



ICHS Newsletter

WC 09/09/24

College Information

Please note that no school college course classes will take place over the September weekend therefore classes on Friday the 13th of September and Tuesday the 17th of September will not be running.

Lockers

Anyone who would like to purchase a locker should see Mr Murphy. 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, and anyone who wishes to renew their expired locker should arrange payment asap.

September History Quiz

Thanks to everyone who took part in the August History quiz. Please check Teams or your email to see if you've won, if you have, make sure to claim your prize from Mr O'Callaghan in F73. The new September quiz is here, if you enter (and you should) you have a chance to win jigsaws, books, DVDs, blu-rays and some random pieces of stationery so why not give it a try? The quiz runs until Monday September 30th at 5pm. Good luck! <https://forms.office.com/e/3KFg4AK6AX>



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Athletics Success

Alex Thomson in S5 was selected to represent Scotland at the UK School Games in the 100 metre hurdles held at Loughborough University from Thursday 29th to Saturday 31st August this year. This is a huge honour for Alex as only the top ranked athletes from each of the four home nations plus the next top four athletes from across the UK have been invited to participate.

Alex came 6th in the Schools Games National Final at Loughborough University. He qualified for this as he is ranked number 1 in Scotland.

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

Alternative Assessment Arrangements

Some learners may need support when accessing an assessment or exam. Class teachers are asked to monitor the specific needs of the learners who may need assessment arrangements for each subjects and level. This is because each learner is different - even if a learner has the same additional support need or difficulty as their peer, they may not need the same type of support. We operate a "learner centered" approach. Please see the ICHS Initial AAR letter on the following webpage and if you have any questions, please contact the House Leader initially for your young person.

<https://inveralmondchs.westlothian.org.uk/article/20773/Parent-Information>



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S1 Break Times

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

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 then there will be no access to pitches at lunchtime.

My West Lothian Photography Competition

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. Enter by Friday 27 September. Click the link below for more info: <https://www.visitwestlothian.co.uk/mywestlothian-competition-2024/>

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>



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Upcoming Events

- 10/09/24 - Parent Council meeting
- 11/09/24 - West Lothian Virtual Academy Parents Information Evening
- 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 Karaoke Club with Mrs Dunlop in room F83
- 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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Get your marked exam papers back

This year SQA are running a trial for schools to download copies of marked exam papers in five subjects.

Geography - National 5 and Higher

Graphic Communication - National 5, Higher and Advanced Higher

Media - National 5

Music - National 5, Higher and Advanced Higher

Statistics - Advanced Higher

This service closes on Tuesday 27 September. To access your papers please complete the Permission Access to Marked Exam Papers form here:

<https://inveralmondchs.westlothian.org.uk/article/15154/Useful-Links>

Then hand this form back in to the main school office or Reflection by the 25th of September. More information can be found on this website:

<https://www.sqa.org.uk/sqa/110733.html>



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The Wellbeing Centre

The Wellbeing Centre is at the heart of our school. It helps us ensure pupils access the right support, from the right person at the right time. Our House Leaders, Family Link Workers and a variety of different partners work from the Wellbeing Centre to Support all of our young people.

Wellbeing Centre Process

- The Wellbeing Centre is open from 8am
- Pupils requiring support should attend at break/lunch or before/after school
- Triage will take requests for appointments and email staff with details including reason for request
- Pupils will not have permission to leave class to access the WBC, unless they have an appointment or a Wellbeing Pass (5 minutes)
- If a pupil feels it is an emergency, they will let their teacher know so they can call the Wellbeing Centre to see if there is a staff member available, if not, they will remain in their class until someone is available



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School Contact

Our school is a very busy environment, and we aim to respond to queries as quickly as we can. In order to do this, staff will prioritise urgent issues. Where possible, please avoid turning up at the school without a prior appointment. Instead, please contact us beforehand so a mutually convenient time can be arranged to meet.

We aim to respond to phone and email queries within 2-3 days. When you contact by phone or email, please be ready to provide:

- Your full name and relationship to the pupil
- The pupil's full name
- The pupil's tutor class or house
- Details of what the query is.

If all of this information is provided in your email or in the initial phone call, it enables staff to direct your query to the right person and allows staff to prioritise urgent issues. Thankyou.



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LADYWELL COMMUNITY GARDEN

OPEN DAY

14 SEPTEMBER 12-3PM

FREE! ALL WELCOME

(CHILDREN MUST BE ACCOMPANIED BY AN ADULT)

As part of West Lothian Doors Open Day join us in the Community Garden to find out more about the plans for this space.

Information Boards
Seed Planting
Stone Painting
Make a Bird Feeder
Games/Scavenger Hunt
Wildlife Activities
Tea/Coffee/Refreshments



Invy's Got Talent



Auditions take Place from
: 30th September - 3rd October

Where: drama/music

Any family- friendly talent welcome

Sign-up and showcase your talent!

To enter
scan the QR
code



Final showcase evening: 10th October,
7pm, ICHS Assembly hall



INVY'S

Got Talent



**10TH OCTOBER 7PM -
ASSEMBLY HALL**



**FREE TICKETS
DONATIONS WELCOME
REFRESHMENTS PROVIDED**

Active Schools &
Community Sport

Coach Academy INVERALMOND

APPLY NOW!

OPEN TO ALL S5 AND S6 PUPILS



CAWL
Coach Academy West Lothian

Our new and improved Coach Academy West Lothian is **NOW OPEN** to senior pupils from all secondary schools as we look offer more pupils the opportunity to be involved in this successful and rewarding programme.

If you are:

- Motivated
 - Committed
 - Enthusiastic
 - Responsible
- ...apply now!*

You will develop your:

- Creativity
 - Leadership
 - Confidence
 - Communication
- ...and much more!*

Coach Academy pupils who are keen to pursue a career in sport will gain preferred entry to the *HNC Sports Coaching* course at West Lothian College*

**provided required SQA exam results are achieved*

Next Steps...

- Speak to Active Schools Coordinator Laura Livingstone
- Scan the QR code or visit www.tinyurl.com/CAI2425
- Closing date **Friday 11th October 2024**



PLEASE BE AWARE

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

*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

