



# ICHS Newsletter

WC 19/08/24

## S1 Break Times

S1 are reminded they are to remain in school during break and lunch time. They are advised they should only be down at the Astro turf park during lunch if attending the Lunchtime Football Club.

## EMA 2024/25

Education Maintenance Allowance school applications for the 2024/25 academic year are now open. Please note that a fresh application must be submitted each academic year. To apply you'll need to complete both the application form and a learning agreement. All information can be accessed here: <https://www.westlothian.gov.uk/ema>

## My West Lothian Photography Competition

Do you have a picture you feel shows West Lothian in its best light? Together with The Centre, Visit West Lothian are delighted to announce the return of the popular photography competition #MyWestLothian for 2024! The lucky winner will receive a £150 Gift Card to use at your choice of shops and restaurants at The Centre! The top 10 entrants will also be given the opportunity to appear in an exhibition within The Centre too. Click the link below for more info:

<https://www.visitwestlothian.co.uk/mywestlothian-competition-2024/>



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## Football Pitches - Lunch/Litter

Please be reminded that all food should be consumed in the dining hall. No lunches should be taken to the pitches and pupils should have their lunch before going there. If there is a build-up of litter on the pitches during lunch then there will be no access to pitches at lunchtime.

## Young Ambassadors

There is an exciting opportunity for all S5's and S6's to apply to be this years Sport Scotland's Young Ambassadors and Inveralmond's Sports Captains. If this is something you are interested in, please fill out the below forms link or come speak to Miss Livingstone in the PE base. <https://forms.office.com/e/idPHjymKza>

## UK School Games

Congratulations to Alex Thomson in S5, who has been selected to represent Scotland at the forthcoming UK School Games in the 100 metre hurdles which will be held at Loughborough University. This is a huge honour for Alex as only the top ranked athlete from each of the four home nations, plus the next top four athletes from across the UK, have been invited to participate.

This follows on from Alex representing Scotland Schools in the Schools International Athletic Board (SIAB) event in Wales, during the summer holidays, where he ran the 100 and 400m hurdles and was part of the sprint relay squad. Well done Alex!



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## SQA Learner Focus Group Recruitment

We're looking for help to shape how SQA advertises further education opportunities. You'll get to see 3 different creative ideas about further education qualifications and say what you like (or don't like!) about them, and how they could be improved.

If you're interested, please fill out the short form where you will be able to sign up to a session. The sessions will last 90 minutes and be after the school day.

<https://www.smartsurvey.co.uk/s/HNMarketingLearner/>

## Free Jigsaws

Mr O'Callaghan got hold of lots of jigsaws over the holidays. If you want one (they're free) please come to F73 in Social Subs to choose one. Lots of choice including Disney, Christmas and Landscape ones! Please see sample picture below.



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## August History Quiz

Please click the link below or scan the QR code, to enter the latest History quiz. As always there are prizes such as books, DVDs, jigsaws and stationery for those that take part. Remember you don't have to get the top score to win! The quiz runs until 30th of August at 5pm. If you have any questions please see Mr O'Callaghan in F73. Oh and if you've won a prize previously and not collected it, please come and pick up from Mr O'Callaghan, break times Mondays, Tuesdays and Fridays are usually best. Good luck!

<https://forms.office.com/e/UasicPUULY>



## Lockers

Anyone who would like to purchase a locker should see Mr Murphy in room G1A (next to the school office). The lockers are £5 per year or £15 for four years. Any student that currently has a locker they no longer require should return their key to Mr Murphy, and anyone who wishes to renew their expired locker should arrange payment asap.



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### Upcoming Events

02/09/24 - House Assemblies

13/09/24 to 17/09/24 - September holiday

18/09/24 - Pupils resume

18/09/24 - S1 Settling-in evening

25/09/24 - Senior Awards Ceremony

### School Clubs and Activities



All Clubs are S1 to S6 unless otherwise stated.

