



# ICHS Newsletter

## WC 24/02/25

### Second Belfast Trip - 25th September 2025

Due to the number of people wishing to travel, a second Belfast trip will now take place on 25th September this year.

If you are interested in attending or finding out more there is a meeting in Mr O'Callaghan's room (F73), on Monday March 3rd at 13:30.

At the moment the trip is open to current S2-S5, you do not have to be a History student to attend. Any questions in the meantime please let Mr O'Callaghan know. Thanks.

### Prom Boutique

Save money and look amazing at Prom.

Prom Boutique is a fantastic initiative to recycle and reuse stunning outfits, helping to reduce waste while making prom night more affordable for families across West Lothian.

14th March 2025

Almondbank Library, Craigshill

3.30 - 5.30pm

28th March 2025

Strathbrock Partnership Centre, Broxburn

3.30 - 5.30pm



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### LGBT History Month and Purple Friday

Each year as part of LGBT History Month, Purple Friday takes place on the last Friday of February. Purple Friday is an annual fundraising day where people all over Scotland show their support for LGBTQ+ young people and fundraise for vital services.

Inveralmond Community High School is a Rights Respecting Gold Award School, and an LGBT Bronze Charter School and we are proud to promote our school values of Honesty, Kindness and Respect.

On Friday the 28th everyone in school has the option to wear purple as part of their uniform to show support and make a small donation if they wish. Please note that this is **NOT** a non-uniform day, and pupils are still expected in uniform apart from their purple item. There will also be purple ribbons available on the 28th and a donation would be welcomed. More information and support on this issue is available at:

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

### February History Quiz

Hi all, thanks to everyone who entered the January quiz, please see Mr O'Callaghan to claim your prize (or any other he may owe you). Click on the link below for the February edition, it is open until February 28th at 5pm. Prizes you can win include books, DVDs, jigsaws and a choice of stationery items. If you've never taken part before why not give it a try? Almost all questions are multiple choice. If you have any questions please see Mr O'Callaghan. <https://forms.office.com/e/usYZ6kauRY>



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### Spanish Partnership school visit Jan 25

On the 21st January 2025, Inveralmond Community High School once again had the amazing opportunity to work with one of their partnership schools from Santander in Northern Spain. Thirty- five pupils and five teachers from IES Peñacastillo spent the morning with some of our S3 and Senior Phase Spanish classes.

In addition, this year we also had the opportunity to collaborate with 12 students from Brazil too. 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 experience organised by the Modern Languages department.



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### Fire Service Training for young people 13 to 15

Opportunity for young people to gain experience of training with the fire service.

The Scottish Fire Service is offering training and support to young people. We meet on a Tuesday evening 6.30 to 8.30 at Livingston Fire Station and follow a fire service training based curriculum.

If anyone is interested please speak to Mr McFarlane.

### West Lothian Apprenticeships

Are you a resident of West Lothian and considering an apprenticeship?

In celebration of Scottish Apprenticeship Week, West Lothian Council's Access2Employment team are hosting an Online Apprentice Insight Event, where you can learn about the latest apprenticeship vacancies and gain access to their Google Classroom. Here, you'll find live apprenticeship opportunities along with valuable tips and advice to help you succeed in your application.

You'll also receive support and guidance from Access2Employment's Young People's Employment Advisers, with the option of 1:1 assistance to help you apply for an apprenticeship. Don't miss this opportunity to kick-start your career!

This is taking place on Wednesday, the 5th of March, from 5:00pm – 6:30pm.

You can learn more and book your free space here:

<http://www.investinwestlothian.com/support-for-individuals/events-and-workshops/posts/2025/march/apprentice-insight-online-event/>



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### Carousel Training Centre Presentation

As part of Scottish Apprenticeship Week, Carousel Training Centre would like to invite you and any young male you may be working with to our Males in Childcare Zoom Information Presentation on Monday 3rd March at 10am.

Carousel Training Centre would like the opportunity to provide information to you or any young male who are interested in working with children and discuss the benefits of joining the Early Years Modern Apprenticeship program to begin their Early Years Journey.

