

## Kinnaird Primary School News Cont'd

# Pudsey in Pyjamas!!!

**By Katja P7 (Junior Journalist)**

On Friday the 14<sup>th</sup> of November the whole school came in wearing their pyjamas with crazy bed hair! Why, you ask? To raise money for Children in Need of course! As a school, Kinnaird raised a wonderful £795.60 by doing the following: coming in with bed hair and pyjamas, getting our nails painted and doing the duvet and pillowcase 'bed hero' challenge. The bed hero challenge was where each class found out who was the fastest at putting a duvet cover on a duvet (P4-7) or a pillow case on a pillow (P1-3). After each class had a winner the champions went into a head to head battle in the hall in front of the whole school to see who would be crowned the ultimate bed hero. Even the teachers had a go! Thank you to the five girls from P6A: Anya, Elise, Amber, Sophie and Niamh who kindly painted people's nails and raised a total of over £140 for Children in Need.

We hope that all the money will help children who are not as fortunate as us to have a better future. Things that we take for granted like food, toys and clothes can change a poor child's life to a happy one. So the money that Kinnaird has made will hopefully make a difference to many people's futures.

Just think of all the children who don't have food, clean water, a family and a happy childhood. The money that has been raised will go to help these children.

This bear encourages people to raise money that can make a difference so please donate next year and help children to have a happy life.



Please donate to help change the world and make it a better place.

**The Bed Hero Challenge - who will win?**



## Junior Journalists By Aidan P7 (Junior Journalist)

The Junior Journalists are a group of P6 and P7 pupils who write articles about recent events involving Kinnaird or Kinnaird pupils as our legacy from the Commonwealth Games Going for Glasgow project.

Kinnaird's Junior Journalists mainly specialise in sporting events, but we also write articles covering big events in the school. We have a noticeboard in the school where we put our finished articles so that everyone in the school can read them. We also plan to publish these on our school website. We have a meeting every Wednesday lunchtime, where we discuss current events and are assigned articles. We have notebooks which we use to record our information, special badges to wear when we are out of school so that we can be recognised as 'the press' and we take our responsibilities very seriously! We attend events as reporters and photographers, and when we return we write articles about the event. If a pupil is relevant to an article, we interview them and get their thoughts and opinions. We have deadlines to finish our articles, and we are getting used to the pressure of having them completed in time! We are keen writers and determined to live up to the challenge.

Kinnaird's Junior Journalists are: Mia (P6), Michelle (P6), Aidan (P7), Kyle (P7), Isla (P7) and Katja (P7). We hope that the legacy of the Junior Journalists will continue into the future, because when the current P6 children are P7s, they will have the experience to help the new P6s.





## Kinnaird Hallowbot Spooktacular

*By Isla P7 (Junior Journalist)*



On Hallowe'en, the school gardening club, Growbots, had a 'Hallowbot Spooktacular' event to raise money for new gardening equipment. Growbots is Kinnaird's gardening club where we learn how to take care of living things within our school grounds. It started two years ago and now has 14 children in it, including a former pupil who is now in S1. Mrs Bennie runs the club, aided by Miss Anderson and Mrs Anderson (no relation!).

Their 'Spooktacular' included:

- ★ Lots of goodies to eat! (courtesy of Mrs Anderson, Cameron's mum)
- ★ Gunk boxes (vampire blood, eyeballs and slime, etc.)
- ★ Halloween cookie decorating (with allergy free cookies, baked by Mrs Bennie)
- ★ Lots of other scary stuff too!

The Growbots did two weeks of planning, making, and in the last week, carving pumpkins, to prepare for their extravaganza. The haunted house was especially spooky with a little help from Mr Ryan, the school janitor, who lay in wait to scare pupils and staff brave enough to enter!

In total, they raised a massive £239.14! They plan to spend it on soil and planters for the sensory garden to keep this feature flourishing. They are hoping to have a seasonal garden for Christmas too!

The Growbots were also finalists in the Environmental Initiative category in the Celebrating Success 2014 Awards.



Photo booth: Pupils dressed up and got photos taken. The photos were then delivered to their classes.

## Larbert HS and CATCA (Communities Along The Carron)

Larbert High School joined forces with Communities Along the Carron Association and Scottish Wildlife Trust to host a volunteering day in the School/Community Garden and in the Carron Dams LNR. Scottish Power very kindly sent along 14 volunteers as part of their Corporate Social Responsibility project.

