



ICHS Newsletter

WC 31/03/25

End of Term

Friday 4th April will be a dress down day in ICHS. Pupils should bear in mind that clothing must be appropriate for a school and learning environment. Full uniform is expected right up to the last day.

There will be end of term rewards on Thursday afternoon and Friday morning. Apart from these rewards learning will continue until the end of term. Pupils in S4 to S6 should note that teachers will continue to prepare them for SQA exams right up until the end of term and attendance is vital.

We would like to wish all pupils, parents and carers a lovely holiday on Friday. We look forward to welcoming everyone back on Tuesday 22nd April.

Senior Alton Towers trip

The Senior (Current S4 to S6) trip to Alton Towers will be on Thursday 26th June. Cost will be £50 to £60 depending on numbers. Can you see Mr Dunlop in Maths to pick up your letter. The tear off slip confirming that you wish to go should be returned to Mr Dunlop (this does not secure your place. Places will be secured later on when deposits are set up and taken).



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Small Number of Belfast September Spaces Left

There are a small number of places left on the September Belfast trip, these will now be allocated on a first come first serve basis so if you want to go, please collect paperwork from Mr O'Callaghan or Miss Drain asap. If you have already handed a form in and Mr O'Callaghan has not been in touch, please go to see him, there are a few he's still processing. Any questions please let Mr O'Callaghan know.

Livingston Road Closures

There are currently a number of road closures across Livingston, please refer to the following link in case any of these will affect travel to and from Inveralmond.

<https://www.westlothian.gov.uk/article/31085/Livingston-Road-Closures>

Ethos Survey 2025

Please find below the links for both the pupil (S1 to S3) and parent/carer Ethos Surveys. These will close on Friday 25th April 2025.

Ethos Survey 2024-2025: S1 to S3 Pupils: <https://forms.office.com/e/X98XRyhcl0>

Ethos Survey 2024-2025: Parents/Carers: <https://forms.office.com/e/fP8ydWat2i>



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New April History Quiz

Please find below, the link for the April History quiz. If you enter you've got a chance of winning books, DVDs, jigsaws and stationery and other bits and pieces Mr O'Callaghan has got his hands on. Last month there were nearly 50 winners so why not give it a go? The quiz runs until 5pm on April 30th. Good luck!

<https://forms.office.com/e/j6J8NaRakh>

Royal Navy Experience Days

The Royal Navy Experience Day at HMS Caledonia in Rosyth offers students a comprehensive glimpse into naval careers with interactive and immersive activities.

Scheduled from June 3rd to June 5th, the event accommodates 48 pupils each day, with teachers and staff also encouraged to attend. Activities include a Royal Marines fitness demo, recruitment briefings, a Pac Simulator for testing boat handling, leadership challenges, firefighting training, STEM workshops, a sea survival simulation, and an introduction to military weaponry. Lunch is provided, and the event promises an engaging look at the skills and roles available in the Royal Navy.

For more details or to book, interested parties can contact Douglas Barbour via email (Douglas.barbour858@mod.gov.uk).



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Arnold Clark Apprenticeship Opportunities

Introducing our new member in the Early Careers department at Arnold Clark! We are now actively recruiting apprentices for our West Lothian branches, offering a diverse range of opportunities from mechanics to customer service roles, including rental apprenticeships. We are currently gearing up for our September intake and are keen to establish valuable connections within the community.

<https://www.arnoldclark.com/early-careers>

Crerar Hotels Apprenticeships

The Crerar Hotels Apprenticeship Scheme is designed to introduce young talent to a fulfilling career in hospitality. It offers programs like the Future Hotelier and Culinary Apprenticeships. Within 12 months, participants can achieve an SCQF Level 5 qualification, and within 2 years, progress to Levels 6 and 7, alongside gaining two years of invaluable job experience and training. These apprenticeships are comparable to SQA Highers and degrees in terms of qualification levels. The scheme provides a structured path over two years, with the first year focusing on foundational skills across various hotel departments, and the second year tailored to specific developmental needs within a chosen department. <https://careers.crerarhotels.com/future-hotelier-culinary-apprenticeships-crerar-hotels-early-careers-programme-236432.htm>



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Work Experience UK Astronomy Technology Centre

Each year at STFC, we are proud to run a highly successful work experience scheme for S4, S5 and S6 students at schools based in or near Edinburgh. In June 2025, the UK Astronomy Technology (UK ATC) work experience team will be delivering on-site work experience provision for young people. We will be running two separate weeks of on-site placements.

