



Penicuik High School

Monday 5 September 2022

Information Bulletin
for Students

KILTWALK UPDATE

The Kiltwalk unfortunately falls over the September weekend and many staff members have plans that weekend so we are going to do a school walk during The Big Day. If you want to collect sponsorship money for it then we can donate it to a charity chosen by the pupils of PHS.

Miss Blake

LUNCHTIME COOKING CLUB courtesy of TESCO and FARESHARE

If you fancy making your own lunch, join us in the Home Economics department, every Wednesday starting next week 7 September at 1.05pm. We will make a delicious dish using the food donations from Tesco. The recipes will be relatively quick to give you time to sit down and enjoy your creation.

If you are interested you need to sign up with Miss Gungui in Room 15 by Tuesday 6 September. Numbers are limited to 10.

Ms Gungui

S1 ASSEMBLY THIS WEEK

There will be an S1 assembly at registration on Tuesday 6 September. This will be to hear about student voice and how to become an S1 representative.

Miss Campbell

FLU VACCINATION FORMS

If you did not get your form can you please collect it from the school office. Can you please have your parent/carer sign and return the form (in the envelope provided) and hand it in to the school office as soon as possible. Thank you.

Mrs Davidson

CASTING FOR COMEDY SERIES

We are currently casting for a new comedy series for CBBC and are looking for female Scottish talent between the age 12-16 to play a 14 year old basketball/netball player.

CASTING CALL!

Project
CBBC comedy series set around a girls basketball team at a secondary school.
Produced by Dan Can Productions and North Bridge Media for CBBC. Cast by Emma Crompton.

Who we're looking for:

- Female aged 12-16 to play age 14
- All ethnicities
- Play basketball (and/or netball)
- Over 5'7" (170cm) or height
- Fantastic comic ability

We are particularly interested in people from SCOTLAND but are open to people from anywhere in the UK.

How to apply:
If you are a parent/guardian/teacher or agent and know of someone who fits the description and is interested in auditioning, please send an email application to casting@cbbc.co.uk including the following information:

All correspondence must be from a parent/guardian/teacher or agent.

- The name, age and height of the person you are applying on behalf of
- Which team or city they are based
- Please tell us if they play either basketball or netball and to what capacity
- An approved recent photo of them (with no filters)
- Your name, contact email and phone number

Your audition is successful, we will reach out with further information. If your audition is unsuccessful your email will be deleted for GDPR reasons.

CROMPTON CASTING **CAN CAN PRODUCTIONS** **NORTH BRIDGE MEDIA**

Kelly Smart, Assistant to Crompton Casting



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MATHS STUDY SESSIONS

There will be a regular study session every Tuesday lunchtime with Mr Berry in Room 23 for anyone studying National 5 Maths. There will also be an after school session on Wednesday after school in room 19 with Mr Christie for all certificate courses. We look forward to seeing you there and please do come along with any questions you have.

Mr Berry/Mr Christie

DATA CHECK FORMS

Please remember to have your parent/carer check them and update them and return your signed forms to the office as soon as possible. Forms should be returned by Thursday 15 September. Thank you.

Mrs Razavi

FOOTBALL COACHING OPPORTUNITY

A new and unique opportunity for new and aspiring young coaches, aged 15-20, to grow and develop their coaching tool kit through a series of interactive and dynamic sessions delivered by Heart of Midlothian FC and Scottish FA coach developers.

The Heart of Midlothian - Play the Game, Future Coaches programme will provide participants with key information, practical content and methods to help create energetic, exciting and engaging sessions. Practical sessions will take place at Newbattle Community Campus in Midlothian during September to November with additional content being delivered online.

Over the duration of the course participants will experience a range of practical and theoretical activities and sessions that will enhance their understanding of sporting environments that can help children and young people thrive. Content will be based around four key themes, the coach as a 'play-maker', the setting, the kids (players) and games-based activity practice.

For further information and to sign up please see the link below or attachment [Future Coaches | Heart Of Midlothian Football Club \(heartsfc.co.uk\)](https://www.heartsfc.co.uk)

NB - Link available on our school website

Scott Montgomery
Active Schools Coordinator (Penicuik)

COLLEGE STUDENTS

Students going out to college on Tuesday and Thursday must please remember to sign out at the office. Thank you.

