



Glen Urquhart High School Winter Newsletter

Reflections on the year.

The year that should have been normal.

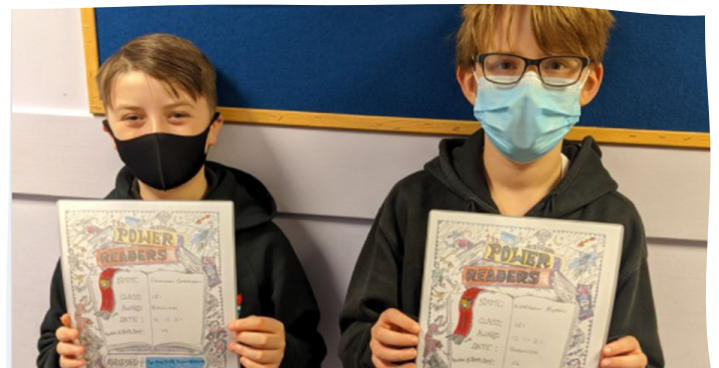
The end of the year is a time of excitement and reflection. Most of us are eager to get away from school, have a break and do something different. Lots of us look forward to a new year when we hope things are going to be different, better, more fun. The end of the year is a useful time to think about the past few months and reflect on what went well, what did not, and what we can do to make next session even better. For many that means New Year's resolutions.

Is the school session 2021-22 proving to be a good or bad year? There are probably different answers for different people. Coming back in August 2021, following a long hot summer, there was a feeling in school that things were going to be 'normal'. We thought masks would be gone by the October holiday and vaccinations were the answer to the pandemic. Unfortunately, the year has not been what we expected, but is it ever and wouldn't we be bored if we knew what was happening all the time?

As Covid numbers rise and fall, there have still been loads of 'normals' at school that we couldn't do the year before. Power Readers Awards kicked off early in the new term, theatre trips took place, the bake sale for refugees, field trips, the Poppy Appeal, Personal Achievement Awards, Inverness College courses, football, shinty and rugby training and competitions, Movember, information evenings, study clubs, badminton club, Broadway dance classes and loads more normal activities. We have had new normals too; interhouse competitions, Black History Month, Pupil Parliament, a Mental Health course for parents, the Scottish Hydrogen Challenge (which we won!), normal face to face teaching. Next term we have more normal to look forward to; prelims, S2 reports, Week of Work, parents' afternoons and option forms. These normals form the structure of our school and most others in schools in Scotland.

Within the normal, unexpected moments in life happen to make our time good or not so good, there are always lessons that can be learned and we can choose to view what has happened so far this session as an opportunity to learn and develop, or something that prevents us from moving forward. Think of the times when other choices and decisions could have been made that might have given a better outcome. Through learning the lessons and changing accordingly, we have a better chance of making 2022 a more successful year. Keep our values in mind Relationships Accepting Achieving Motivating Nurturing and Respecting – what does that look like for your holiday and New Year?

**Mrs Nelson
Head Teacher**



Science news...

The Newtown Room Visit

The Highland Skills Academy have invited our S1 and S2 pupils to their Newton Rooms in Inverness and Dingwall to participate in two different workshops. S1 will take part in a Renewable Energy workshop in January 2022 whilst the S2 will take part in a Biofuel workshop in December 2021. These workshops will enhance our science curriculum and allow our young people to experience science in a different context to the usual classroom setting.

Newton Rooms are modern, bright and stimulating spaces where pupils are taught by enthusiastic and inspirational STEM experts. They are based on the Norwegian Newton Rooms experience. More information on the on the Newton rooms can be found:

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

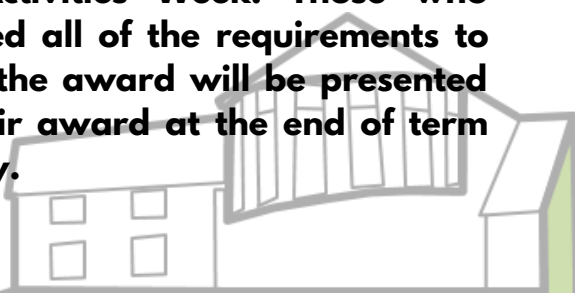


Young STEM Leaders Award



GUHS young people have been participating in the Young STEM Leader program and we have achieved SCQF Level 4 awards for our first cohort. The Young STEM Leader programme aims to promote STEM curiosity in young people and to encourage them to learn about the world around them in a fun and engaging way. As well as allowing Young STEM Leaders (YSLs) to develop important leadership, communication and employability skills, working towards a YSLP Award will also motivate young people to progress their STEM studies and perhaps eventually embark on a career in STEM.

In April and May 2021 a group of last year's S3 (now S4) pupils planned and delivered an amazing interactive workshop to our then S1 pupils during GUHS Activities Week. Those who completed all of the requirements to achieve the award will be presented with their award at the end of term assembly.



You're a winner...

Scottish Schools Hydrogen Challenge

A group of eleven S2 pupils participated in the Scottish Schools Hydrogen Challenge that was being run across Scotland by Arcola Energy.

In this challenge, the groups had to design and build a Lego car that would be powered by a hydrogen fuel cell. The distance each of the cars travelled was measured. Each of the teams produced amazing cars that travelled great distances, many over 20 metre's. GUHS winning entry travelled the second furthest of all of the entries from Highland schools. This meant the winning team won an entry to the final in Glasgow just as COP26 was beginning and a Lego kit for the school.