Together with volunteers from the school, CATCA, the LNR Volunteer Group, the local community and Falkirk Council, a total of 25 people tackled a huge list of tasks including a clean up of the ponds on the Dams, some vegetation clearing, turf removal to create 8 new planting beds in the garden and the creation of two further raised beds. A great day was had by all....and the weather was kind enough to allow us to have an alfresco lunch in the sun.

Hugo the Labrador was the star of the show who wallowed in the mucky ponds dragging out logs in typical Labrador style. He was not only black but a very smelly black dog by the end of the day!

Amongst the debris removed from the ponds there were no less than 5 bath tubs, a briefcase full of (once) important documents and a pair of ice skates!





## Larbert Village Primary School News

### Larbert Village Primary School achieves GOLD

Recently our Legacy Sport Ambassadors attended the Going for Glasgow Awards and were delighted to be awarded so many awards from the event. As a school we worked very hard last year on all our Commonwealth learning and sporting clubs.



We managed to collect:-

- ★ **Social Media Star – Winner**
- ★ **School Games Hero – Mrs McNally was runner up**
- ★ **Inspirational Legacy – Runner Up**
- ★ **Going for Glasgow Overall Winner – Runner Up**
- ★ **AND we collected our Gold status plaque.**

All our awards and plaques are proudly displayed in school for all to see – well



done Larbert Village Primary School.

We are now starting our bid to win an award from Sport Scotland as we are continuing to build on the legacy of the games and keep sport alive at LVPS.

### Primary 4/3 and the 10 Pieces Project



P4/3 children have been taking part in the BBC's '10 Pieces' project. They were lucky

enough to be invited along to Falkirk Town Hall to watch the Premier of '10 Pieces' and have been working extremely hard ever since learning about the following composers: Grieg, Mozart, Handel, Stravinsky, Mussorgsky, Adams, Meredith, Holst, Britten and Beethoven and giving their opinions on each pieces of music. They have also been composing their own music inspired by the work of Meredith and have recorded their own radio show to share their work. Everyone has enjoyed learning more about music.

### LVPS Dragonfly Den have Medal Success

The Dragonfly Den pupils from Larbert Village Primary School attended a Boccia competition in Tullibody Civic Centre in November. It was a great success, everyone had a great time and... WE WON!!! We entered three teams into the competition and won both the silver and gold medals! Great teamwork everyone.

### Nursery Pupils enjoy Library trip

Larbert Village nursery children enjoyed a visit to Stenhousemuir library where they took part in a



Story telling session and learned how to use the library. Now the boys and girls want to take their Mums and Dads along to the library to share the

experience with them. They enjoyed seeing all the books and couldn't believe how many were there.

### Our Week at Larbert High

Our week at Larbert high was really fun .Our task for the week was to find out who murdered the rector Mr Reid.

Our investigations began with a visit to geography where we learnt our way around the school by looking for clues. Our next stop was maths; in maths we used a Caesar Cipher to de-cipher the code for the briefcase which had apparent vital evidence inside.

Later on we went to outdoor education and there we found a used syringe which could've been the

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possible murder weapon.

Later that day in food and consumer technologies we found out that Mr Reid had been poisoned by apple cakes but not just any cakes **POISONOUS** apple cakes, we then made some of our own cakes but ours were safe ☺.



The next day in modern languages we used German to open the briefcase because it was made in Germany as we found that out the day before. When we successfully opened the case we found a threatening note inside possibly from the murderer. Our next period was science, in science we used chromatography to determine who the pen belonged to we then figured out that it was Mrs McIlwraith's pen although it didn't prove it was definitely her but at least it was a start. A day and a bit later we had art where we did photo fits of our suspects. During that day we also made wanted posters of them.

On our last day we were working on a play to present to our parents and guardians of what we had worked on throughout the week. We also sang a song called CSI at Larbert High. It was a great conclusion to a fun week.

Our week has been a great success and experience for all. We thoroughly enjoyed our visit and can't wait to go back after summer break full time.

Written By Megan E and Duncan M -LVPS P7D

### **P3E and P3M learn about the Emergency Services**

As part of their Emergency Services topic, Primary 3E and Primary 3M invited the Ambulance Service, the Police and the RNLI to visit them at Larbert Village Primary School. Pupils learnt about the roles and responsibilities of the emergency services, their uniform and the equipment that is used in their jobs.

Mrs Eadie also visited the school to tell pupils about her work as a laboratory scientist at Forth Valley Royal Hospital. In addition, both classes went along to Larbert Fire Station where they received a tour of the fire station and engines and even had the opportunity to spray water from the hoses. Amazingly, during their visit the fire crew had a real life callout to rescue a cow stuck in water.

It was a very eventful day.

