

Inveralmond Community High School

Willowbank, Ladywell, Livingston EH54 6HW
Tel: 01506 280700

Headteacher: Mr H Shankland
Depute Headteacher: Mrs I McGinnis
Depute Headteacher: Mr K Varty

Date: 24th November 2025

Dear Parent/Carer,

Subject: Parent Council Seminars

Hello & Welcome to the Second Semester of our 2025/26 School Year! I hope that everyone has settled in well and is looking forward to the year ahead.

I'd like to start by introducing myself as the Chairperson for Inveralmond Community High School. I'm Nicola, I'm a mum and wife first and foremost but I'm also a Finance Manager for a few small companies. My boys are currently S4 and S1. I'm also working towards my own degree on the side because I just felt life wasn't busy enough!! A few years ago, we also added our beautiful dog, Millie, to the mix too.

As parents, we assume that our kids don't need as much once they reach High School and that we can take a step back. On the contrary though! Our kids need us just as much once they reach High School, despite what they would tell you. Some of our kids transition easily from Primary to Secondary, and for some it's a big change. During their time there they grow and develop in independence, but they also make lots of really big decisions and steps forward. Regardless of whether your child is in S1 or S6, whether they are a school lover, or can't wait to get out into the world, the parent council is here to support parents who want to support their kids. We're there to help Parents and Guardians understand what's going on and how to help their young person navigate High School. Over the next few months, we've put together an agenda to help Parents & Carers delve into some of the issues that we think are important.

Date	Seminar Topic	Staff
Tuesday 27 th January 2026	Bullying Policy	Mr H Shankland, Mrs I McGinnis & Members of the Parent Council
Tuesday 24 th February 2026	Transitions For Every Year	Mr K Varty & Members of the Parent Council
Tuesday 24 th March 2026	All About Wellbeing including Assessed Arrangements	Mrs I McGinnis, Miss Hamilton & Members of the Parent Council
Tuesday 26 th May 2026	Positive Relationships	Mr H Shankland & Members of the Parent Council

In order to plan, we require to know rough numbers in advance. Please indicate your attendance by completing this form. If you'd like to attend more than one, please complete the form for each seminar you'd like to attend.

[Parent Council Seminars 25-26 – Fill in form](#)

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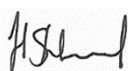
These sessions will take the form of a seminar. It'll be an opportunity to explore what goes on in a High School in each of these areas; how things have changed since we parents were at school; and understand how to engage with the school at the right time to support our kids. In each of these seminars we won't talk about or be able to talk about any individual pupils for confidentiality reasons, but we will be able to explore common challenges, what support is available, and how we as parents can help.

We are also back to fundraising for the Parent Council, which in turn helps the school. Anything we raise is put back into the school for clubs or equipment, anything the pupils would benefit from. We need help though, it takes volunteers to run events, and we need more events!

We all have our strengths and weaknesses, which is why they say it takes a village to raise a child, so let's rise up and be that village for our young people. You don't need to come to every meeting, or even take a role within the Parent Council, but come along to hear about what's going on in Inveralmond and meet a few new people along the way!

Yours Faithfully,

A handwritten signature in black ink, appearing to read "Mrs Nicola Morier", is written over a light grey rectangular background.


Mrs Nicola Morier
Parent Council Chair

Mr Hamish Shankland
Headteacher