During a week with us students will meet engineers, scientists and project managers from a range of disciplines, all of whom are involved in some of the biggest and most exciting telescopes being built today. Everything students learn will be applied to solve an engineering challenge. More information and how to apply can be found on our website: Apply to UK ATC.

https://stfc-workexperience.co.uk/apply_ukatc_2025/

Dive Into Law: NatWest's Legal Experience Week

NatWest's Legal & Regulatory Affairs team is offering a unique one-week experience for S4/S5/S6 pupils to explore a career in law. Taking place from July 28 to August 1, 2025, at RBS Gogarburn and various locations in Edinburgh, participants will engage in interactive workshops, spend time in a law firm, and learn about legal career paths directly from professionals. Travel costs are covered, and lunch is provided. This program is a fantastic opportunity to enhance your CV, improve public speaking skills, and gain a real insight into the legal profession. Apply by May 6, 2025. For more details, see the attached leaflet on the next page.



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L&RA First Step

Your chance to experience life as a lawyer

For one week the Legal & Regulatory Affairs team at NatWest are offering a group of eligible* S4/S5/S6 pupils from central belt schools in Scotland the opportunity to experience life as a lawyer.

Throughout the week, a group of lawyers from the NatWest Legal & Regulatory Affairs team will run a range of interactive workshops and experiences to give you a taster of what it's like to work in the legal profession.

What's involved in the week?

You will...

- Find out what it's like to work in a big legal department
- Spend time in a law firm in central Edinburgh
- Find out about career paths and routes into the profession by talking to lawyers at different stages of their careers
- Speak to a Scottish University about the admissions process and life as a law student

Why apply?

The week is a great way to...

- Understand what it's like to be a lawyer
- Find out about the different types of careers in law
- Improve your presentation and public speaking skills
- Connect with other like-minded pupils from other schools
- Increase your confidence
- Boost your CV
- Do something different to the usual work placements

When?

Monday 28th July - Friday 1st August 2025.

Where?

RBS Gogarburn (by the airport) and Edinburgh city centre locations. Travel costs will be reimbursed, and lunch is provided daily. A full timetable of workshops, sessions and events will be provided in advance of the week.

How do I apply?

Complete the application form and email it to fm-056214@rbos.co.uk by 6th May 2025.

Any questions?

If you have any questions about the application process, what is involved in the week or anything else email NatWest L&RA First Steps on fm-056214@rbos.co.uk.

“By completing this insightful work placement hosted by NatWest, I had the opportunity to grow my confidence, presentation skills and social skills. Moreover, I learned the difference between a solicitor and a barrister and what pathway to take in order to pursue that legal profession”

* You are eligible to take part in this work experience placement if you attend a state secondary school and are the first generation in your immediate family to attend university or are (or have been) eligible for free school meals, or have faced other exceptional social, educational, financial or other personal obstacles.





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Oil States Whitburn Open Day

The Oil States in Whitburn is hosting an Open Day at their Heartlands facility on Friday, 9 May 2025, from 1:00 PM to 3:00 PM, focusing on apprenticeship recruitment. Attendees will have the opportunity to tour the 28-acre site and interact with training staff on-site to learn about the modern apprenticeship program.

As a company at the forefront of technology in manufacturing and energy services, Oil States is dedicated to shaping the future of energy with a commitment to diverse and sustainable sources. They are looking for outstanding individuals who are passionate about building a robust energy future to join their team.

This event represents an excellent opportunity for pupils to connect with a prominent local employer offering a broad spectrum of career opportunities. Oil States values its team members highly, providing competitive compensation, benefits, and chances for merit-based advancement in a dynamic work environment.



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Exam Support & SQA Info - All You Need to Know!

As we approach exam season, we want to ensure that all students have the support and information they need to feel confident and prepared. At Inveralmond, we are committed to helping every student succeed.

Study Support & Spaces

A range of study support sessions are available between now and the start of exams, covering all subjects. These sessions provide opportunities for extra help with revision techniques, and subject-specific guidance. During study leave, we will also have dedicated study spaces available in school to provide a calm and focused environment for revision. Full details of these sessions and spaces can be found here:

[Exam Support Information](#)

SQA Information & Expectations

It is important that all students understand the key information regarding their coursework and exams. This includes deadlines, exam procedures, and the impact of incomplete coursework or missed examinations. We encourage all students and parents/carers to review this information carefully to ensure that all requirements are met. You can find full details here: [SQA Information](#)

If you have any questions or concerns, please do not hesitate to get in touch. We are here to support every student in achieving their best.

Thank you for your continued support.



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WLC Supported Study Programme 2025

We are delighted to share a programme of online supported study opportunities and resources for targeted subjects across WLC. The LIVE online sessions will be led by experienced members of staff and will focus on exam skills and techniques, which complement other programmes arranged in individual schools.

