



KINGUSSIE HIGH SCHOOL



February Newsletter

February 2011

This is our first Newsletter of 2011. I hope the year has started well for everyone. At school it has been a mix of good and not so good. The not-so-good are the implications of financial cuts. More detail inside. On an upbeat note we have had pupil events and activities with successes at personal learning and extra-curricular activity. Our present S1 are the first year to be fully involved in Curriculum for Excellence developments. Some details of what this means are outlined inside. We have a busy time over the next few days with S5/6 prelims and of course there is the Food on Film Festival which involves quite a few pupils in various roles. I'm sure you'll do your best to support the festival. One highlight is the charity preview of "No Ordinary Trifle" - I believe one of the stars plus director will be in town for this. All in all a busy term ahead.

Remember you can contact me at the school to discuss any issues.

John G Tracey
Head Teacher

SCOTTISH SCHOOLS SKI CHAMPIONSHIPS



On Tuesday 25th January the conditions at the Lecht ski centre were particularly 'Scottish'. Blue skies and powder snow? Of course not. Slabs of ice and rain were the order of the day. Eight hardy S1 and S2 pupils competed in the Scottish schools ski championship. To their credit, there was not a whimper about the long wait at the top as the gales made a mockery of their Gore-Tex.

Both boys and girls teams put in a great effort. Forty teams made their way to the Lecht, some more competitive than others, with Lycra one pieces and the like. Our little rippers were quietly confident and put in some fantastic performances. The girls were 15th overall. A great result given that one of the members was on Telemarks! The boys, a fantastic 4th considering there was some serious competition. Alistair Johnson in S1 was the hero of the hour finishing 10th out of a field of 120. Well done to all for a fantastic day in fantastic conditions!

Boys' team - Alistair Johnson, Rory MacKeachan, Jack Anderson, Jaeger Lamont
Girls' team - Hollie Gibson, Rona Stewart, Rebecca Gale, Eilidh Anderson

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CHANGED LUNCHTIMES

We have started our trial of split lunchtimes. S1-S3 have lunch from 12.05 till 13.00 and S4-S6 have lunch from 13.00 till 13.50. So far we have seen the congestion problems in the canteen and corridors virtually disappear. Pupils have time and space to enjoy their lunches - a big improvement! Some pupils still choose to "go up the town" and we assume they do so with their parents' permission. Please remind your daughter/son about their general conduct - behaviour in traffic, talking to strangers, litter etc.

EFFECTS OF FINANCIAL CUTS

Everyone is aware of the pressures on finances - at a national and local level. The Highland Council is having to make savings across the board. Schools are having to play their part in the cutbacks. I shall keep everyone informed as best I can as details become clearer.

SOME IMPLICATIONS FOR KHS

At the moment we are still calculating final specific details but we can be certain that our staffing levels will be cut. It is likely that at least two full time equivalent teaching posts will go. The knock-on effect is that certain subjects may have to go. Non-teaching posts may also be affected. Money to spend on resources will be cut. We will continue to strive to provide quality learning and teaching and a continuity of subject provision from S1 to S6.

S1 CURRICULUM FOR EXCELLENCE

This session sees Curriculum for Excellence fully implemented for our S1 pupils. Over the coming months there will be updates about what this means for the pupils.

One thing that is happening is the pupils will have the choice to follow some subjects and not others. Expect your daughter/son to come home to discuss how they are getting on and about what they might want to be choosing. More details to follow.

GRADUATION DAY from an S6 parent

After talking to some parents I believe Graduation Day is quite splendid but things fall a bit flat when it is over. To mark the occasion I wonder if you (as a parent of a pupil leaving school this year) would be interested in having an 'After Graduation Day' get together for the Parents, to which the Graduates would be welcome. If you are interested in some form of celebration on Graduation Day (16th June) please select from the options below and reply to the school or by e-mail to:

glenbank2002@yahoo.co.uk.

Informal Drinks and nibbles

Informal Drinks then a buffet

Cash bar, Buffet and a Ceilidh

If you would be interested in helping please let me know.

