



ICHS Student Newsletter

WC 13/05/24

Health and Wellbeing Champions

We are looking for Health and Wellbeing Champions to support the Health and Wellbeing agenda in building mental healthy communities. If you would be interested in becoming a Health and Wellbeing Champion for the pupils or parents representatives for Inveralmond, please get in touch with Mr McFarlane who can explain the role and what it involves.

LEAPS University Support Resources

LEAPS S5 Parents' & Carers' Information Session (Online Resource). This is an online resource and can be accessed via the LEAPS website at any time for parents and carers of S5 LEAPS-eligible students who are aiming for Higher Education at college or university. Please find the session at:

www.leapsonline.org/s5-parents-carers-information-session

Modern Studies UK Parliament Trip London

To all pupils taking Modern Studies or Politics in S5 or S6 in 2024-25. The Modern Studies Department have organised a trip to the UK Parliament which will be taking place 18th June to 20th June 2024. In addition to visiting Westminster, students will also be given the opportunity to attend 2 West End shows (Mamma Mia & Sister Act) and visit some of the other sights in London. Any pupils who wish to attend who have not yet registered their interest who would like to attend, they should contact Mr Young, Mr Waddell or Mr Pinder for further details and forms.



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Connect



Thrive

OUR VALUES



Respect



Kindness



Honesty



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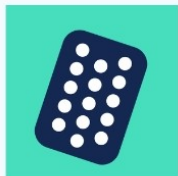
New Sexual Health Drop-in for Young People

A former retail unit at The Centre in Livingston has been repurposed into a vibrant hub for youth activities and services, called 101 Youth Project, where young people aged 13+ can access the new Healthy Respect sexual health and wellbeing drop-in running every Friday afternoon 1:30 to 3:30 pm.

Sexual health drop-in 101 Youth Project, The Centre Livingston

Fridays 13:30 – 15:30

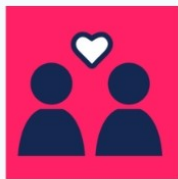
Drop in for a friendly chat! You can get:



Contraception
advice



Pregnancy
and STI
testing



Relationships
advice



Free
condoms

Our services are confidential.
All identities welcome!



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Power Banks & Battery Packs

Please be aware that due to fire safety risk, power banks and battery charging packs should not be used in school.

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

20/05/24 - Victoria day holiday

20/05/24 to 24/05/24 - Outward Bound trip

24/05/24 - S1 Reports Issued



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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 Mr McFarlane in Home Economics

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 Rugby Club with Sam from Livingston Rugby Club

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



**NO SMOKING
E-CIGARETTES
OR VAPING
ON SCHOOL GROUNDS**

