



ICHS Student Newsletter

WC 29/01/24

S1 to S3 Girls Football Team Trials

There will be a trial for the S1 to S3 girls football team on Wednesday 7th Feb from 3:30 to 4:30 on the big pitch. Those who have yet to register their interest should speak to Mr Strange in the PE department.

Invy Expressive Arts Showcase

Inveralmond Community High School invites you to come along to our Expressive Arts Showcase on Thursday 8th February. The Showcase features various bands, groups and soloists from across the Music, Drama and Dance departments, and will include displays created by our Art department. Start time: 7pm. Admission is free!

College drop in sessions

There will be two drop in sessions for college applications which will be ongoing until applications are completed, see below for times and place.

Monday's period 2 until lunch in the Social Subject Computer Suite

Wednesday's period 1+2 in the CDT department

Skills Development Scotland Questionnaire

Please complete this short questionnaire to allow you to share your views on the career management service provided by SDS:

<https://eu.surveymonkey.com/r/ParentsandCarersVoiceCIAGlink>



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Music & Music Tech Supported Study

Supported study time available from week beginning 29th January.

Monday until 4.15pm

Tuesday until 4.30pm

Thursday until 4.30pm

These times are available for further support from a Music teacher out with class time. If you have incomplete course work, or need help, please attend when you can. Please see a Music teacher if you have any questions. This will not be available Thursday 8th February due to the ICHS Showcase.

ICHS Attainment Support 2023/24

Please explore the ICHS Attainment Study Support presentation to find out about all the things on offer to support young people with preparations for the final exam. Link to presentation: <https://sway.cloud.microsoft/zjGUySBoBDtj49YA?ref=Link>

Immunisations

Please click the links below for information on the two vaccinations in this round:

DTP: <https://www.nhsinform.scot/healthy-living/immunisation/vaccines/dtp-vaccine>

Meningitis ACWY: <https://www.nhsinform.scot/healthy-living/immunisation/vaccines/meningitis-acwy-menacwy-vaccine>



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Music Clubs

All Music /Tech clubs have started back for the New Year.

Guitar Group - Monday lunch

Vocal Group - Tuesday lunch

BGE Music Club - Wednesday lunch

Music Tech Club - Thursday after school

Guitar + Vocal Group will be involved in the Showcase in February - so please make sure you are regularly attending so we can prepare our performances for this. If you would like any more info, see Miss Holroyd or Miss Jackson :)

Book Service Volunteer

For the attention of all S5 & S6 pupils over 16 years old. There is an opportunity to recruit 2 to 3 volunteers to volunteer and support the Book Service in St John's Hospital.

The role will be from 1.30pm-4.30pm each Friday afternoon, visiting up to 10 wards offering books to patients and a chat at the same time.

This role will be ideal for any young people who support the library in their own school or have a passion for books, reading and like chatting to people about that subject.

Online application form :

<https://www.nhslothian.scot/getinvolved/online-application-form/>



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Photography Course

Contact is an introductory photography course as part of Stills School, an alternative photography school for 16 to 25 year olds that will teach you photography skills as well as encourage you to develop your own projects. The school is free to attend, all materials provided and we can reimburse travel costs. Participants will also be eligible to gain their Bronze Arts Award (Trinity College London) - but this is not mandatory.

Contact will run over eight weeks from 23rd February to 12th April 2024. Fridays, 14:30 to 17:30 at Stills. Deadline for applications is Monday 5th February, 10am .

You can find full information on the course here: <https://stills.org/learning/stills-school/>

Applications are now open: <https://forms.gle/ucoUVD6Fc4wBgPhz5>



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Welcome to Your Vote Week

Politics impacts everything around you. From how long you stay in education, to the rules of renting, from 5G availability, to how often your bin is collected. To make a change in your community and society, you need to do your bit for democracy. One way to get involved is by voting in elections, click the following link for more info:

<https://www.electoralcommission.org.uk/welcome-your-vote>

Non-Fiction Friday

Non-Fiction Friday is a whole English department initiative in which all pupils engage in non-fiction, increasing their understanding of current affairs and the world around them. This week our pupils across the BGE and Senior Phase have enjoyed articles such as the one in this link: <https://www.currentaffairs.org/2024/01/our-task-in-2024>

Other topics have included:

- *The Post Office Scandal
- *Why Fortnite is so addictive
- *The Rise of Rockstar Games
- *Troubles in Northern Ireland
- *The Hunger Games articles

We know that reading often and widely and having a knowledge of the wider world really improves reading skill. Reading similar material for even 10 minutes a day could make a massive difference to your child's progress in Literacy and English.