P3M and P3E have really enjoyed learning about the Emergency Services this year.



### **Primary 1 get a visit from Percy the Park Keeper**

Primary 1 have been learning about Percy the Park Keeper this term. We read "Percy The Park Keeper After The Storm" by Nick Butterworth. It was all about an Autumn storm in Percy's park which caused an oak tree to blow over, damaging some of the animals homes. We learned about the type of animals who would live in a woodland park and taught the other Primary 1 classes all of the facts we had learned. We have looked at changes to our environment during Autumn and used this as a focus for an Autumn home project. We identified different leaves and nocturnal animals. Our topic ended with a very exciting visit from Percy himself



who told us all about how the animals were getting on in their new houses and



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some of his recent park adventures. We asked lots of good questions and Percy loved looking at our Percy's Hut role play area. Everyone loves Percy the Park Keeper in Primary 1.

### P3M and the Adventures of Barnaby Bear

P3M's Teddy Bear (Barnaby) went to Canada for a couple of weeks to visit Miss McGaw's family in Canada. He has been sending his diary back to school each day via Teddy Bear Mail for us to read all about his adventures. Barnaby has been teaching us about the Canadian flag where we further investigated the origin of the flag online, he taught us about winter sports, Totem poles, Niagara Falls- we even made our own paintings of Niagara falls and maple syrup....we got to taste pancakes

and maple syrup! It was delicious.

Before Barnaby went to Canada we had to make sure he

was fully equipped with everything he needed. We research the weather in Canada it and was very, very cold and snowy! We made Barnaby a warm, winter, waterproof coat in our co-operative learning groups.

Barnaby arrived safely back in Scotland after his trip away- he was a little jet lagged as the time in Canada is 5 hours behind our time. We researched what time it would be in Canada for all different times in Scotland. Barnaby learned lots but we were still eager to find out more so we wrote to the Grade 2 class in Frontenac Public School in Canada (Miss McGaw's niece is in that class). We told them lots of things about Scottish Traditions and asked them some of the things we wanted to find out about Canada. We went to the post office to send our letters, Miss McGaw tells us that they have now got our letters and are in the process of writing back- we can't wait for their replies!

### P7W- Through the Decades Assembly

P7W worked for many months on a "Through the Decades" topic. We looked at important news events, toys, music, tv programmes, adverts, fashion and technology. During the last week of

November we started to plan and write a script for our

"Through the Decades" assembly. People auditioned for roles and when we cast the parts, we began to rehearse.

Soon it was beginning to look good. While we were practicing there were absences which meant some roles had to be replaced and some parts rewritten. Our assembly soon arrived and we were all very nervous. The assembly was based around two grannies recounting their memories from the early 60s to the late 90s. We included live performances from bands such as The Beatles, Village People, Queen, Spice Girl and Band Aid (1984). Everyone really enjoyed dressing up in the fashion of their band's decade. The show went down a blast and was a great success. All the parents enjoyed it (we hope) and all the hard work had paid off !!!

Written by M Findlay and I Williams P7W

### The Masai Warriors came to Larbert

We had a fantastic assembly recently with the Masai Warriors from Kenya. There were a group of 5 men and 2 women who came to share stories of their culture, dances and songs that they perform. They were really good at singing and taught us a new song too. They invited children to join them in



the dancing. The LVPS children rose to the challenge. Masai Warriors are famous for being able to jump very high. Lots of children tried to jump higher but the best at jumping was one of our teachers Miss McGaw – we think she managed to jump higher than the warriors! It was a great learning experience and we felt very lucky to have been part of their special visit.

## Larbert Village Primary School News Cont'd

### Primary 3/2 had a close encounter with the Kelpies

Our class were chosen to go for a tour of the Kelpies.

Although lots of children had been over the summer holidays it was great to go on the official tour and get a look inside.



Our tour guide explained how the Kelpies were built, who the designer was and about the actual design. We were amazed and up close couldn't believe how big they were. It was a great trip and we definitely want to go back but maybe a drier day!

"We got to go inside the Kelpies and play games. We pretended we were horses with ropes. I liked the inside the best" by Jack, Emily and Kaitlin in P3/2.

### Primary 1 share the Christmas story with a visit from some Aliens

P1E, P1M and P1R performed a fantastic Nativity called 'Christmas with the Aliens'. The children did a great job of sharing the

Christmas story to the aliens who had never met human beings before.



The highlight of the show was when humans and aliens sang "Tell the Universe".

The roof almost lifted from the building. The acting and singing was brilliant. We had lots of special visitors to see the show including Councillor Coleman and Acting Director Nigel Fletcher as well as a packed audience of very proud family members.

