

# Carluke High

Newsletter – March 2009



This is always one of the busiest of school terms both on the curricular and extra curricular side of things. On the curricular front this includes for example: S2, 4 & 5 pupils choosing their subjects for next session; S5/6 prelims; completion of folios and most of the unit assessments. Early indications suggest that many pupils in S5/6 have not done themselves justice in the recent prelims. We will be focussing on how this performance can be improved in the SQA exams next term. However, there is no substitute for hard work and revision. Many departments have been running

study support classes and we would appreciate your assistance in encouraging your son / daughter to attend these opportunities.

We have recently found a number of pupils who have been feeling unwell have simply contacted their parents directly and then gone home. We would be grateful for your support in ensuring that pupils always contact the office so that we are aware pupils are safe.

As you will see later in the newsletter, a magnificent total was raised for Charities at the

start of this term. Our thanks to everyone in the local community for their support in making this possible.

*James Yuille*

Head Teacher

## Project Catwalk

Senior pupils are organising a fashion show with bingo on Wednesday, March 11<sup>th</sup>. Pupils are working in association with the Parent Council to raise funds for a stage extension.

A range of clothing will be on display from the Marks and Spencer, Debenhams and New Look stores in Livingston. Models from S1-S6 will grace the catwalk along with pupils from associated primary schools who will display items of school uniform.

Tickets are only £5, include a game of bingo, and are available from the school or at the door. Raffle tickets and refreshments will be on sale on the night. Doors open at 6.30pm, so please come along for what promises to be a great evening of entertainment and high fashion.

## Fairtrade Fortnight

The Fairtrade group have been extremely busy highlighting Fairtrade Fortnight and organising lots of activities for all year groups. For S1 and S2, the RE department have been running a Fairtrade Poster Competition to promote Fairtrade in the school. In S3 we have been running a competition where Pupils have designed stylish t-shirts to promote Fairtrade.

S4 pupils are also involved in various activities. Pupils have prepared a lesson which they will present to RE classes on the subject of Fairtrade which will include a quiz and prizes.

Audrey Middleton, who is a representative of The Co-operative, will also be visiting the school to tell us about the Co-Op's efforts. This is a

busy period for the group, but we think that it is worth it. Buying Fairtrade products makes such a difference to producers and they are delicious too.

## Reporting...Carluke!

First and Second year pupils from Carluke High School have been brushing up on their reporting skills with a little help from BBC presenter Ian Hamilton. With first-hand support from Ian, and English teachers Miss Lindsay and Miss Browning, students are developing their journalistic skills to become School Reporters.

On 26th March 2009, 40 Scottish schools will take part in a nationwide News Day, simultaneously creating video, audio and text-based

news reports, and publishing them on their respective school website, linked to the BBC.

During News Day 2009, students will be featured on the BBC's various news outlets on television, radio and online including *Reporting Scotland*, *News 24*, the *One O'clock and Six O'clock News* and *Newsround*. The School Report website will also become a TV channel and a radio station streaming pupils' news reports and coverage of school-based activities throughout the school day, available via the BBC's red button service.

BBC News presenter and former teacher, Huw Edwards, is working on School Report along with many BBC Scotland producers and presenters including Gary Robertson, Glenn Campbell and Sally Magnusson. Edwards explained that, "Over the years I've run many journalism workshops in schools. So I've seen how much fun it can be and how much can be learnt when there are real deadlines, real audiences and real standards to meet."

"I'm involved because I want to give young people the chance to make the news themselves, and I want to share the principles of good journalism." We look forward to seeing our budding Jackie Birds and Huw Edwards making the news!

## Eco-Schools Update

The Eco-group are currently looking at ways to reduce energy use around the school by carrying out spot checks in various classrooms. Pupils have been measuring the amount of energy being wasted because of lights being left on in rooms and thermostat settings being too high.

The group are also hoping to set up an eco-garden at Carluke High and 4<sup>th</sup> year Biology classes look forward to growing a variety of herbs that will be transferred to the garden when the weather improves. If any parents or other members of the community would like to be involved in this project, please contact Mr Jamil at the School.

## Dragons' Den

S3 Business Management classes are currently preparing business plans in preparation for a Dragons' Den style presentation. A pilot version of this worked well last year and we are now looking to arrange Dragons for the panel from local businesses.

## World Book Day

On Thursday 5<sup>th</sup> March, every pupil will receive a £1 voucher to put towards the purchase of a book or audio book, to celebrate World Book Day 2009. Vouchers will be issued on Thursday 5<sup>th</sup> and Friday 6<sup>th</sup> March to S1 and S2 classes whilst all other pupils should come to the library to collect their vouchers. The voucher can be spent when purchasing books from the Cover to Cover Book Club in the Library. There are also a selection of £1 books which can be found at Tesco and W H Smith and the vouchers can be used to purchase these.

## Heptathlon

A school athletics team comprising S1 and S2 pupils, recently participated in a South Lanarkshire Giant Heptathlon Event.

Pupils received coaching sessions from athletics coaches, before competing against athletes from Secondary Schools across South Lanarkshire.

After an enthralling event, Carluke High finished in a commendable 6<sup>th</sup> place and received certificates for their valiant efforts.

