

DEC
2016



Whitburn

Academy

WHITBURN ACADEMY NEWSLETTER - Winter 2016

This Issue

- House Captains Appointed
- School Dux Announced
- Midnight Marathon
- Lead Climbing Champion
- S1 Open Evening
- Children In Need Day

School Dux for 2016/17 - Taylor Heggie





FROM THE ACTING HEADTEACHER...

Dec
2016

Dear Parent/Carer,

This is my final newsletter as Acting Head Teacher at Whitburn Academy. As I write to you, at the end of a very busy term, the young people at Whitburn are continuing to work hard as the festive season commences.

This Newsletter highlights many of the successes and achievements of the young people this term. Please enjoy reading about our victories in basketball and Under 13's football as well the success of the Debating Team, the first ever S1 Open Evening and the annual school Art Exhibition. I would like to give a special mention to Taylor Heggie. Taylor's hard work and commitment to her studies has resulted in her outstanding academic success and made her a worthy recipient of the Professor George Salmond Dux Award. Well done!

Help Week gets underway today with the Christmas Fair. Here Personal Development students organise a variety of activities, such as Tombola, 'Guess the Birthday of the Bear'.....or.... 'Teacher!', 'Estimate the Number of Sweets in the Jar' as well as selling tasty delights such as chocolate covered strawberries, hot dogs and pizza. Following this there will be two further fundraising days, with events organised by S4 and S5 pupils, all designed to raise money for worthy causes. This year the Charity Committee have selected Jack's Den, UNICEF and the Whitburn Food Bank to be the benefit from funds raised through the dedication, creativity and team work of the young people at Whitburn Academy.

Another highlight of this final week is the annual Christmas Concert which takes place later this evening. In recent weeks the young people and staff have been rehearsing extensively in preparation for this event. I am looking forward to experiencing the results of their hard work; there cannot be a more fitting prelude to the festive season.

All of these exciting events occur alongside our core business of teaching and learning and staff and pupils continue to focus on work that has to be completed this term such as class assessments, NABs and project deadlines. In particular the S4-6 pupils are preparing for the prelims which take place early in January. I would like to take this opportunity to wish them the very best of luck.

Please enjoy reading our December Newsletter. I would like to give special thanks to Mr Hawthorn for all of the hard work he has put into this edition of the Newsletter and for continuing to ensure that our school website is always kept right up to date.

Finally, a word of farewell from myself. I have thoroughly enjoyed my time at Whitburn Academy and I continue to be impressed by the hard work and dedication of both the staff and pupils. The school certainly lives up to its values of Responsibility, Ambition, Compassion, Honesty, Confidence and Hard Work; I am proud to have been part of such an inspiring establishment.

With best wishes for a wonderful Christmas and a very Happy New Year

Vicky Porteous

Acting Head Teacher,
Whitburn Academy



West Lothian
Council



HOUSE CAPTAINS ANNOUNCED

Following interviews with the House Teams, Whitburn Academy are pleased to announce the appointments of our House Captains and Vice House Captains for Session 2016-17.

The appointments are as follows:

- *Bruce House Captain: Rachel Wallace*
- *Bruce Vice House Captain: Sarah Ferguson*
- *Douglas House Captain: Emma Archondakis*
- *Douglas Vice House Captain: Rebecca Millar*
- *Wallace House Captain: Helen Wijaya*
- *Wallace Vice House Captain: Brendan Reid*

Congratulations to all 6 pupils on their success and everyone at Whitburn Academy wishes them well in their new roles.



BAKE OFF FINAL



On Wednesday 12th October, we held the final round of the bake off with each contestant producing their showstopper bake. Both pupils and staff involved produced fantastic bakes which were all produced to an extremely high standard.

Judging took place at breaktime on 13th October and after a great deal of deliberation (which lasted into 4th period!) the overall winner of the first ever Whitburn Bake Off was Mr Scobie who produced an amazing salted caramel chocolate torte!

Mrs Cowan and Miss Findlay would like to thank everyone involved - the pupils and staff who took part in the baking and those who

gave up their Thursday break time for the judging of the competition.

Well Done to Mr Scobie!

