code Club (Ms Giorgi) 3:40-4:10pm

S1-3 Rugby (Mr Witton)

S1-S6 Songwriters club (Mr Murphy)



A number of PHS staff are taking part in Movember this year. We are doing so on behalf of Prostrate Scotland. We are selling badges and growing mustaches to raise funds. It's a very worthwhile cause as you can see from the following mission statement -

*We are a Scottish charity set up to provide information, advice and help on prostate health and [diseases test and treatments](#). Nearly 1 in 2 men in Scotland will be affected by prostate disease at some stage of their lives and 1 in 10 are likely to develop prostate cancer. [Prostate cancer](#) is the most common cancer in men in Scotland. Our Mission is to 'inform, educate, support, campaign and advance on prostate disease in Scotland'. We want to see and help enable:*

- *More men in Scotland to be aware of prostate disease and know where/how to get help treatment;*
- *Public policy taking prostate disease into account and prostate diseases and treatment are higher up the policy agenda;*
- *More men in Scotland surviving prostate cancer, and an increase in the numbers of men seeking early diagnosis;*
- *Men in Scotland with prostate disease have access to the latest and most appropriate forms of treatment*

Our pupils and staff have made a strong start to supporting this worthwhile cause, between online and in person donations we are already **over** our fundraising target!

**Badges to show support will be available all month from the PHS library for a £1 donation.**

**Donations can also be made on JustGiving QR Code below, thanks for any support**



We had a very successful bake sale in aid of our Movember appeal, thanks to all who supported it!





## S6 Leavers Hoodies



### S6 Hoodies

This years leavers hoodies will be supplied by Brown and Out, supplier of the new school uniform. To order, please see link below to the school eShop. <https://www.browbandout.co.uk/product/leavers-hoodie-2025-penicuik-high/>

The price is £29.95 each. There is a choice of 10 colours and 5 size options. These are available to see and try on in the Clerk Maxwell Guidance Base.

The hoodies are available for personalisation. We would recommend you use your first name or surname. If you chose to use a nickname please be aware these will be checked by school prior to printing. All personalised hoodies are non-refundable.

Deadline for orders is Friday 20th December. All hoodies will be delivered to school free of charge around February holiday so you can wear these in school for your last few weeks at PHS.

Any questions or concerns around payment, please see Miss Campbell



Indivisible: This means that all Rights are of equal importance.

Social Subjects House Competition.



Students in s1 were asked to use their empathy and creative skills to write a poem, design a memorial, design a postage stamp or write a poem to honour and commemorate those who lost their lives in World War One or any other conflicts.

The winners are:

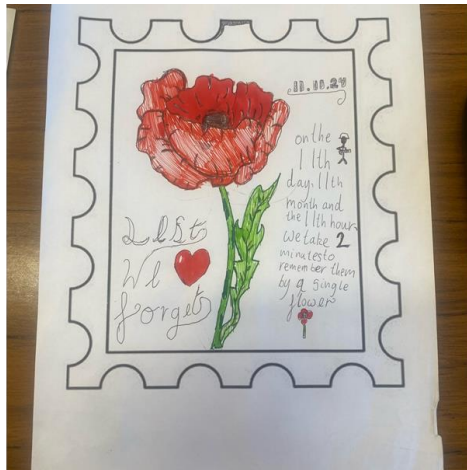
1st Place (100 points): Rhona Whatford

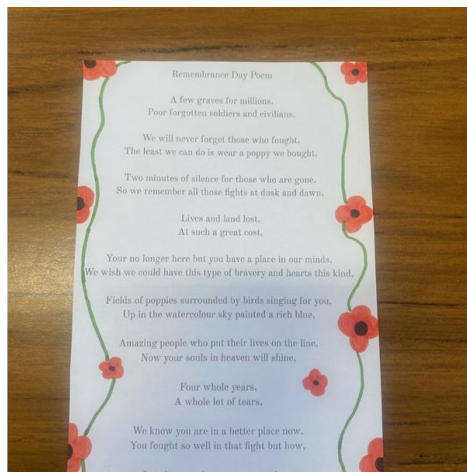
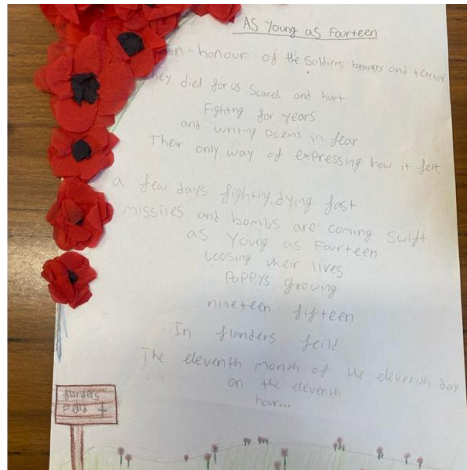
2nd Place (75 points) : Sarah Drummond