Well done to all the children and staff in P1 – it was a Nativity to remember.

### The Gingerbread Man escapes!

The nursery children put on a tasty performance of the Gingerbread man. They shared the story through song and dance and all the children dressed in fabulous woodland costumes.

This has been part of a huge storyline topic in the nursery.

The children have baked gingerbread men, made gingerbread houses, written stories and learned lots about maths and measuring. Everyone has really enjoyed being part of the project this term.



## Larbert High Basketball

Senior boys coached by Fraser Malcom and Daniel Shak won the Falkirk League and reached the Semi finals of the Scottish Cup.

And won the Falkirk schools League Cup for the third year in a row as a mixed team with the senior girls!

Well done!





## Larbert High School News

### Ich liebe Berlin!

In December, 15 pupils from Stenhousemuir Primary, accompanied by 5 senior pupils from Larbert High travelled to Berlin for a weekend to experience German culture and speak some of the lingo.

We explored the city and managed to see all the famous sites including the Brandenburg Gate, Reichstag, Holocaust Memorial and some of the famous Christmas Markets.



We also took part in a Christmas craft fair and visited a primary school for the morning where we spoke lots of German and played games with the pupils.



We could not go to Germany without experiencing some German food – it really was fantastisch!  
Frohe Weihnachten!

### Larbert High Legal Challenge

Pupils from Larbert High have recently taken part in their own courtroom drama.

On November 29, a team of senior pupils represented the school in the Citizenship Foundation's Bar National Mock Trial Competition. Taking place at Glasgow's High Court.

The competition required teams of pupils from different schools to conduct mock criminal trials, which were overseen by sheriffs and senior advocates. This involved the students adopting specific roles such as: advocates, court macer, court clerk, witnesses, and a court artist.

Although Larbert did not win the competition, the pupils were highly praised for their performances and were inspired by the experience.



## Shakespeare Schools Festival

PUPILS from Larbert High School have taken part in the UK's biggest youth drama festival, bringing to life the work of the English stage's most famous son.

On November 11, a group of pupils performed William Shakespeare's comedy *The Winter's Tale* at Falkirk Town Hall. The event was part of the Shakespeare Schools Festival which enables students aged 8-18 to perform their own Shakespeare productions in front of a paying audience. The production was directed by Miss Buckley and Mr Gibb with the following pupils playing the central romantic roles: Kristian Kinnon as Leontes, Jennifer Brisbane as Hermione, Pratchaya Toole as Florizel and Eilidh Toland as Perdita. The play also featured a great ensemble cast of Ryan Buist, Lucy Smith, Caitlin



Macdonald, Neil Gordon, Iain Lind, Andrew McNab, Rhiannon McGuire, Emily Henderson and Holly Marshall.

The pupils received tremendous praise for their performances and thoroughly enjoyed the experience.

## Road Safety with ASDA

PUPILS from Larbert High School have teamed up with ASDA to promote greater road safety.

Recently, pupils Kristian Kinnon and Fraser Scobbie travelled to Asda in Stenhousemuir to film a road safety advert aimed at cyclists.

The initiative was coordinated by Mr Kelly and Mr Doherty from the school's English department, and Asda staff who provided a van and van driver. The aim of the advert is to get cyclists to cycle behind the trucks because, if not, the truck driver cannot see the cyclist. Christian and Fraser were filmed acting out what to do and what not to do. It will be seen in schools across the country as part of the Cycle Safety programme.



## Larbert High - BASE Competition

A group of 6 S6 pupils recently took part in the first Scottish BASE competition organised by the Institute of Chartered Accountants for England and Wales where they had a unique and exciting experience enabling the students to:

- develop their employability skills outside the classroom, building confidence, knowledge and experience to take into their future careers;
- include their involvement in the competition (developing employability skills and engaging with an extra-curricular activity) as evidence on their CV's and UCAS personal statements;
- engage in an exciting business challenge that tests their skills and expands their knowledge in accountancy, finance and business; and
- potentially secure their place on a school leaver programme, as many employers use BASE as an opportunity to talent spot.

This was the ideal opportunity to be able to put their classroom learning into practice, through assessing, analysing, debating and developing recommendations to present to a panel of respected judges.

The pupils involved, Kendall Brown, Sarah Boswell, Laura Santi, Lisa Carlow, Lois Nichol and Abigail Meason - all worked with a mentor from Price, Waterhouse Cooper in order to develop a spectacular presentation to the panel and other contestants.



They were unfortunately pipped at the post by George Watsons College and Linlithgow Academy.