Photographs from the event, including the fantastic cakes produced by the finalists can be found in our Image Gallery.

MIDNIGHT MARATHON



This year's Midnight Marathon took place on Thursday 13th October and proved to be another huge success. The marathon takes place to raise funds for new equipment, coach provision and transport to and from extra-curricular events within the PE department.

Pupils raised funds and participated from 4-midnight in a variety of activities including indoor football, dodgeball and water aerobics.

This year set a new record with 104 pupils participating in the event, which meant that we managed to raise our highest ever amount with over £3000 being raised so far. Our congratulations go to Melissa of 2DI who raised over £100.00. The PE department would like to thank all staff and pupils who participated and supported, we hope to see you all again next year.

BASKETBALL VICTORY



Well done to our senior basketball team who came joint first at the SSP B class tournament on 13th October. The team played some excellent basketball on the day and fully deserved their wins.

Well done to Rachel, Steven, Jordan, Callum, Normunds and Ross who made up the team.

DEBATING SUCCESS

On 3rd November, Whitburn Academy's Debating Club entered a juniors team into the 1st round of the ESU Competition which was being held at The Royal High School in Edinburgh.

Our team consisted of Elena and Anna, with support from Adam, Mia, Anna and Taibah. Three of our senior coaches also gave up their evening to attend the event, offering support

and advice to the pupils after having helped over the last 2 weeks with all of the preparation.

The tie was closely fought, on the topic of Animal Testing, with our girls arguing against two other schools to prove that it should be banned.

Their speeches and debating techniques were excellent, and the team progressed on to the next round! It was a great night and a real team effort.



4TH PLACE FOR RUGBY TEAM

On 4th November, our S1/S2 Rugby team took part in the West Lothian School Sports League Rugby Tournament at Linlithgow RFC. Whitburn were in Pool 1 with St Kents, Linlithgow and Broxburn. The boys finished joint top of the group with St Kents and had to have a golden try decider which they unfortunately lost. This put them into the overall 3rd/4th place playoff. The match went try for try and eventually Inveralmond scored the deciding try right at the end of the match

meaning we finished in a respectable 4th place.

S1 players player- Ben

S2 players player - Spencer

Coaches player of the day - Reece (S2)

The S1-3 Girls also attended a tournament at Linlithgow Academy, they played extremely well for their first competitive outing and scored some excellent tries.

S1-3 Girls Player of the day - Beth (S1)



VICTORY FOR UNDER 13'S TEAM



On 3rd November, our Under 13's football team ran out 5-4 winners in a hard fought match against Deans Community High School. This was followed by a 5-2 win away to St Kents on 11th November. These 2 wins have helped to continue the Under 13's team's excellent start to the season as they have now won 3 out of their first 4 games.

S2 CONSTRUCTION CHALLENGE

On 10th November, ten S2 pupils had a fab day out to West Lothian College, gaining lots of valuable life skills as well as building on their team building, communication strategies, problem solving and time management skills in

the annual Construction and Built Environment Challenge.

Unfortunately we did not win this year and we were just beat to the post by another school but all pupils involved proudly held their heads high and did their very best.

The pupils took part in 3 main challenges which were:

- 1 To construct and accurately create 2 garden trellis
- 2 To construct floor joists and support brackets following set working drawings and instructions
- 3 Learn about heat and light for sustainability using correct lux readers and infrared camera systems.



Each task used new tools, equipment and skills which have enhanced and built upon current school level learning.

More photographs from the event can be found in our image gallery.

DUX AWARD WINNER



Whitburn Academy are proud to announce that S6 pupil, Taylor Heggie, has won the Professor George Salmond Dux award. Taylor earned this prize following her excellent performance in this year's SQA Exams, where she achieved 5 Grade A's at Higher level, 3 of these at band 1 level and 2 of these at Band 2 level.

Congratulations to Taylor from everyone at Whitburn Academy, we hope that Taylor

winning this award shows all our pupils that effort and hard work brings success. Taylor will be presented with the trophy once again at the school Prizegiving in June.

KARATE BRONZE MEDAL



On Saturday 12th November, S3 pupils, Adam Gilmour and Chloe Grant took part in the 44th European Wado Kai Championships in Siggenthal, Sweden. Both pupils took part in the Under 16 category, with Adam winning the Bronze medal.