OPTION CHOICE TIME

Confused about subjects and careers or options after school?

If you are looking for information or finding it hard to make a decision, feel free to make an appointment with a Careers Advisor.

In school - please see Guidance Teacher

Out of school - please contact us on 01463 66727 - we also have an office in Aviemore (drop-in on the first Thursday of every month) or email

gillian.clark@sds.co.uk

www.skillsdevelopment.co.uk

COUNCIL ENERGY USE INFORMATION

Further to the report taken to a Council meeting in December on energy consumptions and the request for a building by building breakdown of consumption in Council Services, consumption information is to be displayed on the Highland Council Energy web pages to increase the visibility of the individual sites.

This can be accessed at the link below;

[http://www.highland.gov.uk/businessinformation/energyandsustainability/energy-](http://www.highland.gov.uk/businessinformation/energyandsustainability/energy-carbonmanagement/buildingsperformance/)

[carbonmanagement/buildingsperformance/](http://www.highland.gov.uk/businessinformation/energyandsustainability/energy-carbonmanagement/buildingsperformance/)

It is intended to update this on a regular basis and it is hoped that the format can allow a clear expression of the situation.

CHRISTMAS CONCERT

Looking back to December here are a few pictures from our Christmas Concert. This was a very successful and enjoyable evening displaying many and varied talents of both pupils and teachers. The audience were entertained by a wide variety of acts from musicians, poets, dramatists and vocalists both individually and in groups. In 2009 the concert unfortunately had to be cancelled due to adverse weather so it was great that the annual Christmas Concert was back on track.



DATES FOR YOUR DIARY

February

Sunday 13 - Sunday 20

Ski Trip

Monday 14 - Friday 18

School closed to pupils all week (Staff insets Wednesday 16 - Friday 18)

Wednesday 23 February

S2 Reports and S3 Choice Booklet issued

S2 Parents' Meeting

Monday 28 February

S2 Parents' Information Evening

March

Friday 4 March

S5/6 Reports issued

Wednesday 9 March

S5/6 Parents' Meeting

Monday 14 March

Music Festival Week

Friday 18 March

Festival Concert

Monday 28 March

S3 Exams begin

April

Wednesday 6 April

S3 Exams end

Friday 8 April

School closes for Easter holiday

Tuesday 26 April

New term begins

**ADVERSE
WEATHER/EMERGENCY
CLOSURE**

**TELEPHONE
MESSAGING SERVICE**

Highland Council No:

0870 054 6999

KHS Pin No: 04 1120

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SEX EDUCATION IN KHS

Sex Education in Kingussie High School follows the Highland Council guidelines and is provided within the holistic Health Education curriculum. It is intended to educate and inform, but at the same time to allow time for reflection and discussion.

WHERE WILL SEX EDUCATION BE TAUGHT?

Elements of sex education will be found in many areas of the curriculum such as:

- Personal, social and health education (PSE)
- Religious and moral education
- Biology/science

From this list it is clear that many teachers may be involved in a pupil's sex education.

WHY TEACH SEX EDUCATION?

- Relationships and sex education are an important part of young people's preparation for adult life
- From an early age, our young people are exposed to all kinds of publicity through TV, magazines and advertising which highlights sexual attractiveness and sexual activity as if these were the main aims in growing up
- Much of this publicity underplays the importance of a stable family life and relationships
- There is a need to foster self-esteem and a sense of responsibility, including respect for self and others, and aspects of personal health and keeping safe
- In spite of the so-called maturity of young people, there is still a great deal of ignorance about sexual activity and parenting

WHEN WILL ASPECTS OF SEX EDUCATION BE TAUGHT?

- It is important that programmes on sexual health and relationships should be matched to a pupil's needs and level of maturity. Experience of life, physical development and level of maturity varies from pupil to pupil.
- This can present a challenge to the organisation of such a programme and it is for this reason that aspects of the programme will be revisited from year to year, often dealing with them in greater depth and detail.