## Jocelyn impresses judges for the Scottish Seabird Centre's Nature Photography Awards

Jocelyn King, S3, impressed the judges for the Scottish Seabird Centre's Nature Photography Awards. The Seabird Centre has announced the finalists in its ninth annual competition, and her '**Jazzy Caterpillars**' has been shortlisted in the Junior 12-16 category.

The Scottish Seabird Centre's prestigious awards attracted 435 entries and more than 100 stunning images, including Jocelyn's, are now on display in the Centre with the public invited to vote for their favourites.

Jocelyn said: "**Jazzy Caterpillars** was taken while on a walk in Tentsmuir Forest near the old ice house. I liked the bright and colourful caterpillars which were all over the plants. It's great to have my image shortlisted by the judges and I hope lots of people vote!"





### TRYST COMMUNITY SPORTS CLUB



Established in 2011, the **Tryst Community Sports Club (TCSC)** offers a wide range of sporting activities for the community from nursery age to adults. We also have an extensive range of classes and a family membership with incentives for all the family! The Tryst Community Sports Club is leading the way in sports provision in the local area. On top of our comprehensive junior and adult programmes, we also run multi-sport camps during the school holidays.

#### Clubs

We have 17 different junior clubs ranging from Gymnastics to Tennis, Rugby Minis to Cheerleading and Water Polo to Basketball.



#### Classes

Here at the Tryst there are 9 different adult classes from Kickbox Cardio to Metafit and Jogging to Indoor Cycling.



#### Facilities

The Tryst is able to utilise the extensive facilities at Larbert High which include:

- A state-of-the-art cardio suite which you can become a member of for £10 a month.
- Brand new fitness suite with 25 stationary indoor resistance bikes facilitating group indoor cycling classes.
- There is also a large Games Hall, a fully equipped gymnastics hall, a multi-purpose gym hall, dance studio, a floodlit astroturf, grass pitches and a 6-lane 25m swimming pool.



Five core aims ensures that the Tryst can thrive as a centre for excellence in sport in the local community. These are based around: quality and standards, development and growth of clubs, stronger links and increased integration, self-sustainability and facility development.

The TCSC is based in Larbert High School, the largest school in Falkirk and winner of the **sportscotland** and Sunday Mail School Sport Award in 2012 and 2014.



"Inspiring a community to be active today, for a healthier tomorrow"

### Larbert HS Supports the White Ribbon Campaign

For the second year running Larbert High has supported the White Ribbon 16 days of Action campaign.

This global campaign asks people to sign a pledge never to commit, condone or remain silent about violence against women. Although the campaign focuses on female victims (81% of incidents) it recognises that men can also be victims. 3500 incidents of domestic violence were recorded in the Forth Valley area from 2012-2013 and with Police now recording domestic abuse every 9 minutes in Scotland it is a topic worth discussing with young people. By raising their awareness and giving them the support to deal with issues at home or in their own relationships, Larbert High hopes to give the pupils the courage to speak out about domestic violence.



Larbert High pupils have been working hard during the campaign, creating huge white ribbons to display on the school building and using their time to raise awareness with pupils and staff around the school. Ms McMichan and PC Imrie have been speaking to pupils in school to promote

healthy relationships and provide pupils with the information they need to seek support with this issue

On the 29<sup>th</sup> of November the pupils took the campaign to the streets of Stenhousemuir to raise awareness with members of the public. Asda provided the pupils with an excellent opportunity to use the store entrance to speak to shoppers and gain their support and the pupils showed enthusiasm for the campaign, taking time to explain to members of the public the important message behind it. £75 was raised through sales of white ribbons and over 140 pledge cards were signed by the public to show support for the campaign.

Stacey McMichan said "Domestic violence is a huge problem in society. We hope that by raising awareness of this we can highlight to young people the importance of acceptable behaviour in a relationship. By exploring this topic, the pupils will be better equipped as adults to recognise relationships which are not healthy and to speak out against abuse. I am aware that this topic may be sensitive for some pupils, and throughout the campaign we have encouraged pupils to speak to guidance staff or PC Imrie if they need any advice or support with any issues raised"

Larbert High School raised £162.50 during the 2014 campaign and added 326 new pledges to their total. An excellent achievement by the pupils for the White Ribbon Campaign.

Further information can be found on this subject at [www.whiteribbonscotland.org.uk](http://www.whiteribbonscotland.org.uk)

### Webhelp Partnership



This year, Larbert High school have formed a partnership

with Webhelp UK, to develop a training programme aimed at pupils who are considering employment or training opportunities as a potential destination for them once they leave school. As Webhelp UK are a large employer with ten sites in the UK, employing over 6,000 communication specialists they offer various opportunities for young people throughout the UK, and in our local area.