Adam said of the experience: "It was a really good, fun experience. I really enjoyed going to the competition and meeting my friends there and really enjoy doing karate"

Well Done to both Adam and Chloe. Adam is pictured with his bronze medal.

VISIT FROM ILLUSTRATOR

Illustrator Helen Cochrane came to visit a group of S2 students in the Art and Design Department during week beginning 14th November.

The class have been busy working on a Quentin Blake illustration project to celebrate Roald Dahl's 100th birthday. She brought with her a variety of her own beautiful drawings and sketchbooks for the pupils to look at. This was a great opportunity for them to ask questions and hear what it is like to have a career as an Illustrator. They gained lots of ideas for their own project and thoroughly enjoyed the visit.

Photos from Helen's visit can be found in our Image Gallery

ALCOHOL EXPRESS RESOURCE

Whilst in Primary 7 at Falla Hill Primary school, Chelsea and Phoebe, 2 of our S1 Pupils, were involved in creating Alcohol Express, an educational resource for Primary Schools. Working with the West Lothian Drugs and Alcohol Service (WLDAS) and Firefly Arts, the pupils decided to make a short DVD looking at the major issues that the class had identified.



The pupils were involved in script writing, filming, acting, lighting and sound for their DVD. The pupils worked hard on their DVD and Chelsea and Phoebe were chosen to represent Falla Hill Primary School and the pupils involved in the project at an Education Policy Panel meeting at the West Lothian Council Headquarters on 15th November. Chelsea and Phoebe spoke to the committee



briefly about their involvement in the project, then the finished DVD was shown.

Well Done to both pupils on their involvement in this worthwhile project.

CHILDREN IN NEED DAY

On 18th November, Whitburn Academy held a Dress Down day for Children in Need. Pupils and Staff paid £1 to wear non-uniform clothes for the day. At breaktime, there was a cake sale and face painting held in the Foyer, whilst in the Staff Room, there was a Bacon Rolls and a Raffle for staff.



We raised £816.97 for Children In Need. Thanks to everyone who helped us to raise this excellent sum of money for a really good cause.

SCHOOLS NETBALL SCOTTISH CUP



For the first time ever, Whitburn Academy entered the prestigious Netball Schools Scottish Cup competition! Our U13s team have now played all three matches of the first round: St Margaret's High School from Airdrie, Coatbridge High and St Andrew's High School (Coatbridge). All three matches presented very strong opposition for our newly-formed team, and Whitburn were unlucky in some very close matches. However, the results of the first round have not dampened their team spirit and enthusiasm, as they continue to turn up to training each week, determined to improve for our follow up matches in the second round!

If you are interested in playing netball, we welcome girls and boys, S1-S6 and train Thursday after school in the Games Hall. Speak to Miss Laing for more information. And don't forget to follow the PE department on Twitter - @WhitburnPE.

JUMPSTATION TRIP

On 22nd November a group of pupils from S1-S5 visited Jump Station in Livingston, an excellent trampoline park.

All individuals involved regularly attend the after school Gymnastics club on a Tuesday run



by Miss Buchanan and Miss Laing. Everyone that attended put in 100% effort and achieved new skills and confidence.

MUSIC DEPARTMENT NEWS



The Music Department have been busy over the last few months with pupils representing

the school at a number of events.

A number of pupils across all years gave excellent performances to pupils and parents from primary 7 at our cluster primary schools during our P7 open evening in October. Thank you to Shannon, Kerry, Euan, Lee, Megan, Yasmine, Kimberly and Sam, who took part.

The Music Department held their Instrumental Parents' Night on Wednesday 16th November, the following pupils gave performances of pieces that they have been working on: Zack, Ellie, Mia, Adam, Sophie, Scott, Yasmine and Shannon. Well done to all of the pupils for their great performances!