HOW WILL SEX EDUCATION BE TAUGHT?

- Parents can expect teachers to deal with the issues of sexual health and relationships with sensitivity and due regard and care for the young people they teach and the wishes of their parents
- A variety of methodology is employed such as group work, class discussion, use of worksheets, viewing DVDs
- A variety of teaching materials is used, Units of work are prepared by the school from packages designed and produced by commercial firms, by local authorities, by the BBC and ITV schools programmes, and leaflets such as those produced by the Health Board

WHAT WILL BE TAUGHT

The school follows Highland Council Guidelines;

Early Secondary: Level 3 - S1/2/3

- Skills required to maintain friendships and relationships
- Gender stereotypes, respect, equal opportunities and discrimination
- Peer and media influences
- Love, permanent and responsible relationships
- Parenting roles
- Awareness of sexually transmitted infections and HIV & AIDS and how to keep safe
- Awareness of risks and responsibilities and strategies for keeping safe and healthy
- Information, advice and support services

Secondary: Level 4 - S4/5/6

- Responsibility and commitment within loving relationships
- Awareness and respect for sexual orientation
- Parental responsibility
- Responsible sexual behaviour
- Responsibilities and strategies for avoiding STIs and HIV and AIDS

S1 students are about to start our programme in February. We use a variety of resources including worksheets produced by Proctor and Gamble and film material.



Badenoch Swim Club now has a new website where you can get all the club information that you need, including:

- Calendar – dates & times
- Membership fees & dates
- Social events
- Blog spot
- Club Committee & contacts
- Volunteering

<http://www.badenochswimclub.co.uk>
email: info@badenochswimclub.co.uk

NORDIC SKI CHAMPIONSHIPS



Recently pupils from Highland Schools including Robert Sircus from Kingussie High School have been competing at the British Nordic Ski Championships at the Chiemgau Arena in Ruhpolding, Germany. The boys have all come home having achieved outstanding results in this extremely physical and demanding sport and will be rightly proud of their success, the more so for having done so against others, the majority of whom were older than themselves.

All three came home with Medals to reflect their Podium placings in this year's Championship and having had a hugely positive experience with Robert gaining a Gold and a Bronze Medal.

These Championships are a major step in the development of these youngsters as competitive athletes and their success is well worthy of recognition.

GB BIATHLON ACHIEVEMENTS

In spite of spending Thursday night at Edinburgh Airport and then setting their alarm wrongly for Saturday morning there was a very good couple of days ahead for Calum Irvine and Scott Dixon - they did make it to the start in time for the Men's 10Km Biathlon Sprint with 134 starters. They finished around 5 minutes ahead of the rest of the Under 18 field with Calum in First place (33:37.8 minutes) and Scott Second place in 34:41.4 minutes. Their times against the Junior (Under 21) Field were also good enough to see them placed First and Third, almost 3 minutes ahead of the 44th placed racer. Against the whole Senior field, including members of the GB Biathlon Team and Development Squad they also performed extremely well, with Calum in overall 14th and Scott in 25th. It is another outstanding result for Calum and Scott and along with the Nordic Ski performances mentioned above, a clear demonstration of the wisdom and importance of developing young talent from an early age. This was the very reason why the CBNSC was established and it has the potential to produce future Great Britain Biathletes and Nordic skiers of high quality, providing that the right support is put in place. In a later race Scott and Calum again took First and Second places - a short but fruitful trip to Ruhpolding in Germany.

Along with Katy Homyer, the boys will be representing Great Britain at the European Youth Olympics later this month in Liberec in the Czech Republic. Good luck to them!

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FOOD AND ENVIRONMENT CONFERENCE



Last Friday three pupils, Aaron Mair, Tim Fraser and Gillian Dear, accompanied by Miss Hutchison from the Science Department, travelled to Edinburgh to attend the Food and Environment conference at Holyrood. They were lucky enough to hear speakers from SCIAF, the Macaulay Institute and various MSPs on topics such as Fairtrade. The pupils were given a tour of Holyrood in the afternoon and got hands-on use of gadgets for grinding flour and peeling apples and even got to hold a hen. It was a long but enjoyable day and the pupils came back with new ideas on how to take Eco-schools further at KHS. The pupils' behaviour was excellent and they were a credit to the school.