Monday: 13:15 to 13:45 S1 Football Club at the Astroturf Pitch

Tuesday: 13:15 to 13:45 S1 Football Club at the Astroturf Pitch

Tuesday: 13:15 to 13:45 The Simpson's Club with Mr O'Callaghan in room F73

Wednesday: 13:15 to 13:45 Juggling Club with Miss Curtis in Home Economics

Wednesday: 13:15 to 13:45 S1 Football Club at the Astroturf Pitch

Thursday: 13:15 to 13:45 S1 Football Club at the Astroturf Pitch

Thursday: 15:30 to 16:20 Basket Ball Club with Mr Dewar in the Games Hall



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# PLEASE BE AWARE

**we are attempting to  
maintain a nut free environment  
in this establishment.**

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*We are aware that we cannot guarantee a  
nut free environment, but we ask that you are  
aware and try to support us in reducing the risk  
for our school community.*





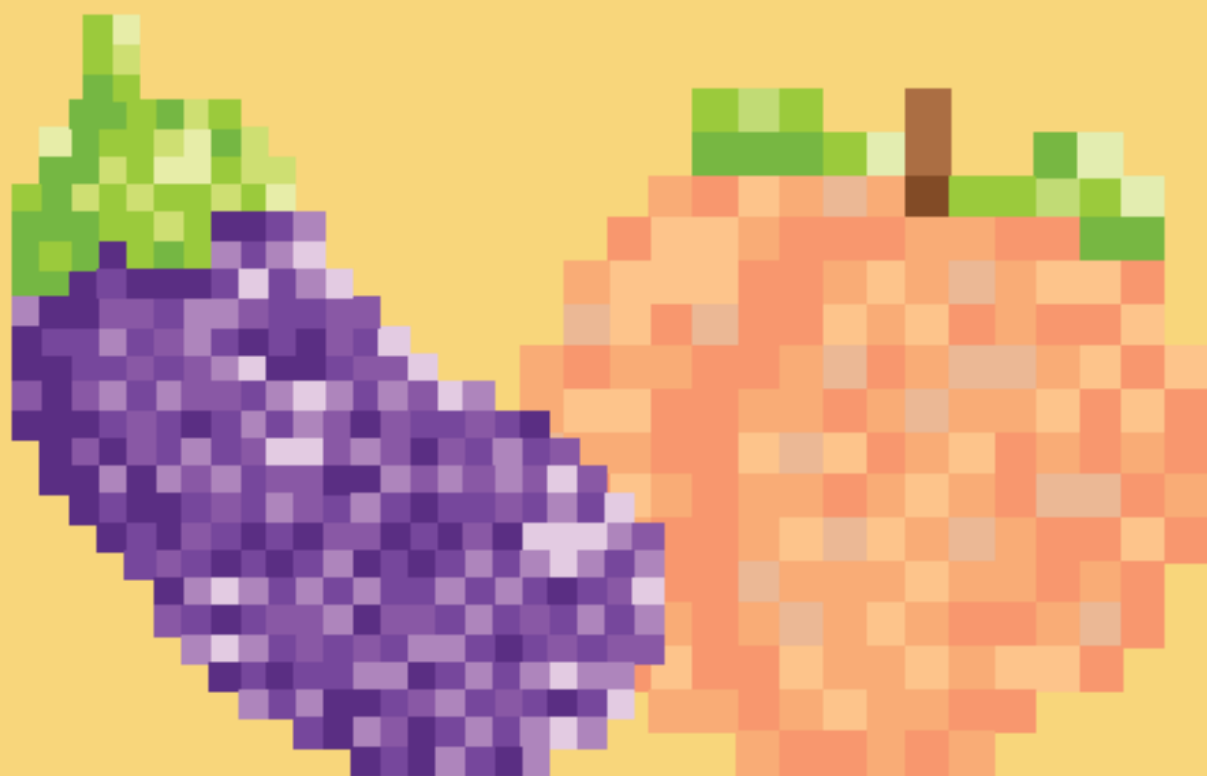
**NO SMOKING  
E-CIGARETTES  
OR VAPING  
ON SCHOOL GROUNDS**



# Sextortion is blackmail.

Don't panic. Don't pay.  
Report it to police.

Criminals target you through dating apps, social media, text or email and manipulate you into sharing sexual content that they later use to demand money or more images under threats of public exposure.



More information about sextortion and what to do if you're a victim can be found here: [scotland.police.uk/  
advice-and-information/internet-safety/sextortion](https://scotland.police.uk/advice-and-information/internet-safety/sextortion)