BUSINESS ENTERPRISE GROUP

The Business Enterprise Group has been working hard over the last few months. They started by gaining a small loan from the School, in order to buy stock for a Tuck and Stationery store, which runs every day at morning break, run by 4th, 5th and 6th year pupils. This has been a great success and has now meant they



have the funds to invest in designing, producing and selling their own products. The first of these is laser cut, personalised keyrings, which will go in to production before Christmas for pupils and teachers. They are also looking in to supplying these not only to the school, but also to Events organisers as goodie bag gifts.

We wish them every success over the coming months and congratulate them on all their hard work to date.

SI OPEN EVENING

On Thursday 24th November, Whitburn Academy held an open evening for parents of pupils currently in SI. Each department had its on stall complete with display boards showing some of the excellent work our pupils have produced so far in their time at the school. A number of the extra curricular clubs attended the event as well to promote what they do.



The night was a real success with an excellent turn out from our pupils and their parents. Many thanks to all staff and pupils who worked hard both on the evening and in the run up to the event producing work, preparing displays and presenting/talking to parents.

JUVENES TRANSLATORES

On the 24th November, Whitburn Academy was chosen to take part in a European translation competition called "Juvenes Translatores". The competition is organised by the European Commission for schools in countries that are part of the EU. On the day of the competition, we spent two hours translating a text from French into English using just a dictionary - no online resources



could be used! We prepared for the competition by practising with previous years' texts which allowed us to gain insight into what the competition would be like.

Our translations have been sent to the European Commission to be looked at with all the others from across Europe - we will find out in February if one of us is the UK winner and will have the chance to attend an award ceremony in Brussels, Belgium. On croise les doigts ! (Fingers crossed!)

by Alexandra & Helen (S6)

S3 BUSINESS DAY

Both S3 Business and Administration classes were recently involved in a Business Day, run in

school by Napier University. This involved them creating their own new product, then going through a full business plan for it, thinking about Marketing and Finance, amongst other things. We saw some great team work and some great ideas throughout the day – which ended with each team having to present their product and ideas to the others.

The winning teams' products were multi flavoured crisps (in the one bag – for example, A Scottish Fry up – whereby one crisp was bacon flavoured, another baked bean) and A Protein Shake Bar – where you can go and



choose all your own ingredients to go in to your shake from fresh fruits, nuts, milks and protein powders – which come in a specially designed bottle, which is fully recyclable.

All in all the event was a great success and enjoyed by all. We hope to be able to run similar events with Napier University in the future.

FOOTBALLER VISIT



On 25th November, the SI Boys Football Team had a visit from ex Leyton Orient and Dundee FC left back, Matt Lockwood. Matt came along to give a Football Masterclass and do some training with the boys.

The boys all enjoyed the experience and hopefully picked up a few tips to use in their remaining games this season.

Thank you to Matt for giving up his time to come along to meet the boys.

BRASS BAND WINNERS



On 27th November, Scott Gilchrist, John Walker and Ryan Brown were part of the West Lothian Schools Brass Band that retained their Premier Youth Brass Band Champions of Scotland title at the Scottish Youth Brass band Championships at Perth Concert Hall. This is a fantastic title to hold and we are very proud of our representatives in the band.

WOMEN IN STEM SUBJECTS

When asked to think of someone famous from a Women in Science, Technology, Engineering and Maths (STEM) subject, many people struggle to name more than one person and is it usually someone male, such as Albert Einstein, Stephen Hawking or Brian Cox, but many women have made significant contributions to STEM subjects.



In November, Mrs Considine launched a competition to encourage pupils to find out about some women who have made important contributions to STEM subjects. Pupils were asked to match the names of 20 women with the STEM fields they are associated with. Lots of pupils entered the completion. Winning entry was drawn at random by Mr Bulloch.

Congratulations to the winner, Nikki, one of our S3 Pupils, who received a copy of the book “Period Tales – the curious life of the elements”.

PLATINUM AWARD FOR WIND ENSEMBLE

Scott Gilchrist was part of the West Lothian Schools Wind Ensemble that performed at the Scottish Concert Band Festival which took place at Inveralmond High School on Sunday 4th December and the ensemble was awarded



Platinum award- the highest the festival can award. Well done to Scott and the rest of the ensemble!