3rd place (50 points) : Oscar Stephenson

Best Presented (50 points): Samantha Murthy

Most Creative (50 points): Olly Taylor





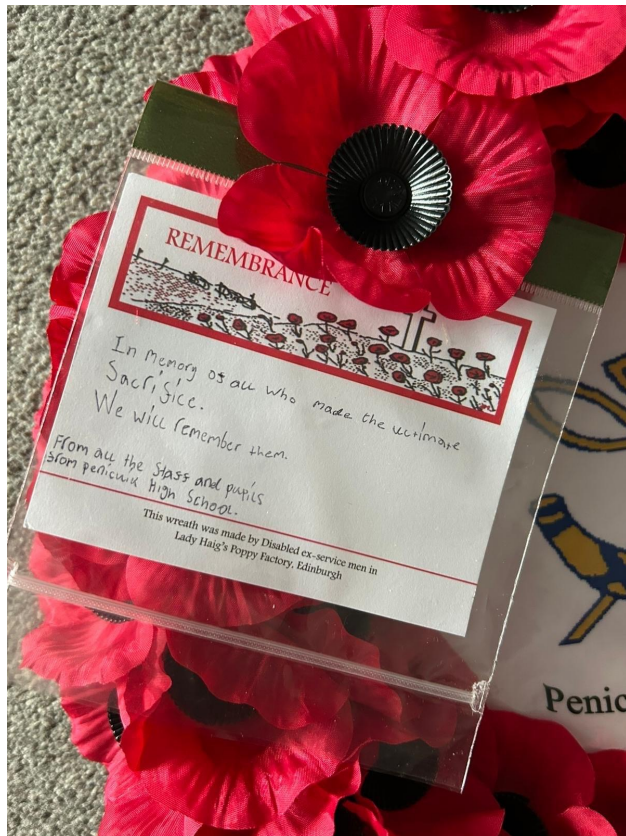
Links to Prelim Assessment Schedule and Study Support

<https://drive.google.com/open?id=1mPBm0yVF2yuaUekvBLfrmvyknj6xPOXjbKOKpaX6YQk&usp=mail>

[https://drive.google.com/open?id=12mpBHZ\\_nBbAgafUAEXMW7u0ychQBxjMq4RRcLheh4gQ&usp=mail](https://drive.google.com/open?id=12mpBHZ_nBbAgafUAEXMW7u0ychQBxjMq4RRcLheh4gQ&usp=mail)



One of pupils Andrew Hope S4 laying the wreath on behalf of the school at the Penicuik Remembrance Memorial Parade. Andrew was marching with the Cadets, however last year he raised the question as to why we don't lay a wreath as a school. As a result he was given the honour to lay a wreath this year. Andrew did the school proud with his representation for Penicuik High School.





## PE NEWS



### **Indoor Athletics Championships**

If you take part in competitive athletics competitions and would like to represent the school please speak to the PE department. The national indoor championships will be held in February

at the Emirates arena in Glasgow. There are qualifying standards for the event so please speak to the PE department for more information.



Well done to the above pupils from the PE Dept



Our congratulations go out to Ellen Nimmo who was selected as one of 12 young people as part of the Scottish Rugby Youth Panel 2025-2026 term. A fantastic achievement.

*A new cohort of passionate young rugby people have been named for the Scottish Rugby Youth Panel for the 2024-26 term.*

*Some of the young people selected represent clubs and schools such as Highland and Lockerbie, showing the breadth of the applications received.*

*The panel is designed to integrate youth perspectives into the decision-making processes that shape the future of rugby in Scotland.*

*It restarted in September 2022 following the Covid-19 pandemic and ran for a two-year term up until autumn of this year, when the panel was due to be refreshed.*

*The panel serves as a vital platform where the voices of young people involved in rugby are heard, ensuring that their insights contribute meaningfully to the development and growth of the sport at all levels.*

*Twelve young people, aged 16-24, were appointed to the panel for this term. Two representatives have been picked from each of Rugby Development's six distinct geographic regions.*