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Access to the school building

Please be aware that access to the building in the morning, break and Lunch times is via the pupil entrance, no other doors are open at these times. If you are late, please enter the building via the main reception entrance.

One-Way System

A reminder to all pupils that the first floor is a one way system. This is being brought back in to help with congestion in the corridors and to help keep everyone safe.

EMA Applications 2023/24

Education Maintenance Allowance is an allowance of £30 per week, depending on household income, and subject to terms and conditions. To apply, please click on the following link and complete **both an application, and learning agreement.**

<https://www.westlothian.gov.uk/ema> Closing date for Winter intake is 29/02/24

Upcoming Events

01/02/24 - Teenage Booster Inoculations

07/02/24 - S1 to S3 Girls Football Trials

08/02/24 - Invy Expressive Arts Showcase



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January History Quiz

Happy 2024 to you all, to get the year off to an amazing start attached is the first History quiz of the year where you can enter for a chance to win some great prizes such as books, jigsaws, DVDs, blue-rays, stationery and anything else I can get my hands on. You don't even have to get the highest score to win as a selection of runners-up are chosen randomly as well plus some of those that got the last question right. The quiz will run until Wednesday 31st of January at 5pm. If you have any questions please let Mr O'Callaghan know, and if you won a prize previously and haven't claimed it, come and see Mr O'Callaghan in F73, break times usually are best. Good luck!

<https://forms.office.com/e/bYqxa5CFAH>

We Love History Quiz - January
2024 Edition



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RAF World Online Event

New year, new career? Get paid to become the best version of you as a Royal Air Force Apprentice!

Elevate your ambitions and uncover tailored apprenticeship options that suit your lifestyle, preferences, and career goals. This is the perfect opportunity to explore the world of apprenticeships, gain insights into various roles, and connect with professionals who can guide you on your path to success!

Explore interactive 360° global operations, delving into the world of RAF support worldwide through informative videos and insights to help you find your ideal RAF career.

Jump into 10 different themed chat rooms to find out more about specific professions and topics. Connect with a friendly RAF recruiter directly online. Our experts will answer all your inquiries about career paths, RAF lifestyle, sports opportunities, benefits, and how to embark on your RAF journey. Book your free ticket here:

<https://www.eventbrite.co.uk/e/raf-world-earn-learn-tickets-767528487367?aff=ebdssbdestsearch>



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**NO
ORDINARY
JOB**

RAF WORLD

EARN & LEARN

THURSDAY 8TH FEBRUARY 2024
19:30


New year, new career? Get paid to become the best version of you as a Royal Air Force Apprentice! Elevate your ambitions and uncover tailored apprenticeship options that suit your lifestyle, preferences, and career goals.

This is the perfect opportunity to explore the world of apprenticeships, gain insights into various roles, and connect with professionals who can guide you on your path to success!

- Explore interactive 360° global operations, delving into the world of RAF support worldwide through informative videos and insights to help you find your ideal RAF career.
- Jump into 10 different themed chat rooms to find out more about specific professions and topics.
- Connect with a friendly RAF recruiter directly online. Our experts will answer all your inquiries about career paths, RAF lifestyle, sports opportunities, benefits, and how to embark on your RAF journey.