The aim of the School Programme has been to offer pupils an introduction to working life by giving them the opportunity to take part in the work of a local business. This involved 10 young people in S5 and 6 participating in a 2 week programme at the WebhelpUK office in Larbert, learning more about the company and its aims as well as experiencing first-hand the type of potential work pathways they could enter when leaving school undertaken by staff.

The programme has also helped pupils to develop their self-confidence, independence and hone their employability skills so that they are able to make informed career choices and become competitive candidates in the world of work.

Feedback from the programme has been excellent with pupils adding that it has been one of the best experiences they have had to date and fuelled their determination to find suitable employment or training opportunities within the company.



## Larbert High - S1 Reading Group

The S1 Reading Group (Integrated Pupil Support Faculty ) visited the Archive library at Callendar House on the 09/012/14. This is an annual visit which allows the work the group have studied to progress to a deeper level. As part of the reading programme DHT Mr Kevin O'Conner delivered a power point to the group on the Great War. The librarians at the Callendar House deliver a presentation to the group concerning a local man called Private Paxton who as a young man of seventeen enlists at Stirling Castle with the Argyll and Southern Highlanders. The group follow his life as a young soldier who goes off to France to fight for King and Country in 1914. The librarians have original copies of photographs and letters home to his parents in Queen Street Falkirk. Then the terrible news from the front that he had been shot and wounded just days after his nineteenth birthday. This type of experience for the young S1 pupils was a fantastic experience bringing the WW1 to life in a realistic tragic way for a generation of people who have no memory or reality of this terrible event.

The staff of the House were very complimentary of the S1 LHS pupils and the sensible questions they asked during their time in the house. LHS teachers: Mrs Sharkey Reading Coordinator, Mr Wilson English Teacher and Mrs McElroy Librarian were very proud of the young pupils in the Reading Group and the mature and respectful approach they displayed during their time in the house, library and the museum.

## Charity Roundup @ Larbert High

### Race for Life

This year 29 pupils and 10 members of staff made up the Larbert Race for Life Team. On a hot day a lot of runners ran personal bests. Here is a report from Vaila Campbell and Lucy Kolle.

" Race for Life training was really good. The training really helped when we went to the race, it made it much easier. The training was fun. The race was great fun and we raised lots of money in sponsors!" Over £1,000 raised.



### Children in Need

Larbert High started their fundraising for Children In Need early . There was not just one but two Teacher vs Pupils basketball games. They proved to be very popular with the rest of the school, especially when they found out Mrs Buchan was playing. It was great fun for all involved, even the supporters. On the Friday there was a football match at Ochil view which was very tense. In the end it was a victory for the staff in all 3 games.

On Friday 14<sup>th</sup> itself, there was a bake sale selling with an array of spotty cakes Pudsey biscuits. There were a lot of superheroes walking around for our dress up day and the big finale was when 75 pupils and staff took part in a Marvel Movie

Marathon Lock In until 11pm. It was great fun watching Ironman, Hulk and others in the Assembly Hall. Over £2,500 was raised.

Overall it was a fantastic few days of fundraising and everyone took part in raising funds for such a great cause, Children In Need!



### SESSION ENDING SUMMER 2014

- ★ Charities Total      Approx £17,000
- ★ Also Shoebox appeal run by Mrs Sharkey. 63 boxes sent.
- ★ Children in Need, November, £1,944
- ★ Strictly, December, £1,700
- ★ S1 Skipathon, January, £850
- ★ Movember, November, £2,200
- ★ Epilepsy Day, March, £160
- ★ S2 Cyclathon, May, £ 800
- ★ Summer Fun Day, June, £2,600
- ★ Cape Cycle, April, £2,200
- ★ Sponsored Cape pupils, £700 approx
- ★ Race for Life, £1,000
- ★ Cape town bag packing, £2,800
- ★ Dress Down, April, £900
- ★ Animals for Africa, December, £130

## Larbert High is Top of the Bench!

LHS won the RSC (Royal Society of Chemistry) Top of the Bench Regional competition last Thursday (13<sup>th</sup> nov) at Forth Valley College beating schools from Falkirk and Stirling. They now get to take part in the National Finals at Loughborough University in April

Their task was to carry out two investigations into the effect of temperature and concentration on the rate of a reaction and then use their results to determine the concentration of an unknown sample. They had 90 minutes to complete their task and write a report including graphs, all this with absolutely no help or prior knowledge of what the task would be.