As a school, we encourage as many young people as possible to take part in the opportunities and feel that this will further support them in their preparations for upcoming exams.

In addition to the attached flyer, (next page), the link below will take you to the programme webpage. The page includes further information on the offer and provides resources and advice on supporting your child's wellbeing throughout the exam season.

<https://new.express.adobe.com/webpage/GJBVyLTdFtiI9>

We would appreciate your partnership in ensuring as many young people as possible access the resources available and attend the live online webinars offered between Monday 24th March and Friday 25th April.

Students engaging with the programme are encouraged to complete a pre programme survey here: <https://tinyurl.com/bdhbdnxb>



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Online Supported Study Programme 2025

What's the offer?

LIVE webinars and recorded masterclasses to complement the offers taking place in your school.

Live sessions take place after school hours - via Microsoft Teams (from 24th March)

Access the masterclasses any time!



West Lothian Council



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SQA National Qualifications Information

SQA learner hub

This is our one-stop shop for useful resources, hints and tips to help support learners through preparing for, taking exams and awaiting results. SQA keeps this page up to date with new and updated information throughout the academic year.

<https://sqa.org.uk/learner>

Your National Qualifications

This is our resource designed to provide learners, parents and carers with everything they need to know about coursework and preparing for exams. This includes information on using sources, word counts, deadlines – as well as information on plagiarism and using Artificial Intelligence. For 2024/25 Your National Qualifications is available as a downloadable, digital resource only. <https://www.sqa.org.uk/yourNQ>

Your Exams

Your Exams provide learners, parents and carers with everything they need to know about preparing for and sitting exams. This includes information on the exam timetable, prohibited items, exceptional circumstances and getting exam results. This year, Your Exams is available as a downloadable, digital resource only.

Ensuring learners understand the information and rules associated with sitting exams is important to help them avoid losing marks, getting a lower grade or having their exam entry cancelled. <https://www.sqa.org.uk/yourexams>



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I-sgoil and E-sgoil support provision

The Summary Statistics for Schools in Scotland 2024 reveal that 2.5% of Scotland's learners have an attendance rate of less than 50%. This equates to over 17,500 learners with a significant number of this total not attending their local school at all.

The i-Sgoil programme has to date been fully funded by Scottish Government's National e-Learning Offer and grew out of a Covid-19 online education provision for learners who were shielding long term. Even with minimal promotion, demand for i-Sgoil has been substantial and hundreds of young people are currently on our waiting list. We are currently working alongside Scottish Government to explore how i-Sgoil could be scaled up in a more sustainable manner in the future to accommodate the large number of learners who wish to learn but are currently unable to attend their local school. Although we are currently at capacity, we continue to on-board learners from our waiting list throughout the year whenever spaces become available.

<https://www.e-sgoil.com/>

We would encourage parents/carers to contact their local MSP to highlight the impact of the i-Sgoil provision for interrupted learners and also to bring to their attention the need for additional, sustained funding to allow for those currently on the waiting list to be accommodated. Further information on i-Sgoil impact can be found on Page 13-15 of e-Sgoil's 2024 Evidence of Impact Report.

<https://www.e-sgoil.com/about-us/evidence-of-impact-report/>



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SQA Have Your Say

Message from SQA.

To mark the year-long transition from SQA to Qualifications Scotland, we have published our Prospectus for Change, an ambitious blueprint for Scotland's new qualifications body. We are committed to working with everyone across the education and skills community to deliver the commitments in the Prospectus.

We're now looking for learners, parents and carers, and educators who are willing to take part in surveys and other research, giving them opportunities to have their say on a range of issues. We're keen to gather your views now, so we can help shape Qualifications Scotland together. You'll get opportunities to:

- tell us what you think
- shape decisions and services that affect you
- contribute to the development of Qualifications Scotland
- make things better for other learners and educators.

Click here to sign up: <https://tinyurl.com/3c5tdvs8>



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Lost Property - Black Jackets

We have a number of black jackets that have been handed into the Wellbeing Centre. If anyone has lost a jacket please pop into the Wellbeing Centre to have a look.

SQA AI Learner Survey

Share your thoughts on AI with this short survey. SQA would like to find out how learners in Scotland are using AI. We're interested to understand what learners like you know about AI, and if you're using it in your day to day lives.

If you're interested in taking part, please click the survey link for more information.

<https://info.sqa.org.uk/41QV1GJ>

The survey will stay open until 5 April. If you have any questions, please get in touch with us at researchandevaluation@sqa.org.uk.

S1/ASN Area Gates

Access and egress via the ASN department and S1 Area should cease as this is not a school entrance, and infringes school security. Students should use the main pupil entrance or main reception entrance going forward. All visitors to the school must enter through the main reception entrance. The S1/ASN gates should be kept closed at all times.