VINE TRUST FUNDRAISING

After an initial meeting with Michelle Livingstone from Vine Trust, twenty six S4 and S5 pupils have signed up for the 2018 Vine Trust trip to Peru. The fundraising has already



started. We have organised a Christmas raffle was organised are grateful for the generous donations of prizes from local businesses, teachers and parents. We have also been selling cakes at parents' evenings and organised a stall the community centre 'Christmas Cracker' event.

SANTA RUN



On Sunday 4th December, Mr Begarnie, Mr Duffy and several pupils took part in a sponsored Santa run in Livingston to raise funds for the Vine Trust Trip to Peru in 2018. We have already raised over £1000

Pupils will be organising several individual fund raising events over the coming months and are being supported by Miss Justice from the business studies department.

ART EXHIBITION

The Art & Design Department at Whitburn Academy were delighted with the success of their annual exhibition held on 5th Dec. The



work displayed was from a range of age groups involving S4 to S6. This was a great opportunity for these year groups to showcase their work. There were example folios from students studying National 4, National 5, Higher, Advanced Higher and Higher Photography.

The exhibition included a variety of painting, printmaking, sculpture, fashion, body adornment and much more. It was a great evening.

More photos from the exhibition can be found in our [Image Gallery](#)

GOLD BAND AWARD

Well Done to Joshua Roy and Zac Taylor, who as part of the West Lothian Junior



Concert Band, won a Gold Award. This award has qualified the band for the National Finals in Perth in March 2017.

LEAD CLIMBING CHAMPION!

On Saturday 10th December, Hannah, one of our S1 pupils, took part in the Scottish Schools Lead Climbing



Championships at Glasgow Climbing Centre. Hannah competed in the S1/S2 girls category and had qualified for the event by competing in the heats for the competition back in September. Hannah was one of only 5 girls from the whole of Scotland to make it through to the finals.

Hannah then had to climb in 2 different qualifiers, with the top 3 making it into the final. Hannah qualified for the final in first place with a total of 188 points. She then had to go into isolation and then come back out and climb a final route. Hannah scored 82 points in the final and won the Competition!

Hannah was delighted with the result as not only was this her first Lead competition, also most of the girls she was up against were 2 years older than her!

Well Done to Hannah on your fantastic achievement from everyone at Whitburn Academy.

NATIONAL YOUTH CHOIR OF SCOTLAND

A few weeks ago John Walker (S6) auditioned for the National Youth Choir of Scotland (NYCOS) Training Choir for 16-19 year olds



and has found out that he has been successful. This is a fantastic achievement - well done!

POSITIVE REWARDS TRIP

On 16th December, around 180 pupils from all year groups who had good tracking and behaviour were rewarded with the chance to attend the Positive Rewards Trip. Pupils had the choice of a trip to the Showcase Cinema

to see Star Wars 'Rogue One' or to go to 'Jumpstation' in Livingston. All the pupils who attended both trips had a fun time.



Photos from the Jumpstation trip can be found in our [Image Gallery](#)

CHRISTMAS FAYRE



The first of Whitburn Academy's Help Week events took place on Monday 19th December,

the annual Christmas Fayre. Arranged and ran by the S4 Personal Development Classes, the fayre included many different stalls ranging from raffles and tombolas to cake stalls and facepainting.

Pupils from all year groups attended the fayre during the day and helped to raise money towards our chosen charities.

CHRISTMAS CONCERT

On 19th December, Whitburn Academy's annual Christmas Concert took place. The audience was treated to a fantastic show by our pupils, staff and Music Department.

The show began with the percussion ensemble playing 'Walking in the Air', next was a Vocal Solo from John Walker, who sang 'Bring him Home'. The Woodwind ensemble played 'Little Donkey' and was quickly followed by a 'Christmas Medley Special' piano solo from Christopher McLaughlin. Next the staff and senior choir sang 'Somewhere only we know' followed by the Rock, Pop and Blues ensemble playing and singing the 'St James Infirmary Blues'.

The Head and Deputy Head Boys and Girls then joined with the Wind Band to tell the story of the Night before Christmas. The Junior choir which was made up of pupils from

S1-S4 sang 'Flashlight' and 'Valerie'. The Brass Ensemble played 'My Heart will go on', 'Chim Chim Cheree' and 'Jingle Bell Rock'. A Cello solo from Mia Lewington was followed by the Wind band playing 'El Marinero'. The Guitar Ensemble then played 'For the love of God'. The Flute Ensemble played 'Away in a Manger' and 'Auld Lang Syne'.