Our team came top in 3 categories (team working, accuracy and graph work) and second top in the other 4 categories making them overall winners.

The prize was £250 for the school chemistry department and £15 gift vouchers for each team member.

Team members were -

- ★ Amy Simmons S2
- ★ Lisa Harvey S3
- ★ Andrew Fleming S3
- ★ Calum Binnie S4



## LARBERT HIGH SCHOOL HOSPITALITY & TOURISM DAY Wednesday 8<sup>th</sup> October 2014

On the 8<sup>th</sup> of October, our S3 pupils were given a very generous helping of hospitality magic when they were given the five-star treatment by Springboard Scotland in partnership with some of the leading names in the Hospitality Industry including, Marriott, Apex Hotels, Premier Inn, Baxters Story and Chartwells.

Pupils experienced how it feels to be both a guest and a hospitality professional in a five-star resort. The event not only showcased the industry at its very best but also linked directly to Curriculum for Excellence and in particular, Skills for Learning, Life and Work.

Every S3 pupil (nearly 320 in total) was able to participate in a series of skills challenges including Practical Cookery; Table Service; Spa Services; Barista skills, Housekeeping and Marketing and HR sessions, to name but a few!

Throughout the day, there were talent spotters on the lookout for some of our most promising future stars and there were some fantastic prizes on offer! The winners were:

- ★ **Alyx Thompson** who won the Apex Prize for **"Marketing Star of the Future"**, -- Alyx won a voucher for dinner at the Edinburgh Apex Hotel
- ★ *There were a number of runners up in this category, **Daniel Porter, Rohan McPhee and Robbie Armstrong** all won a set of the iconic Apex Hotel Ducks!*
- ★ **Kalib Hannon** who won the Compass Prize for **"Chef Superstar"** - Kalib won a voucher for Meal for 2 at the Clyde built restaurant at the SECC
- ★ **Paul McKeown** who won the Baxters Story prize for **"Chef Superstar"** - Paul won Lunch at Gogarburn House
- ★ **Robbie Snedden** who won the Marriott Prize for **"Food and Beverage Star"** - Robbie won Afternoon tea for 2 at Marriott Dalmahoy Edinburgh
- ★ **Jason Fullerton** who won the top prize from Premier Inn for **"Hospitality star of the Future"** - Jason won A King Size Hypnos Divan Premier Inn Bed, worth over **£1000!**



All the Prize Winners are pictured here.



## Learning Resource Service - Book Week Scotland

Learning Resource Service delivered the Scottish Book Trust Bookbug family packs which were handed out to all P1's this week.

Schools were invited to apply to learning Resource Service for storytelling sessions to take place during Book Week Scotland to celebrate reading and libraries.

The schools that were successful were Avonbridge, Westquarter, Ladeside, St. Bernadette's, Comely Park, Bantaskin, Denny, Woodside Nursery and ESOL group in Dawson Park. Librarians from Learning Resource Service, St. Mungo's, Braes High and Denny all took part in their feeder schools. Pupils from Denny and Braes also got involved.

Learning Resource Service have asked schools to contribute to their 'Tree' by asking them to send in a leaf saying 'why they love their libraries..'. This reflects what is happening in the public libraries as they too have trees and are asking people to complete a leaf to post on these.

Schools were asked to sign up for the 'live author events', take part in the online vote for your favourite Scottish book character and to make a reading pledge. There are prizes for the school who come up with the most creative/original pledge.

Keep an eye on our BLOG to see what everyone is saying and getting up to! [http://goo.gl/Bt9jwY@Falkirk\\_LRS](http://goo.gl/Bt9jwY@Falkirk_LRS)

HAPPY READING!

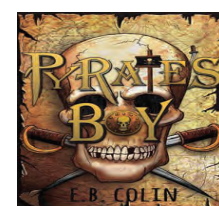
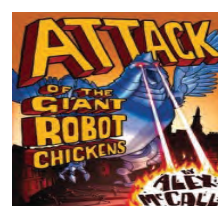
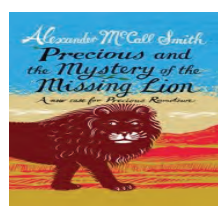
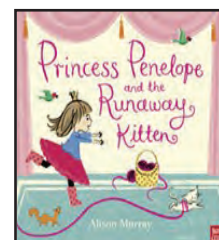
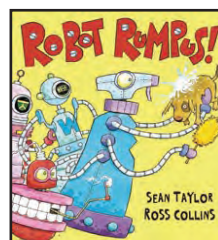
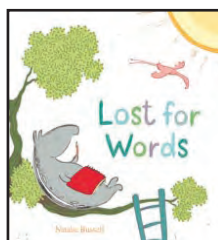
### OPEN WEEK

Learning Resource Service OPEN WEEK was a huge success with 199 visitors from all sectors attending the event. This was a great way to show

off our service in our new premises. Check out our BLOG for some of the feedback we received [http://goo.gl/Bt9jwY@Falkirk\\_LRS](http://goo.gl/Bt9jwY@Falkirk_LRS).

