



# Penicuik High School

## Thursday 8 September 2022

Information Bulletin  
for Students

### **BREAK/LUNCHTIME**

All students are reminded that they should not be going to Beeslack High School during break or lunchtime. This is to ensure you are back in school on time and to minimise disruption to learning. Students who do not follow these instructions may find that contact is made with home.

**Senior Management Team**

### **UNDER 16 GIRLS RUGBY**

Boroughmuir Rugby Club are offering a couple of free training sessions for any girls who are aged under 16 (12 years and over) and who are interested in trying rugby. The training is at Meggatland in Edinburgh from 5.30-7pm on a Wednesday. For more information please talk to Ellen Nimmo in S3.

**PE Department**

### **REMINDER - 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**

### **REMINDER - 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**

### **STUDENT VOICE**

The first student voice council meetings will be on Monday 12 September at the following times and locations:

S1/2 with Miss Campbell - Period 3 - Assembly hall

S3/4 with Mr Milligen - Period 4 - Assembly hall

S5/6 with Miss Tavakoli - Period 7 - Miss Tavakoli Room 26

Please arrive at the start of the period where you will be registered. Anyone who would like to join this year, please see Miss Campbell before Friday.

**Miss Campbell**

### **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.



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#### SSAA Secondary Road Race Championships 2022

**Date :** Wednesday 5th October 2022

**Venue :** Pittencrieff Park, Dunfermline

**Events :** This is a short distance road race for individuals with a Team element. There will be 9 races.

Race 1 – Girls (born on or after 1/03/10) – 1.5 miles – 12.30pm start  
Race 2 – Boys (born on or after 1/03/10) – 1.5 miles – 12.45pm start  
Declarations for these races close 12noon

Race 3 – Girls (born 1/03/09 – 28/02/10) – 1.5 miles – 1pm start  
Race 4 – Boys (born 1/03/09 – 28/02/10) – 1.5 miles – 1.15pm start  
Declarations for these races close 12.30pm

Race 5 - Para Athletes from P6 to U20 in education or training - 1 or 2 miles - 1.30 start  
Declarations for this race close 12.30pm

Race 6 – Girls (born 1/03/07 – 28/02/09) – 2 miles – 1.45pm start  
Race 7 – Boys (born 1/03/07 – 28/02/09) – 2.5 miles – 2.05pm start  
Declarations for these races close 1.15pm

Race 8 – Girls (born on or before 28/02/07) – 2.5 miles – 2.25pm 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<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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 count. The trophy to be kept for one year.

**Entry Conditions :** A school may enter as many individuals as they wish, with the first 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 direct to Margaret McNally – [theoaks4@aol.com](mailto:theoaks4@aol.com). The School does not have to be affiliated for these Athletes. Name, School/College & DoB and Classification must be included.

Entry for all other races is via the web site and must be made by 17/09/22 from an education email address.

**Course :** The course is at Pittencrieff Park mainly on 4m wide tarmac paths. Spikes must NOT be worn. There is limited parking in or near the park, with toilet facilities and indoor area to store belongings. There is no charge for entry but a Programme will be available to purchase.

**Numbers:** School envelopes with individual numbers will be issued at Declarations and must be worn on the FRONT of a Schools' vest. Club colours should not be worn. Please bring your own pins.

All Athletes will be issued with a unique Chipped 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 inside their School Envelope.

We cannot accept responsibility for an individual result when the incorrect number is worn.

**Entry fees:** The entry fee per individual will be £ 8. All athletes must be entered as individuals (there is no team entry fee). On receipt of an entry, the School will be sent a confirmation to check. This must be acknowledged. Further details, invoice for entry fee and directions to the venue will be issued.

Please make cheques payable to the 'Scottish Schools Athletic Association' or 'SAAA', and send the cheque with the form issued on confirmation to the Convener, John Fleming, 7, John Dunne Place, Errol, Perthshire PH2 7UU, no later than 24th September 2022 (a week after the online closing date). BACS payments are acceptable but the form should still be returned as above.

Sort Code : 30-25-83, Acc no. : 00422248, use the reference number given in the invoice

**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. Valuables should not be left in this area, and it must be left clean and tidy.

#### **PACING 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)**