Please see the link below for anyone who is interested in joining

<https://us02web.zoom.us/j/86384954719>

Meeting ID: 863 8495 4719

Topics we will discuss in our Presentation will be

What is an Early Years Modern Apprentice?

What are the benefits of a Modern Apprenticeship?

We will discuss the benefits of having Males in the Early Years sector.

Success stories of Males who have undergone our Programme.

If this is something you would like to attend could you please call and book a space on 0141 332 0030.



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### In2STEM 2025 application

The In2STEM 2025 application deadline has been extended to 3 March. Please encourage any interested students to apply in time for the new deadline. Applications need to be fully complete, as well as teacher references and parent/guardian consent received by the deadline. Students can apply here:

<https://in2scienceuk.org/our-programmes/in2stem/apply/>

We have some amazing work placement opportunities available in Glasgow and Edinburgh but are particularly keen to fill the following placements:

Earth & Environmental Sciences with a strong focus on climate science & sustainability - Glasgow Science Centre

Physical and Organic Chemistry - University of Glasgow, School of Chemistry

Physics and Astronomy - School of Physics and Astronomy, University of Edinburgh

Biosciences with a strong focus on neuroscience & stem cells - UK Dementia Research Institute, University of Edinburgh

Biosciences with a strong focus on marine biology & ecology - National Museums Scotland, Edinburgh

We encourage any eligible students interested in the above subjects to apply. Though students interested in any STEM subjects can apply.

We do not have certain grade requirements from students. To take part in the In2STEM programme, they must just meet our eligibility criteria. If students have any questions, please direct them to the website or [students@in2scienceuk.org](mailto:students@in2scienceuk.org).



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### Future Forward: Apprenticeships

Future Forward: Discover the Power of Apprenticeships with QA & Microsoft

Date: Friday, 7th March 2025

Time: 13:00-16:00

Location: Microsoft HQ, Edinburgh City Centre

Secure a spot here: <https://www.eventbrite.co.uk/e/future-forward-discover-the-power-of-apprenticeships-with-qa-microsoft-tickets-1202984120889?aff=oddttdtcreator>

This free event is designed for young people considering their next steps after school.

They will:

Gain insight into the world of apprenticeships with real-life examples.

Hear from Microsoft and QA experts about the skills employers are looking for.

Learn how apprenticeships combine practical work experience with qualifications to fast-track careers.

Participate in interactive sessions to explore the exciting possibilities that await them in the tech and business industries.



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### Apprenticeship Information Sessions

Young people and their families are invited to Whitehill Service Centre where West Lothian Council will be hosting a series of free, information sessions to provide a comprehensive overview of our apprenticeship opportunities.

The sessions will be held across Monday 3rd March and Tuesday 4th March at Whitehill Service Centre in Bathgate. Sessions are free to attend and will run 6-7pm and 7-8pm on each evening.

This is a great opportunity to learn all about apprentice opportunities with the council, ask any questions and get a better understanding of what a career with West Lothian Council could look like.

Apprenticeships with West Lothian Council are open to residents of West Lothian aged 16+. Don't miss out on this chance to kickstart your career and gain valuable experience with us.

Please note there is limited availability on both evenings, so we would encourage people who wish to attend to register as quickly as possible.

To secure your place, please register here: <https://tinyurl.com/3xh26wsf>

We look forward to seeing you there!



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### Scottish Space School 2025

The Faculty of Engineering at the University of Strathclyde is delighted to be offering the Scottish Space School programme 2025 for school pupils in S5 across Scotland. The programme will run at the University from Monday 9 to Friday 13 June 2025.

There are 100 places available on the week-long programme this year at which attendees will hear from staff at the University of Strathclyde, as well as hearing from some of the world's leading figures in space travel, including NASA Astronauts and engineers. Participants will also take part in a group project which they will present to a selection panel made up of staff from the University and NASA on the final day.