Mrs Wood



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SSAA SECONDARY ROAD RACE

The SSAA Secondary Road Race Championships 2022 event will take place on Wednesday 5 October at Pittencrieff Park, Dunfermline. The event is open to all pupils born on or after 01.03.2010 and on or before 28.02.2007

The championships also includes a Para event open to bikes, race chairs and ambulant runners open to S1-S6 pupils. For further information the on the distances and you category please contact the PE department

If you want to enter provide your name, DOB and also your parent/carer email and phone number to the PE department by Friday 9 September 2022.

SSAA Secondary Road Race Championships 2022	
Date:	Wednesday 05 October 2022
Venue:	Pittencrieff Park, Dunfermline
Events:	This is a short distance road race for individuals with a Team element. There will be 3 races. Race 1 - Girls born on or after 10/03/10 - 2.5 miles - 12.30pm start Race 2 - Boys born on or after 10/03/10 - 1.5 miles - 12.45pm start Declarations for these races close 12.00pm Race 3 - Girls born 10/03/09 - 20/02/10 - 1.5 miles - 1pm start Race 4 - Boys born 10/03/09 - 20/02/10 - 1.5 miles - 1.15pm start Declarations for these races close 12.30pm Race 5 - Para Athletes from PE to G20 in education or training - 1 to 2 miles - 1.30 start Declarations for these races close 12.30pm Race 6 - Girls born 10/03/07 - 20/02/08 - 2 miles - 1.45pm start Race 7 - Boys born 10/03/07 - 20/02/08 - 2.0 miles - 2.00pm start Declarations for these races close 1.15pm Race 8 - Girls born on or before 28/02/07 - 2.5 miles - 2.20pm start Race 9 - Boys born on or before 28/02/07 - 3 miles - 2.45pm start Declarations for these races close 1.45pm
Awards:	The runners finishing in 1 st , 2 nd & 3 rd places in each race will receive a SSAA medal. An Age group trophy will be presented to the top placed team, with 4 runners to court the trophy to be kept for one year.
Entry Conditions:	A school may enter as many individuals as they wish, with the top 4 finishers counting towards the team award in each age group. The names & dates of birth of those being entered must be submitted on the entry form.
The Para event (race 5) is open to race bikes, race chairs and ambulant runners. Entries should be sent to Margaret Murray - pe@phs.ed.ac.uk. The School does not have to be affiliated for these Athletes. Name, School/College & DofH and Classification must be included.	
Entry for all other races is via the web site and must be made by 170000Z from an education email address.	
Course:	The course is at Pittencrieff Park nearby on an wide former path. Spikes must NOT be worn. There is limited parking in or near the park, with solar facilities and indoor areas to store kit/bags. There is no charge for entry but a Programme will be available to purchase.

Numbers:	School athletes with individual numbers will be issued at Declarations and must be worn on the FRONT of a School's coat. Club athletes should not be worn. Please bring your own pins.
All athletes will be issued with a unique 5 digit number to wear in their race. We are using an electronic system this year.	
For this reason it is essential that each Athlete wears the correct allocated number.	
Each school must ensure that this is checked carefully when handing out the individual numbers that are issued with School Envelopes.	
We cannot accept responsibility for an individual result when the incorrect number is worn.	
Entry fees:	The entry fee per individual will be £2. All athletes must be entered on individual forms in no later entry fee. In receipt of an entry, the School will be sent a confirmation to check. This must be acknowledged. Further details, notice for entry fee and directions to the venue will be issued. Please make cheques payable to the Scottish Schools Athletics Association or SSAA, and send the cheque with the form raised on confirmation to the Convenor, Julie Fleming, 7, John George Place, 6/10, Pentlands PINE TOLL, in case than 04th September 2022 is open after the online entry form. BACS payments are acceptable but the form should still be returned on date. Bank Code: 202201, Acct No: 08002249, use the reference number given if the trouble.
Accompanying Adult:	All schools must name an adult who is attending the event. In case of any emergency, all schools are asked to nominate an adult who must be prepared to officiate. This can be the same person who is already named previously. No experience is necessary.
Changing Facilities:	All competitors will be accommodated within the Pavilion, but to help avoid congestion, it might be best if athletes could arrive already changed. Facilities should not be left in this area, and it must be left clean and tidy.

RACING OF AN ATHLETE IS NOT ALLOWED AND COULD LEAD TO DISQUALIFICATION
This includes running in the same direction as the race.

Scott Montgomery
Active Schools Coordinator (Penicuik)