FUNDRAISING FOR INDONESIA



Gap years can provide a chance to gain experience and try new things before following through with other plans. Some people use them for work, others for travelling. Project Trust is a charity that organises gap years of voluntary work abroad, and I have been lucky enough to be selected for an eight-month project in Indonesia next year. It's very exciting to be able to go on this adventure. To get there I have to raise £4130, which is a daunting feat, but fundraising events and donations are helping me to get there. The school has been able to help me on a couple of occasions: the bake sale in December earned £68, and by selling squares on a treasure map of Indonesia at the parents' evening I was able to raise £56. The winner of the treasure map at the S4 Parents' evening on the 19th January was Pat Goddard, and I hope that she enjoyed her prizes of wine and chocolates.

In March, my fundraising efforts will continue with an Auction Night which will be held in the school on Tuesday 1st March. As well as the auction there will be drinks and nibbles served throughout the evening. I hope that it will be a success and I would be very grateful if anyone could help me out with this. I'm looking for anything that you might be able to donate, from jewellery and accessories to bath/shower products, scarves, bags etc. These can be given to me or collected by Mrs Mossman in Room 3 and Mrs Rimell in Stanners Bank. Secondly, you might want to come along on the night or tell anyone who would be interested in joining in. Look out for posters for further details.

Please feel free to talk to me if you are interested in Project Trust or gap years abroad. Many thanks, Fiona Mossman.

VISIT FROM BBC



Pictured with pupils is Craig Anderson of BBC Scotland, Patron of Kingussie Food on Film Festival who came to school to hold a workshop on public speaking and the art of presenting with a small group of senior pupils in preparation for this year's Food on Film festival Oscar Night on Friday 4 February.

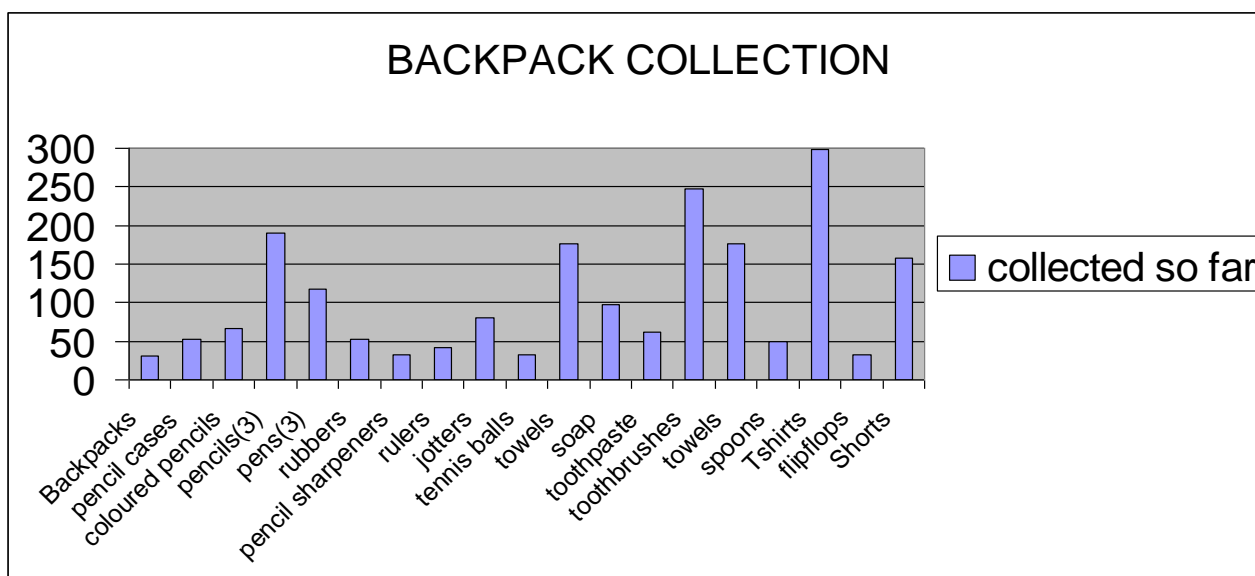
What's new with the Ucan Club.....?