[CLICK HERE TO BOOK YOUR FREE TICKET NOW!](#)





**INVY
SHOWCASE**

**8TH FEBUARY
7PM-9PM**

**PERFORMANCES
BY**

**MR. MCDOWELL'S GUITAR
GROUP
THE PERCUSSION ENSEMBLE
THE VOCAL GROUP
THE WOODWIND ENSEMBLE
TWO DANCE GROUPS
THE INVERALMOND COMEDY
PLAYERS
THE HAMILTON GUITARS
THE PIPING ENSEMBLE AND
ULTRA-VIOLET**

**ADMISSION IS FREE
(DONATIONS WELCOME)**

West Lothian Secondary Schools Survey

November 2023

2,809 young people in all 13 secondary schools across West Lothian contributed their views, via an online survey, about the food and drink served in their schools.



Young people were asked to rate their preferred items in categories of the foods and drinks served at lunchtime and during morning break. Additional focus groups were held to discuss options and give explanations around why certain items were not offered due to the need to comply with current Scottish Government nutritional legislation.

WHEN from Monday 22nd January, 2024

YOU asked for **a more creative menu** ✓

- New tasty 3 week '*pupil designed*' menus will be available.
- Additional drink options, including carbonated diet drinks, will be available at lunchtimes.

YOU asked for **meal deals** ✓

- A meal deal option will be available for the first time in the canteen.

YOU asked for **the Fusion app to be improved** ✓

- The app will now contain a link to view canteen menus, allowing pupils and parents to make an informed meal selection.
- Meal deal options will now feature on the Fusion pre-order.

Price **£2.45 for all meal deals & 3 course meals**

- The price allows those with free school meal allowance the opportunity to buy lunch and have £0.60 for morning break.

The survey results underlined the significance of collaborative efforts to enhance the quality and variety of school meals. West Lothian Council will measure if the changes introduced lead to an increased uptake in school lunches. ✓

Catering@westlothian.gov.uk

Scan QR codes for more details



Meal Deals & 3 week menu



Nutritional Guidance



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School Clubs and Activities



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

Monday: 13:20 to 13:50 Just Dance Club with Mrs Scott in G132

Monday: 13:25 to 13:50 Guitar Group in room G116 in Music

Monday: 13:25 to 13:50 Instrumental Ensemble in room G112 in Music

Tuesday: 13:15 to 13:45 Model UN Club with Miss Jarvis in room F45

Tuesday: 13:20 to 13:50 S1-S3 Science/Stem Club with Mrs Lee in room G216

Tuesday: 13:25 to 13:50 Vocal Group in room G116 in Music

Wednesday: 13:10 to 13:45 Simpsons Club with Mr O'Callaghan in F73

Wednesday: 13:10 to 13:45 Taylor Swift Club with Miss Waddell in F86

Wednesday: 13:20 to 13:45 Rainbow Alliance with Miss Jackson in room G112 in Music

Wednesday: 13:25 to 13:50 BGE Music Club (S1 to S3) in room G112 in Music

Wednesday: 15:30 to 16:30 Dance Club with Mrs Wemyss in the dance studio

Thursday 13:15 to 13:50 Doctor Who Club with Miss Allardice in F48

Thursday: 13:20 to 13:50 Karaoke Club with Mrs Dunlop in F83

Thursday: 15:30 to 16:20 Basketball Club with Mr Dewar

Thursday: 15:30 to 16:30 Music Tech Club (S4 to S6) in G112 in Music

Thursday: 15:30 to 16:30 Rugby Club with Sam from Livingston Rugby Club

Thursday: 15:30 to 16:20 Volleyball Club with Mr Taylor



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LGBTQ+ Support Links

Support is available in school and beyond: Miss Jackson leads the LGBTQ+ group, the Rainbow Alliance, which meets every Wednesday lunchtime in the music department (room G112). Miss Jackson is available for chats anytime and can provide information on where to find further support. Rainbow Alliance Teams Page Code -7qsr139

LGBT Youth Scotland - <https://www.lgbtyouth.org.uk/> LGBT Youth Scotland offers live chats, information and signposts local groups and support spaces.

The Proud Trust - <https://www.theproudtrust.org/> This charity is based in Manchester but their website hosts lots of information and support for LGBTQ+ young people, including where you can find representation in the media!

Other useful links:

<https://www.stonewallscotland.org.uk/>

<https://mermaidsuk.org.uk/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/useful-contacts/>

<https://www.queerfutures.co.uk/>



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