



# Penicuik High School

## Wednesday 01 November 2023

Information Bulletin  
for Students



### Penicuik High School

#### Sports & Physical Activity Programme 2023-24

VENUE	ACTIVITY	AGE	DAY	TIME	TEACHER/COACH
Games Hall	Girls Football	S1-S6	MON	Lunch 1:05 – 1:50	K Madden
Spin Studio	Spinning	S4-S6	MON	After School 3:30 – 4:30	S McLennan
Old Gym	Dance	S1-S6	TUES	After School 3:30 - 4:30	Y Tavakoli
Games Hall	Girls Netball	S1-S6	TUES	After School 3:30 – 4:30	S Van Aswegen
Games Hall	Basketball	S1-S3	TUES	Lunch 1:05 – 1:50	C Hunter
Rugby Pitches	Rugby	S1-S6	TUES	After School 3:30 – 4:30	L Witton
Astro	Boys Football	S1-S3	WEDS	After School 3:30 – 4:30	Z Dziewulska
Astro	Boys Football	S4-S6	WEDS	After School 3:30 – 4:30	M Rathie / S MacDonald
Games Hall	Racket Sports	S1-S6	THURS	Lunch 1:05 – 1:50	L Witton
Astro	Hockey	S1-S6	THUR S	After School 3:30 – 4:30	K Robertson
Astro	Cricket	S1-S6	THUR S	After School 3:30 – 4:30	D Burgess / C Hind
Spin Studio	Spinning (Jan 2024)	S4-S6	FRI	Before School	N McShannon

[More Information](#)

- Please ensure you wear suitable clothing and footwear for the activity
  - Please bring a bottle of water to the activity
  - Please bring a packed lunch on the days you are attending lunchtime clubs.
  - Please check the daily bulletin / Active Schools notice board for any changes to the above – details may change
- Please inform family that you are attending clubs and will be late home or arrange suitable transport / lift home · Please join Penicuik High School Sports Club – this will allow you to attend as many clubs as you want for only £10 per year Forms available from PE department : **Follow us on twitter: @Penicuik PE & Active\_Penicuik**



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### **DROP IN SESSIONS**

Reminder that the drop in sessions at Ladywood Leisure Centre will begin again this Friday 3rd November from 3.30pm-4.30pm. Come along, chill out, play games, listen to music, charge your phone. Drink and Snack provided. THERE IS NO CHARGE FOR THIS CLUB.

Thank you  
**Mrs Wood**

### **Important Information from Edinburgh College regarding Schools College Partnership Courses**

#### **SCP classes cancelled - Thursday 2<sup>nd</sup> November**

SCP classes will not go ahead on Thursday 2<sup>nd</sup> of November as the College Graduation Ceremony is taking place and lecturers will be attending.

#### **SCP PUPILS SHOULD NOT ATTEND COLLEGE ON THIS DAY.**

Where possible, lecturers will upload work/resources to moodle or Teams for pupils to access remotely instead.

College pupils will therefore be expected to remain in school on Thursday and attend timetabled classes/register and study in the Library unless permission is given by parents/carers for them to study at home.

Apologies for any further disruption caused.

Edinburgh College Schools Team

### **RAG BAG**

To help raise funds for the work that the Eco Group does with the garden could you please bring in any old clothes that are no longer wanted or needed.

These then get sent off and turned into "new" clothes for those that are in need.

If you have any please bring them in at any time to Mr Berry in Room 23 and I will arrange storage ahead of our next collection.

My thanks in advance.

Mr Berry

### **RIGHTS RESPECTING SCHOOL PUPIL GROUP**

We have a Rights Respecting School pupil group who have been working hard to promote the Rights of the Child across the school and are helping the school towards achieving our Gold award. If you would be interested in joining the group come along to a meeting this Thursday (2nd November) at lunchtime in The Music Hub.

**Mr Murphy**



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### Penicuik High School achieved a Silver School Sport Award

The school have achieved a Silver level award for the sportscotland national School Sport Award. The online assessment of the school was completed by our Young Ambassadors Millie Beattie and Freya Bryant. The process has identified areas where the school performs well and also areas to improve on. Millie and Freya together with the your Active Schools Coordinator and the PE department we be working on these throughout the remainder of the school year.

Well done everyone and lets continue to improve the physical and social wellbeing through sport and physical activity for all pupils.

### **Student Toilets – 24 October 2023**

**Please Note:** The Green Seat toilets – male and female will remain closed this week. The social area within the green seat area is now open for S4/5 students.

I wish to apologise for this disruption which as you know is an ongoing consequences of a reckless and extremely dangerous act in a male toilet last term that resulted in a fire and evacuation. This has been followed up by the Police and Fire service.

The toilets in school belong to all students and the facilities should be treated with respect and be freely accessible to anyone who requires to use them. No one should feel unsafe or intimidated in our toilets. **I would ask that students stand up for their right to have safe and clean toilets and inform duty and or senior staff if they do not feel able to enter the toilets, experience any harassment or bullying within those spaces, find unsanitary conditions or see vandalising or dangerous behaviour – including vaping.**

Toilets will be re-designated as junior or senior toilets next week once we have most of them operational. This will be enforced and there will be closer management of toilet spaces at lunch and break times by senior staff. All toilet entrance points are now covered by CCTV and all negative behaviours will be fully investigated.

Students who continue to congregate in the toilets unnecessarily and / or are caught vaping in these areas will face disciplinary consequences and may have some rights curtailed.

**REMEMBER** - Please stand up for your right to have safe access to all areas of school and you can inform us of poor behaviour in confidence at any time without you being identified.

Let us all make this a good place to be.

**Thank you for your support and I am happy to talk to any students about these issues at any time.**

**Mr Biddick**

### **TLC break and lunch**

A reminder to regular TLC break and lunch visitors. You will know we have to limit numbers due to overcrowding. To help TLC remain a calm quiet lunch space (with enough room to sit down :) we will be giving out passes to selected students and supporting some of our older students to make alternative plans for lunch.



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### **Dance Club**

Due to popular demand, Dance Club is back and running on a Tuesday afterschool in the Old Gym - 3:30-4:20pm. Dance club is open to everyone who may/may not have danced before across all year groups. Our sports leaders will be leading the club - Abbi Marshall and Chloe Aitken so if you would like more information, please see one of the seniors or Miss Tavakoli. Hope to see you there!

**Miss Tavakoli**

### **ACTIVE SCHOOLS**

#### **Course Name:**

AN INTRODUCTION TO PICKLEBALL

#### **Target Audience:**

Opportunity for ALL school staff

#### **Course Description:**

This course will be delivered by PickleBall Scotland representatives. Pickleball is a fun sport for all ages that combines elements of badminton, tennis, and table tennis. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. During this training session, you will be given an introduction to the sport and how to play it, information on what equipment is needed, ideas on managing groups and fun games ideas.

#### **When:**

Monday 8<sup>th</sup> January 10am – 11.30am

#### **Where:**

Lasswade High School Centre (Main Games Hall)

#### **Cost:**

This course is **Free of Charge**

\*To cover the cost of this course we would expect a volunteer to lead **3 hours** of sports sessions for Active Schools in Midlothian at lunchtimes or straight after school.

To enquire about this course and/or book your place please

contact: [activeschools@midlothian.gov.uk](mailto:activeschools@midlothian.gov.uk) by no later than Friday 8<sup>th</sup> December 2023.