The community carol was 'We Wish You a Merry Christmas' where the audience also joined in to sing this. The string ensemble played 'Christmas Holiday Hoedown' and the big finale was the entire cast of the concert

playing and singing along to 'I Wish it could be Christmas Every Day'.

Thank you to the pupils and staff who took part in the concert, Mr Wood and Mr Hawthorn set up and operated the lighting and sound, the pupils who designed the programmes, the Office staff, the Instrumental Instructors and to Miss Murray, Mr McManus and Miss Haggart, the Music Teachers who all contributed to a fantastic show.

Photographs of the show can be found in the [Image Gallery](#)



CHRISTMAS DOOR COMPETITION 2016

Over the final few days of term, tutor classes across the school have been decorating their classroom doors as part of the Christmas Door Challenge.

Like the Easter Door Challenge, the Christmas challenge was hotly contested with a number of excellent displays all over the school. It was very difficult to pick a winner as all the

groups that took part had produced some fantastic designs.

However we have a winner! Congratulations to Mr Steven's class, 3W2 who were the winning group. A special mention must also go to 3W1: Mr McManus, 5W2: Miss McKay and 2D2: Mr Bergarnie who were in the final shortlist.

Photographs of all the finished designs can be found in our [Image Gallery](#)



COMPASS CAFE



The Compass Cafe is a place to come and meet friends, have lunch, chat, do some fun things and discuss faith and life. We also try to organise occasional outings and trips.

Compass Cafe is run by the School Chaplaincy team. We meet in room 213 every Tuesday.

We would love to see you there.

VINE TRUST EASYFUNDRAISING PAGE

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be collecting free donations for Whitburn Academy's Vine Trust trip to Peru in 2018?

There are over 3,000 shops and sites on board ready to make a donation, including Amazon,



John Lewis, Aviva, thetrainline and Sainsbury's – it doesn't cost you a penny extra!

It's as easy as 1, 2, 3...

1. Head to <https://www.easyfundraising.org.uk/causes/whitburnacademyperu/> and join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

There are no catches or hidden charges and Vine Trust Peru 2018 - Whitburn Academy will be really grateful for your donations.

Thank you for your support.

SCHOLAR REVISION AND GRADE IMPROVER

Scholar is a valuable – and free to use – resource which will help you to consolidate your previous learning, offer you useful revision strategies and allow you to practise assessments.

Your teacher can use the Scholar reporting facility to tailor their future help to you.

Make the most of Scholar by using it as part of your mix of study / revision activities.

Even if you haven't been in the habit of using Scholar for your coursework so far, then make sure that you have a note of your user name and password. You will find Scholar helpful in your revision.

By using your own username (your SCN) and password you will gain access to many of the features in Scholar.

These include the Web pages, Revision planner, Interactive activities, Glossary, and recordings of revision webcasts (for maths, Computing and Modern Languages). Most Scholar courses have .pdf Study guides (electronic copies of the website text) which you can obtain from your teacher.

You can access Scholar by clicking on the following link: <http://courses.scholar.hw.ac.uk/vle/scholar/> A guide to using Scholar and an Information booklet for Parents can be found on our SQA Exams page of the School Website.

MEASLES INFECTION IN LOTHIAN

NHS
Lothian

think
Measles

It's not just a kids' problem

Teenagers, young adults and adults who have no or incomplete immunisation may be at risk of Measles.

Symptoms include:

- High fever (temperature over 38°C)
- Rash – sometimes starting around the eyes
- Sore, red eyes (Conjunctivitis)
- Cough
- Flu like symptoms

Please advise your nurse or doctor now if you are unsure about or have not had your MMR immunisations.

For more information go to www.immunisationScotland.org.uk

Adapted from Public Health England May 2010 Campaign

Measles cases have been confirmed in Lothian over the past month in teenagers and young adults.

Please do not send your child to school if they have any symptoms suggestive of measles infection.