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Upcoming Events

- 01/04/25 - Parent Council meeting
- 03/04/25 (PM) & 04/04/25 - ICHS Rewards day
- 04/04/25 - Dress Down day
- 07/04/25 to 21/04/25 - Easter Holidays

School Clubs and Activities

- Monday: 13:15 to 13:45 S1 Football Club at the Astroturf Pitch
- Monday: 13:20 to 13:45 Craft Club with Mrs Fleming & Miss Christmas in room G207
- Monday: 13:20 to 13:50 Vocal Group with Miss Holroyd in the music department
- Tuesday: 13:15 to 13:45 Model United Nations Club with Mr Pinder in room F71
- 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
- Wednesday: 13:20 to 13:50 Rainbow Alliance (LGBTQ+) Group in the HE childcare room
- 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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IMPACTFUL PARENTS WEST LoTHIAN TASTER SESSIONS



Are you a currently unemployed parent who wants to learn new skills, get creative, start training or find a new job? Try out Impactful Parents!

Free lunch and art materials provided!

All sessions are from 10am - 1pm

- Wednesday April 9th at Craigsfarm Community Hub
- Tuesday April 15th at Strathbrock Community Centre, Broxburn
- Wednesday April 16th at Armadale Partnership Centre

- Crafting and homemaking
- CV and interview skills
- Art activities

- Build your confidence
- Connect with other parents
- Boost your wellbeing
- Gain qualifications

Email fin.russell@impactarts.co.uk to reserve your free slot!



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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 click on the following link and fill in the MS form and she will arrange a time to see you.

<https://tinyurl.com/ywc72uks>

Hot Chocolate Friday - CEYP

Hot Chocolate Friday will run twice a month. All pupils who are Care Experienced can come along, with friends, and join us for an informal check in. Please see Mrs Webster for details and let her know if you have any dietary requirements.

<https://app5.campus-site.com/public/e/click/z1832ngjqw/i8mnpe0xn6/>

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.



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May Immunisations

HPV and MMR Vaccines coming on May 22 May 2025. These are for students in S1 and also offered for S2 to S6 students who have never received the vaccine.

Evidence shows the HPV vaccine helps protect people from HPV-related cancers. The human papillomavirus (HPV) vaccine is offered to every S1 pupil in Scotland.

Getting the vaccine now protects you against future risks. HPV can lead to cancers like:

Head and neck cancers

Cervical cancer

Anogenital cancers – for example, anal, penile (penis) cancer, cancer of the vagina, and cancer of the vulva

A recent study looked at cases of HPV-related cervical cancer in women living in Scotland. It found that there have been no cases in fully vaccinated women who got their first dose of the HPV vaccine at 12-13 years old.

The HPV vaccine also protects you against over 90% of genital wart infections.

Please see the website for more information:

https://www.nhsinform.scot/hpv?trk=public_post-text



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Changes to Pupil Entrance

All pupils were recently informed at an assembly that the pupil entrance door times would change. This change relates to school security.

Our pupil entrance will continue to open at 08:00 as before. At 08:40 the pupil entrance will now lock securely and there will be no further access to the building from the pupil entrance from this time.

All young people should aim to be on time for school, which begins at 08:35. Any pupil arriving at class after 08:35 is considered to be late. Any young person arriving at school after 08:40 should now report to the Community Entrance where a member of staff will sign them in. At this point a groupcall message will be sent to all parental contacts to inform them that their young person has arrived in school, has signed in late, and indicate how late to school they are.

As per our policy, if a young person has an appointment, please inform the school of this in advance if possible so we are aware of this.

Building Security

Please be advised that students should not allow entry to the school to other pupils or adults. They should walk past the doors and if need be inform an a member of staff if anyone is looking to gain entry to the school. Pupils should enter the school via the main reception entrance after 9am if late or if out of school for appointments etc.



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School Contact

When calling Inveralmond Community High School, you will be asked to select an option so that you can be connected with the right team in the school. Our staff have been trained to ask you a few questions so that they can direct your call to the person or team who is best placed to support you with your query.

In line with our school values, please be patient and kind while they gather all the information they need from you. In order to direct your query staff will need to ask for your full name; if you are calling about a pupil they will ask for the pupils' full name and your relationship to the pupil. It would also be helpful if you could tell us the pupil's tutor class or house, and in order for us to prioritise calls we will need details of what your query relates to.

By telephone

01506 280700 Then select one of the following options;

1. Reporting an absence
2. School Office

By Email

wlinveralmond-chs@westlothian.org.uk



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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 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



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.