The Ucan Club continues to meet at lunchtimes (at the moment three or four days a week) in Stanners Bank. A notice is put in the Monday circular to confirm the meetings for that week. The new 'split' lunchtimes are making it more difficult to meet as a mixed years' group, but is hoped that, once the weather improves, we can organise some after school sessions when all years will be able to join in together.

What is our news?

- This year's Backpack Collection is well under way. Thirty bags have already been filled and items are being collected as we work towards our next backpacking session. The up to date results of our collections are displayed on the notice board in the Shelter Area so that pupils and staff can check on progress. As always we are short of empty school bags. These do not have to be new - just in reasonable condition. If you have any discarded school bags at home hidden away in cupboards could we have them please? Similarly any other items listed for inclusion in the bags will be most welcome. There are boxes for donated goods in every Registration classroom, or goods can be handed in at the school office. If we finish up with extra items these will be packed up separately and sent as spare stocks. Thank you to everyone who has helped with the collection.
- Ucan Club members have been invited to take part in three Assemblies at Newtonmore Primary School in the next few weeks. They are busy planning presentations. They will be telling the pupils about our enterprise activities and the friendship and citizenship aspects of the Club and will share their experiences of global citizenship issues, especially with regard to all the school does to support Mary's Meals.
- We were pleased to see that Magnus Macfarlane Barrow, the Founder of Mary's Meals, was awarded the OBE in the Queen's New Years Honours list, for his work in building up a charity which is now feeding more than 450,000 children every day in some of the poorest countries in the world. He is a dedicated and worthy man who deserves such recognition for his vision and commitment. It makes us feel proud to be supporting his initiatives.
- Calling: all singers, dancers, musicians, comedians, actors, magicians. Whatever your talent we need you for the K Factor Talent Show. We plan to stage the annual 'K' Factor Talent Show on Thursday 7th April. We are looking for all kinds of talent - so start practising!



FOOD ON FILM FESTIVAL

KINGUSSIE

FOOD ON FILM

celebrating and exploring the world of food

Thursday 3rd - Sunday 6th February 2011

OPENING NIGHT

Thursday 3rd, Iona Gallery
Free Entry - Donations to SBSA

19:00

Food Art Exhibition, Live Music
Food & Drinks

20:00

Documentary - "The End of the Line"



OSCAR NIGHT

Friday 4th, Talla Nan Ros
Tickets £5 / £4 concession

19:00

Food Bar, Italian Ice Cream & The Highland
Youth Awards for Short Food Films

21:30

Late Film - "Food Inc."

CAIRNGORMS FOOD HALL

Saturday 5th, Talla Nan Ros
Market Opens, 11:00

Food Market
Film Showings
Celebrity Chef, 13:00
Cookery
Demonstrations



CO-OPERATIVE MEMBERSHIP CHILDREN'S MATINEE

Saturday 5th, Kingussie Primary School
Tickets £4 / £3

16.45

"Ratatouille"

FILM NIGHT!

Saturday 5th, Talla Nan Ros
Tickets £5 / £4 concession

17:00

"No Ordinary Trifle"

20:00

Italian Movie Meal
"Pranzo de Ferragusto"

SUNDAY CINEMA

Sunday 6th, The Post House
Spey Street, Kingussie, Tickets £5 / £4 concession

19:30

"Babette's Feast"

TICKETS AVAILABLE ON THE DOOR

good food, film and fun!
www.kingussiefoodonfilm.co.uk

The co-operative
membership

Regional
Screen
Scotland

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