



# ICHS Newsletter

WC 13/01/25

## S3 Outward Bound Trip

We are running a trip to Outward Bound outdoor activity centre in Fort William from the 19th to 23rd May 2025. Last year we completed activities such as gorge walking, raft building, kayaking etc. Click the following link for more information.

<https://www.outwardbound.org.uk/loch-eil>

We have had a few spaces become available. If you are interested in this opportunity, please contact Miss Moran or Miss Callaghan in the Geography Department.

## Step into Healthcare

The NHS Lothian Step Into Healthcare Work Experience Programme is a unique opportunity for secondary school pupils aged 16 and over to gain practical experience and explore diverse career pathways in healthcare. The programme offers placements in various NHS Lothian departments, including Dentistry, Medicine, Midwifery, and Nursing. Participants will have the chance to shadow experienced professionals, engage in interactive workshops, and learn about different career options.

To find out more please access the following link:

<https://careers.nhsllothian.scot/work-experience/step-into-healthcare/>



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Thrive

### OUR VALUES



Respect



Kindness



Honesty



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### Scottish Schools Cross Country Championships

Entries are now open for the Scottish Schools Cross Country Championships. This is a highly competitive event for pupils who are regular distance runners. If you would like more information or to enter, please see Miss Livingstone in PE. Entries close on Friday 7th February.

### West Lothian Schools Badminton Championships

If you currently play competitive badminton and would like to enter the West Lothian Schools Badminton Championships on Saturday 8th February, please see Miss Livingstone in PE.

### January History Quiz

Thanks to everyone who took part in the History quiz during 2024, below is the first quiz of 2025. As always a wide selection of prizes for all those that take part. This quiz will run until 5pm January 31st and if you have any questions please contact Mr O'Callaghan. Remember to come claim any outstanding prizes from last year too. Thanks

<https://forms.office.com/e/Fa1zKRerKZ>

### EMA 2024/25

Education Maintenance Allowance school applications for the 2024/25 academic year are 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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## Army Careers Newsletter

Please click on the following link to see various careers opportunities through the Army.

<https://inveralmondchs.westlothian.org.uk/article/84435/Army-Careers-Newsletter>

## Adult Learning Opportunities for Parents & Carers

We are pleased to share details of three adult learning SQA courses starting next week. These entry-level courses (Levels 3–5) are designed to, build confidence and motivation, improve wellbeing, and provide an opportunity to gain an SQA qualification. All courses include a free crèche for children aged 3 months to 5 years.

Mosswood Community Centre

Course: SQA in Improving Wellbeing

Start Date: Wednesday 15th January, 09:30–11:30 (Term-time only, 8 weeks)

Focus: Explore wellbeing topics, critical thinking, and planning skills.

Whitburn Community Centre

Course: SQA in Self in Community

Start Date: Friday 17th January, 09:30–11:30 (Term-time only, 8 weeks)

Focus: Develop teamwork, collaboration, and problem-solving skills.



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## School Values Award Winners

As you are aware, the end of term reward days were reinstated as a way to highlight pupils who meet the criteria for attendance, lateness and behaviour. The Rewards Group agreed that we would like to reward other types of behaviour too this year, specific to the schools' values: Respect, Kindness and Honesty.

Teachers and support staff were asked to nominate 1 or 2 pupils each who they believe have demonstrated these values throughout the term. The Rewards Group then met to select one pupil from each year group out of the nominations.

Congratulations to our Term 1 Values award winners:

- S1 – Amy Manson (Kindness)
- S2 – Harris Harvie (Respect)
- S3 – Charlie Gray (Kindness)
- S4 – Abby Farquhar & Sam Magee (Kindness)
- S5 – Kirsty Hamilton (Kindness)
- S6 – Alistair Cameron (Kindness)

We will be asking all teachers and support staff to nominate pupils between now and Easter for our Term 2 Values awards. The long-term aim is that these nominations will feed into future award ceremonies through a Head Teacher Values Award.



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## The Promise

Scotland made a promise to care experienced children and young people: you will grow up loved, safe and respected and by 2030 that promise must be kept. Mrs Webster is the current Care Experienced teacher to check in with if you have any questions, concerns or comments about the Promise or anything related to your experiences both in school and outside of school. If you want to talk to Mrs Webster at any point, please scan the QR code and fill in the MS form and she will arrange a time to see you.



## S1 Break Times

S1 are to remain in school during break and lunch time. They are advised they should only be at the Astro turf 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.



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### Upcoming Events

13/01/25 to 17/01/25 - S4 into S5 Learner pathways meetings

21/01/25 - Spanish visitors

22/01/25 - S5/S6 Parents' Evening (in person)

### School Clubs and Activities



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

Monday: 13:20 to 13:50 Vocal Group with Miss Holroyd in the music department

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

Tuesday: 15:30 to 16:30 Table Top Gaming Club with Mr MacConnell in room G184

Wednesday: 13:15 to 13:45 Karaoke Club with Mrs Dunlop in room F83

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

Wednesday: 13:15 to 13:45 STEM Club with Mrs Lee in room G216

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

Thursday: 13:25 to 13:50 Just Dance Club with Mrs Scott in room G132

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

Thursday: 15:30 to 16:20 S1 to S3 Dance Club with Miss Moffat in the Dance Studio

Thursday: 15:30 to 16:20 Volleyball Club with Mr Taylor in the PE department



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**Unlocking**  
your potential

**ADULT LEARNING**  
*It's about you*

## SQA in Improving Wellbeing

Building  
Confidence and  
Self Esteem

For Parents  
and Carers

Free  
Course

Investing  
in Yourself



**Wednesday 15th January 2025**

**09.30am - 11.30am**

(term time only) 12 week course

**Mosswood Community Centre**

Free creche provided for children aged 3 months to 5 years

To book a place or for more information contact Lorna at  
[lorna.mcaleer@westlothian.gov.uk](mailto:lorna.mcaleer@westlothian.gov.uk) or call or text 07385115183

[westlothian.gov.uk/adultlearning](http://westlothian.gov.uk/adultlearning)



**West Lothian  
Council**



# Unlocking your potential

ADULT LEARNING  
*It's about you*

## SQA in Self and Community

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Confidence and  
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Investing  
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Friday 17th January 2025

09.30am - 11.30am

(term time only) 12 week course

## Whitburn Community Centre

Free creche provided for children aged 3 months to 5 years

To book a place or for more information contact Lorna at  
[lorna.mcaleer@westlothian.gov.uk](mailto:lorna.mcaleer@westlothian.gov.uk) or call or text 07385115183

[westlothian.gov.uk/adultlearning](http://westlothian.gov.uk/adultlearning)



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# New Inveralmond Youth Club

**P3 - P7 1pm - 3pm**  
**P6 - S2 3.30pm - 5.30pm**

Only £1 per week!

Friday 20th September for a registration session only

**Fridays**  
**1 - 3pm**  
**3.30 - 5.30pm**  
**in Inveralmond Community High School (Access via Main Reception) EH54 6HW**



Our youth clubs, drop-ins and projects are safe spaces that you can come along to if you want to mix with friends, try new activities, engage with experienced youth workers and most importantly be yourself.

For more information on this group contact Mark Drysdale by emailing [mark.drysdalewestlothian.gov.uk](mailto:mark.drysdalewestlothian.gov.uk) or contact our social media pages.

Facebook: West Lothian CLD Youth Services  
Twitter: @CLDyouthWL Instagram: @youthworkwl



# 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/sexortion](https://scotland.police.uk/advice-and-information/internet-safety/sexortion)



## 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.*