On Saturday 30th October, Mrs Angus took the team of 4 to Scottish Power Headquarters in Glasgow to participate in the final.

The team displayed amazing teamwork skills to go on and produce a hydrogen power vehicle that was scrutinised by many judges on its design principles and by how far it travelled. GUHS's all girl team went on to become the Scottish champions of the event! Well done to the team that went to Glasgow and to all of the people who participated in the Inverness event.

Keep a look out for a podcast on the event, produced by Aberdeen Science Centre: <https://soundcloud.com/aberdeensciencecentre>



Sporting News



It was great to be back up and running with school competitions this term. We had 5 teams compete in the small schools football tournament: S1 boys, Junior girls, S2/3 boys, Senior girls and Senior boys.

Three teams: Junior girls, S2/3 boys and the Senior girls managed to qualify for the finals which will be held at GUHS in the Spring.

Additionally we had 24 students representing GUHS in a rugby festival at Charleston Academy. Students played against three other schools and were undefeated on the night.

Broadway Dance has started on a Wednesday lunchtime in the school theatre. Each week students are taught choreography from a different Broadway show; developing skills in confidence, team work, timing and presentation.

If you would like to represent GUHS in an upcoming fixture make sure you come along to our after school clubs. If there is a club that you'd like that we don't yet run speak to a member of PE and we'll see if we can start it.



Christmas at GUHS

This Christmas we have been busy as a school helping to support the local community, think of Christmas around the world and celebrate our achievements from the past year. Our Hospitality class took on a massive project of creating 60 Christmas boxes full of treats that were then taken to the senior citizens of the local community, along with presents that were donated from the pupils. Over in Modern Languages students worked with Ms Mackenzie to create German biscuits and look at how Christmas is celebrated in Europe.



Our end of term assembly had live music played by the S1 students as well as readings, visits from the local ministers, recorded singing, a Jewish look at this time of year and a celebration and reflection of our year so far.



Health and Wellbeing at GUHS

Pupil Parliament

Pupil Parliament was created this year to support student voice and enable our young people to be leaders within their own school. The Parliament has representatives from all year groups and societies. So far motions discussed have included litter, outdoor seating, sports, sanitary products, school dress and wider achievement. All motions are brought forward by the students and discussed as a whole parliament.

Mental Health

We've had a successful 6 week parents and carers evening class focused on Understanding and Supporting Teenage Mental Health ran by Mr Naples-Campbell. This evening class is held online and has looked at the teenage brain, support in strategies to help teenagers and how mental health can impact lives. It's been a successful course with one parent saying 'Great initiative - looking forward to learning more'. The course will be offered again later next year.

Inter-House Competition

In October we held our first Inter-House Competition with students taking part in a range of activities to try and win points for their house. From sport to quizzes, baking to art - there was something for everyone and it ended with Mrs Nelson giving the winning house the House Cup! Well done Creagnay who won!

LGBT Pride Group

A new LGBT Pride Group has launched within the school to support our LGBTQ+ students and allies. The group have created their mission statement which aims to look at social activities, activism and information. So far they are planning an assembly for LGBT History Month in February and a Pride event in June.

Black History Month

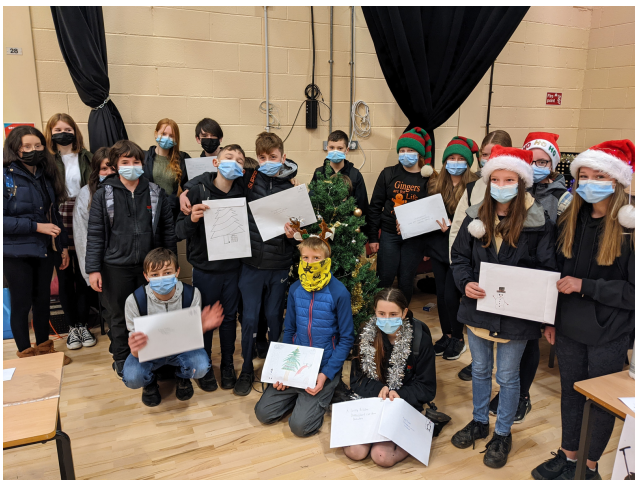
October saw the school actively learn about Black History in various classrooms and through a whole school assembly. Students looked at black role models and figures in curriculum areas. They focused on the need for equality and standing up to racism and they were able to look at how Britain's black community have helped shape the country.

Covid-19

With the winter weather here can we remind students to layer up - hoodies, jackets etc. School uniform should still be worn but stay warm!

English News...

The Great Christmas Debate was a great Christmas success for S2. As part of our overall strategy to strengthen attainment in Literacy, all S2 pupils had an extra period of English in Terms 1 and 2, during which the focus was on Talking and Listening skills. The pupils had to prepare a debate on the motion 'Christmas is not all it's cracked up to be.' Our Head Prefects Cami and Eilidh were excellent judges who had to decide a winning pair from amongst a cohort of wonderfully researched and passionately argued speeches, eventually deciding on Ruairidh Todd and David Hart. On a Bah Humbug note, they all decided that – overall – the Scrooges gave the most compelling arguments...



Our S1 pupils have again written Christmas letters to be delivered to the lovely residents of the Glenurquhart Care Centre. The pupils write to the residents to let them know how S1 has gone for them so far; they also aim to include a good Christmas joke or pun – let's hope for some crackers this year!

**From everyone at
Glen Urquhart
High School we hope
you all have a great
Christmas.**

