



# ICHS Student Newsletter

## WC 26/02/24

### Modern Apprenticeship event

West Lothian Council has a number of apprenticeships available starting this summer. Attend the information event on Thursday 7 March, 18:00 to 19:00, at Whitehill Service Centre, 4 Inchmuir Road, Whitehill Industrial estate if interested.

### Cyrenians Visit to Scottish Parliament

Cyrenians 10 year anniversary event at the Scottish Parliament Building. Cyrenians are a conflict resolution support charity with the aim of reducing youth homelessness. This is their 10 year anniversary of working with young people and families to reduce conflict and youth homelessness.

There is an opportunity for up to 3 or 4 young people to join Mr McFarlane on the visit to Scottish Parliament Building to share in the celebrations of the 10 year anniversary of the Cyrenians on 28th March from 17:30 until 19:30. Anyone interested please see Mr McFarlane.

### School Meal Survey 2023/24

The Facilities Management Catering team would appreciate your time in completing the following survey as a way of finding out about the school meals you receive.

<https://www.surveyhero.com/s/vtu3cqi>



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## Physical Education - Early Pass System

Due to the abuse of the early pass system, pupils will be required to show a physical copy of their, in date, early pass. If you are unable to show your early pass then we will not allow you to leave the department. If you have an early pass but don't have a physical copy, please ensure you go to wellbeing to collect one.

## Physical Education Kit

Please remember to bring a full PE kit to every PE lesson. A kit will be provided to those who don't have any or have forgot it. Refusal to borrow kit will result in demerits being recorded and may lead to you not being able to represent the school or attend non-curricular trips. This guide will help you to prepare for your PE lesson appropriately:

<https://sway.cloud.microsoft/9UyWaupDYgD7kKXW?ref=Link>



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## 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

## 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.

## Upcoming Events

28/02/24 - Senior Reports Issued

29/02/24 - S3 Parents' evening (online)



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### West Lothian College Applications

**For school pupils Tues/Thurs and Fri pm courses**

The deadline for the first wave of college applications is set for March 1st 2024. Please note that applications will close promptly on this date. Any applications received after March 1st 2024 will automatically be rolled over to the following second wave.

Interviews will be exclusively offered to successful applicants. For the 1st wave, Interviews are scheduled for Thursday, March 14th. Only students with successful applications will be eligible for interviews. Any students who arrive on the interview day without a prior application will be redirected back to school.

The deadline for wave 2 has been set for April 19th, with interview dates to be confirmed and the deadline for wave 3 applications is May 17th, with interview dates to be confirmed.

Please ensure timely submission of applications and adhere to the outlined deadlines.

If students need any help with applying for college courses they should see their house leader.



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## S6 Destinations

Can all S6 students please complete the form regarding their plans for after school. We need to know the following information: if you have applied to any universities or colleges, which courses. have you received any offers, do you have any outstanding offers, have you applied for any apprenticeships, training or employment? Are you planning a Gap year etc.? This will also ask if you have a part time job. This is to help us identify any student who may need a little support finding an appropriate destination after leaving school.



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## February History Quiz

Thanks to everyone who took part in the January History quiz. Please check your email and Teams to see if you've won. If you have please make sure to come claim your prize (I've got lots of stuff), break times are usually best though please note I now work Monday, Tuesday and Fridays only. The new February History quiz is below, as always prizes for the top scores, the bonus question and a selection of those that have just taken part for fun (you don't have to get them all right to win so why not give it a try?) The quiz will run until Wednesday 28th February at 5pm. If you have any questions please let me know. Thanks and good luck!! Mr O'Callaghan. <https://forms.office.com/e/FKPzFRrxRR>

### We Love History Quiz - February 2024 Edition



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# EYES WIDE OPEN

## EXPLORING ADOLESCENT SLEEP THROUGH PHOTOVOICE

University of Glasgow



Adolescents need **8 - 10 hours** of sleep each each night, but **less than 50%** achieve this!

Take part in  
3 class  
workshops

Keep a Photo  
diary for 1  
week

Create a  
photography  
exhibition

**S1 - S3** we need **YOUR** help to create an intervention to improve adolescent sleep through **photovoice** and **photography**

### INTERESTED? QUESTIONS?



Scan the QR code or click [here](#).  
Speak to **Mr McFarlane** or email  
the researcher team for info:

✉ [c.ewart.1@research.gla.ac.uk](mailto:c.ewart.1@research.gla.ac.uk)





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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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## Spanish Partnership School Visit

On the 24th January 2024, Inveralmond Community High School once again had the amazing opportunity to work with one of their partnership schools from Santander in Northern Spain. Thirty pupils and five teachers from Kostka Colegio spent the morning with some of our S3 and Senior Phase Spanish classes.

All pupils collaborated in conversational icebreaker tasks, teambuilding activities and a cultural quiz where pupils from both countries learned more about the language, festivals and traditions of the country they are studying. The event boosted pupils' confidence and enhanced their problem solving and communication skills.

All pupils embraced and thoroughly enjoyed this incredible opportunity organised by Mrs McMillan. Pupils have provided very positive feedback and hopefully it is something we can repeat later in the year with our session 24-25 Spanish classes.

Pupils were welcomed to the sound of the traditional bagpipes and given a warm welcome from Head Teacher Mr Hamish Shankland.

Below are just some of the photos captured throughout the event.