### Scottish Children's Book Award

This session the Learning Resource Service is offering enhanced support to some of the schools taking part in the Scottish Children's Book Award. LRS has provided copies of the picture books to interested nurseries and also provided some class set of the nominated novels to primary schools. The class sets of novels have been shared on a rota basis within some participating schools. This has meant that whole classes have been able to read and discuss the novels, ready for voting for their favourite in February.



LRS is planning a Celebration of Reading event in Camelon Education Centre to mark the participation of Falkirk schools in SCBA. Schools and nurseries participating in the enhanced support will be invited to send representatives from pupils and staff to take part in the celebration event and meet the nominated authors.

### Coming soon....

RED Book Award is celebrating its 10<sup>th</sup> anniversary this year! Schools from other countries as far away as Kenya are also taking part and voting for their favourite book. The award ceremony will be held on the 21<sup>st</sup> January in the Town Hall.

## NGT/35 - Early Closure of Schools at End of Winter and Summer Terms

**Background** - During session 1992/93 budget arrangement the Joint Consultative Committee of Central Regional Council agreed that: There would be early closures of schools at Christmas and summer. Schools would close no earlier than 1.30pm and school meals would be provided for pupils on these days.

**Agreement with Falkirk Council (4th September 2013)** - That schools will close at 1.30pm at the end of the winter and summer terms. School meals will be provided on these days.

## Educational Psychology Matters

**Take a break  
before you  
need a break**

*The greatest  
weapon against  
stress is our  
ability to choose  
one thought over  
another.*

**William James**

*You may not  
control all the  
events that  
happen to you,  
but you can  
decide not to  
be reduced by  
them.*

**Maya Angelou**

### Sharing our Knowledge and Skills for the Benefit of All

This month's topic from the Educational Psychology Service is how we care for ourselves. As professionals involved in education we want to put others first. We care and we came into this profession to live our values, however, without valuing ourselves equally with the people we serve we can end up depleted, stressed and unable to do the jobs we care about. Self care over the winter months can ensure you can continue to be there for yourself, your family AND the Children and Young People of Falkirk. We propose **Life: Work Balance** instead of Work: Life Balance over the coming weeks into the holiday season.

#### Stress

Stress in itself is neither a good or a bad thing— it is the body's way of dealing with events, it can keep us alert and challenged to strive to do better or to learn. The difficulty arises when we experience long term stress without a rest or chance to catch our breath and let our bodies recover. We all experience stress differently and need find ways to live with the inevitable stressors of life *and* thrive using healthy strategies that work for us.

Another key is to develop a culture where it's ok to talk and share experiences rather than a culture where being stressed is seen as a sign that you are working really hard! We can all take responsibility for this and for looking inward and knowing and understanding ourselves.

A first step could be to bring into focus your life and the amount of stress you may be experiencing. The Holmes and Rahe (1967) stress scale is the classic measure of stressful life events. You can take this test online—try here: <http://bit.ly/1d3g9ty>.

#### Top 5 Tips for Spotting Stress

1. You are finding it more difficult to find solutions to problems.
2. You are tired and do not feel like you are getting the benefits from your sleep.
3. You don't feel as in control of your emotions.
4. Time management has become more challenging.
5. It is harder to concentrate.

**Mindfulness-** The research base for the benefits of practising mindfulness is growing. (<http://bit.ly/1yRYKyD>) One simple way to experience mindfulness in the course of your day is to become aware of yourself while you are eating. Simply concentrating on what you are eating and doing **just** that during a meal a day. Notice when you start thinking about something else entirely other than your food. When you've become aware bring yourself back to the textures, flavours and smell of your meal. You may need to do this a few times to develop a mindfulness muscle.

#### More Resources

For more exploration on stress  
[www.stepsforstress.org](http://www.stepsforstress.org)

Mindfulness in Scotland  
[www.mindfulnessscotland.org.uk/](http://www.mindfulnessscotland.org.uk/)

To keep up-to-date with information and training find Falkirk Council Educational Psychologists on Twitter.

@EdPsychFalkirk