Symptoms

The symptoms of measles include fever, lethargy, runny nose, conjunctivitis, cough and a red, blotchy rash which starts at the head

spreading over the chest and limbs. The rash generally fades within ten days.

If your child has developed symptoms suggestive of measles, you should keep your child at home and contact your General Practitioner for further advice by phone (or NHS24 if out of hours on tel. 111).

This is very important in order to avoid the spread of measles to other people.

People with measles are infectious from around five days before the rash appears until four days after the rash appears and should self isolate at home during this time.

MMR

The MMR vaccine is the safest and most effective way to protect your child against measles, mumps and rubella.

Measles, mumps and rubella are highly infectious diseases that can leave children suffering serious medical complications. However, the high uptake of the MMR vaccine in Scotland means there has been a big reduction in the number of people catching these diseases.

Over 500 million doses of MMR have been used in over 90 countries around the world since the early 1970s.

MMR is given in two doses. First when your child is between 12 and 13 months, and then at

the same time as other routine childhood immunisations – from 3 years 4 months of age. Although normally given at these times, if it is missed it can be given at any age. Teenagers who haven't had two doses of the vaccine are also being offered the MMR vaccine during their routine teenage immunisations.

More Information on the MMR Vaccine can be found at <http://www.immunisationscotland.org.uk/vaccines-and-diseases/mmr.aspx>

IPAYIMPACT USERGUIDE FOR PARENTS

West Lothian Council have released a Parent's Guide for making online school payments using



iPayimpact. The guide contains a detailed description on how to log in and how to use iPayimpact. It also gives details on what to do if you encounter the 'time out' bug in the program.

A copy of the guide can be downloaded from the 'downloads' section of the Parents page on the school website

TWILIGHT CLASSES



Twilight Classes run from 3.40 - 4.40pm. See the timetable below for details of when they take place who is leading them. A copy will also be available to download from the SQA Exams page of the website.

Monday

National 5/Higher Geography - Teacher: Mrs Whyte

National 5/Higher Photography/Art - Teacher: Mr Robertson

National 5 Maths - Teacher: Mr Thomson

National 5/Higher - Modern Studies: Teacher: Mr McNeill

Higher Sociology - Teacher: Mr McNeill

Tuesday

National 5/Higher Art/Photography - Teacher: Miss MacKay

Higher Biology: Teacher: Miss Jessiman

National 5 Computing - Teacher: Mrs Woods

Higher Admin - Teacher: Miss Richmond

Higher English- Teacher: Mrs Gilchrist/Miss Sword

Higher Physics - Teacher: Mr Bulloch

National 5 Biology - Teacher: Mr Rhodie

Wednesday

Higher Business Studies: Teacher - Miss Justice

Higher PE: Teacher - Mr McPherson

National 5 PE: Teacher - Mr Stevenson

National 5/Higher Art/Photography: Teacher - Miss Rodger

National 5 Maths: Teacher - Mrs Stewart

Higher Maths: Mrs Rennie

Learning Support Homework Club: Teacher - Miss Steel/Mrs Kelly

National 5 Chemistry: Teacher - Miss Maher

National 5 Physics: Teacher - Mrs Considine

Higher Chemistry: Teacher - Mr McDermott

Thursday

All Levels Music: Teacher - Mr McManus/Miss Murray

National 5 Computing: Teacher - Mrs Woods

National 5 English: Teacher - Miss Sword/Mr McIntosh

National 5/Higher Graphics: Teacher - Miss Miller

Library

Need to borrow a book? Just want some quiet space? Has your computer broken at home and you have an essay due tomorrow?

Come along to the library!

The library will be open till 4.30pm on a Thursday.

Homework Club

The homework club is on a Wednesday and open to all year groups. If interested please see Miss Steel or Mrs Kelly in Learning Support.

Twilight Buses

A bus home is provided for pupils who normally get a school bus home from school. If needed, make your teacher aware that you need a space on the bus when they take the register.