At the end of the programme in June, 8 lucky pupils will be selected to travel to Houston, USA in October 2025 to complete the 'Learning Journey to NASA' trip. There is no cost associated with attending the programme in June, or the trip to Houston in October.

Further information is available on the Space School website here:

<https://www.strath.ac.uk/engineering/scottishspaceschool/>

All pupils who are interested in attending must apply using our online form.

The deadline is Monday 17 March 2025 and decisions will be sent to all applicants by Tuesday 22 April 2025. In the application form, pupils are asked to supply the name and contact details for a teacher who can provide a statement in support of their application. Email for more information: [scottishspaceschool@strath.ac.uk](mailto:scottishspaceschool@strath.ac.uk)



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



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### Pathways Information Slides

At the end of last year, we held a Careers Fayre and Pathways Information Evening for our young people at Inveralmond Community High School, where we shared valuable insights to help guide them in selecting their subjects for S3 and making informed decisions about the subjects they wish to continue studying in S4, S5, and S6.

The slides from this evening can be accessed via the following link:

<https://bit.ly/42MBW18>

We hope that the information will support your discussions at home and provide clarity on the pathway process.

We apologise for the delay in sending this information. If you have any questions or require further clarification regarding the pathways process, please do not hesitate to contact us at 01506 280700 or via email at [wlinveralmond-chs@westlothian.org.uk](mailto:wlinveralmond-chs@westlothian.org.uk).

### 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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### How To Help Your Child Pass Information Evening

Thank you to those who were able to attend the How To Help Your Child Pass Information Evening on the 29th of January. It was a pleasure to share useful information with you on supporting your child through their studies.

For those who could not attend, we are pleased to share the PowerPoint slides from the session, which cover the following topics:

- Growth mindsets and time management
- Progress tracking and support
- Accessing Achieve and E-Sgoil
- Subject-specific top study resources
- Effective study planning techniques
- Setting SMART targets for success
- Wellbeing support to ensure a balanced approach to studying

You can access the full set of resources from the evening by clicking on the following link: <https://bit.ly/413Mp0m>



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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/j8mnpe0xn6/>

### 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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### Upcoming Events

28/02/25 - Purple Friday

07/03/25 - S4 Police Scotland visit

10/03/25 - House Assemblies

### School Clubs and Activities



Monday: 13:15 to 13:45 S1 Football Club at the Astroturf Pitch

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

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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### 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](mailto:wlinveralmond-chs@westlothian.org.uk)



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### EMA 2024/25

Education Maintenance Allowance school applications for the 2024/25 academic year are open. Please note that a fresh application must be submitted each academic year. To apply you'll need to complete both the application form and a learning agreement. All information can be accessed here: <https://www.westlothian.gov.uk/ema>



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**Modern Apprenticeships  
in Engineering**

# Open Day

**Wed 5<sup>th</sup> March**

EKGTA are hosting an Open Day for  
**Scottish Apprenticeship Week** on  
Wednesday 5th March from 10am until 6pm.

**10am - 6pm**

On the day we will have a food truck with free snacks and drinks,  
fun activities, and guided tours of our workshop and training rooms.

Pop along to see our facilities and chat to our team and our  
partner organisations about the work we do and the opportunities  
we have coming up this year.



**#ScotAppWeek25**  
**#MadeForBusiness**  
**#EKGTAOpenDay**

3 Law Place  
Nerston Ind Est  
East Kilbride G74 4PP

01355 229985  
info@ekgta.com  
www.ekgta.com



Registered  
Charity  
SC014997

**Scottish  
Apprenticeship  
Week 2025**



**Skills  
Development  
Scotland**



## 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](mailto:mark.drysdalewestlothian.gov.uk) or contact our social media pages.

West Lothian CLD Youth Services

@CLDyouthWL @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.



POLICE SCOTLAND  
POLICE ALBA

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/sextortion](https://scotland.police.uk/advice-and-information/internet-safety/sextortion)



## 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.*



EDUCATION SUPPORT SERVICES  
Inclusion in West Lothian