THINKUKNOW WEBSITE



Thinkuknow is an excellent resource for parents/carers, giving advice and information on a broad range of online safety issues that your child may face as they grow. There is advice on how to deal with many topics from what to do if your child is being groomed online to bullying through social media. There is a range of helpful guides to different aspects of social media

including how to set up privacy settings. You can find this information at www.thinkuknow.co.uk/parents

POKEMON GO, A PARENT'S GUIDE



Let's keep kids safe online

Pokemon Go is the latest online craze and is extremely popular across the world as it uses "augmented reality" (a cross between real life and an online world).

It does have its advantages, however there are a few risks attached. The NSPCC have created an online guide for Parents with information about the game and how they can keep their children safe. The guide can be found at the following link <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/pokemon-go-parents-guide/>

NHS CAREERS - PROMOTING ALL CAREERS IN NHS SCOTLAND

NHS Education for Scotland and Skills Development Scotland have developed the new website which promotes the hundreds of

different careers on offer in the country. The Website is now live and can be found at: www.careers.nhs.scot

A short video clip promoting both the NHS Careers Portal and their Job Search Portal can be found at: <https://vimeo.com/159815133>

There are approximately 160,000 people employed by the NHS in Scotland and the message is that it's not just doctors and nurses who are needed to make sure people receive the best healthcare. 144 delegates are expected today at a Murrayfield conference called 'Explore the world of careers in NHSScotland'. A wide range of professionals with an interest in developing the young workforce are attending to find out about the resources available and to learn how to support the recruitment and employment of young people.

- job profiles for the wide range of careers available in NHSScotland
- links to current NHSScotland vacancies
- a special section for young people including information about Modern Apprenticeships available in NHSScotland
- information relevant to potential, existing and returning NHSScotland staff

A key feature of the site is the use of videos of existing NHSScotland staff who talk about how their job makes a difference to patients' lives including:

- Alex, an apprentice joiner in a Board; Rachel, a paediatric dietitian – she explains that her job gives her great satisfaction because she knows she makes a difference to the lives of children with cancer;
- Shaun, a respiratory physiologist, who says working for NHSScotland gives him 'opportunities to develop professionally'
- Jennifer, a laundry assistant, who feels her job is important as the hospital where she works cannot function without fresh laundry!

JOB AND TRAINING OPPORTUNITIES

Each month, Skills Development Scotland release a list of all the Jobs and

Training Opportunities available in the West



The new website includes:

Lothian area. A copy of their latest bulletin is available for download from the Careers Adviser page of the School Website.

STAYING SAFE ONLINE



The sharing of inappropriate images on Social Media is a practice that some young people are becoming involved in.

This is done on a number of different forums including Facebook, Instagram and Snapchat to name a few, It normally takes place between young people in a relationship but there has been incidents where images have been sent to complete strangers.

There are many dangers associated with this including: bullying or harassment, lack of control of the images, images becoming public, the effect this might have on the person's digital footprint and the Legal implications of taking, sharing, receiving or posting

inappropriate images of anyone under the age of 18.

Our pupils receive advice regarding this issue with dedicated lessons during Personal and Social Education classes. These lessons offer advice and guidance from CEOP, the Child Exploitation & Online Protection Centre, who produce very good educational packages, these inputs are jointly presented by the Campus Police Officers from Police Scotland and the PSE teaching staff.

Thinkuknow parents and carers website...

This is a fairly new website for parents and carers. It is a source of information, tips and advice for parents and carers specifically focussed on online child sexual abuse and sexual exploitation.

It aims to support all parents and carers, from those who need advice on how to protect their children, to those who are concerned about something that is happening right now.

The site also provides advice for parents of children who have suffered sexual abuse. You can find this by visiting www.thinkuknow.co.uk and following the link to the parent/carer section.

ParentInfo

ParentInfo is a free service for schools which provides expert, up-to-date content for

parents and carers. The content is written by leading authorities on a wide range of topics including online safety, sex and relationships, health and wellbeing and family life.

Each article aims to help parents develop their children's resilience against the risks they may face online or off. If you wish to register, then you should visit www.parentinfo.org.

We would like to offer some advice to parents and carers on how to deal with some of these

issues and we have attached advice on issues such as how to set the privacy settings on Facebook, how to block a post or profile and how to report an issue directly to sites such as Youtube.

Information on this and more is available to download from the downloads section on our Internet Safety page.