## Educating Theatre

The English Department's most recent cultural outing, to see 'Educating Rita' at the Citizens Theatre, was a huge success. 'Educating Rita' is a stage comedy by British playwright Willy Russell who also composed the thought-provoking and entertaining 'Blood Brothers'.

The play explores the British class system, the shortcomings of institutional education, and the nature of self-development. Our pupils, who are too young to remember the film adaptation starring Michael Caine and Julie Walters, certainly appreciated the sensitive portrayal of these issues and were compelled to consider their own views on the importance of education.

## Trials Kick Off

Everyone at Carluke High School would like to congratulate Megan Walker who has recently been selected for the Scottish under 15 football squad. This is a remarkable achievement by Megan who is now hoping to earn her first Scotland cap in the forthcoming tie against Ireland.

Meanwhile, S3 pupil Chris Connor recently had the opportunity to demonstrate his strength, stamina, and fancy footwork at the latest trials for the Scottish Football Association's Under16 squad. The trials took place on Tuesday 24<sup>th</sup> of February, at Sport Scotland's National Centre in Inverclyde.

Squad coaches and former footballers Ross Mathie and Jim Clark scrutinised 43

boys who were all desperately trying to impress the coaches. Chris, who currently represents Motherwell Football Club, faces an agonising wait to find out if he will be one of the lucky few to be selected to represent their country.

## Additional In-service Day

An additional in-service day has been added to allow preparation for Curriculum for Excellence. Carluke High's date is 21<sup>st</sup> May 2009.

## Over £20,000 raised by Charities

Thursday 15<sup>th</sup> January saw the curtain close on Carluke High School's annual charities show and what a show it turned out to be. Tickets for this performance were, as always, the hottest property in town.

Winners of the Talent Competition held before Christmas were the Mini Rockers and their prize was a place in the show. This year the staff contribution was as original as it was entertaining – The Basketball Babes moving to the sounds of Starlight and with an average age of around twenty five, there was hardly an arthritic creak to be heard!

Tipped for the top was Andrew Miller who also

appeared in the talent show and so impressed the judges that he was given a place in the show singing his own composition, 'Destination'. Andrew will hopefully be contributing again next year.

Former pupil David Edment returned to perform a duet on the piano with music teacher Valerie Gibson. He went on to demonstrate his singing talents, culminating with the Proclaimer's song, '500 miles,' which had the audience on their feet in appreciation.

The show came to an end with a standing ovation by an audience who had clearly enjoyed what can only be described as an outstanding display of talent by the senior pupils. The days and nights of rehearsals, the hard work, effort and dedication of the pupils and staff ensured a wonderful evening of entertainment.

Staff and pupils involved with charities would like to say thank you to the people and businesses of Carluke and the surrounding area for their continued support and generosity, without whom none of this would be possible. Every penny raised will go to local, national and international good causes.

## Bring a pound to School Day

Pupils have the chance to raise money for the Children's Hospice Association Scotland by bringing a pound to school on Thursday 5th March.

## Dynamic Earth

45 S2 Geography pupils from Carluke High School visited Dynamic Earth in Edinburgh last Wednesday (25<sup>th</sup> February.) This was the second visit of the session and was, as usual, enjoyed by all.

Five Advanced Higher students accompanied the group who saw a presentation by the marketing manager on how Dynamic Earth is run.

Dynamic Earth is a charitable trust committed to the education and life long learning of Earth Sciences through the attraction experience itself and a dedicated schools science programme.

The entire group enjoyed a thoroughly worthwhile trip and were congratulated on their interest and enthusiasm by Dynamic Earth staff.

## Failing to Prepare Is Preparing to Fail

*In the following article, Keri McArdle, 4L1, reflects on her first experience of examinations and provides some explanation for the moods and tantrums which we may witness in the next few months.*

At the end of third year, you're told that "next year flies in". And it's true. You're barely given time to finish mourning the end of your summer holidays before there's talk of exams - exams which may seem like ages away but are, in reality, just around the corner.

Even though those subjects you've been taking for at least three years should be familiar to you, once the dates for your prelims are set, you suddenly don't remember what you've been doing over the past year.

The end of November marks the beginning of the prelims and it's now that you suddenly realise how much free time you didn't know you had. You might be one of those people - almost everyone - who relaxes for months, thinks "I've got ages, no need to worry", and then sits up the week of the exam and thinks "oops". Studying before the prelim, you suddenly find time to do hours of English close reading, hours of German vocabulary revision, hours of music practice, using up that time that you never realised you had to spare.

The reason so many people panic is because of stress. In the months and weeks leading up to the prelim,

starting your revision does not sound like too much fun. But leaving it to the last minute and pulling your hair out, unsurprisingly does not turn out to be too much fun either. Spreading your studying out, going over notes whenever you have free time *does* pay off in the end.

As for those of us who suffer anxiety as soon as we see the rows of exam tables: just don't sit at the back of the room. There's nothing more nerve-wracking than glancing up and seeing hundreds of people who don't seem to be having any trouble with that one question you're biting your pencil at.

A collective sigh of relief is heaved as soon as the last prelim is finished and undoubtedly lifts a huge weight of your chest. Work experience is next and many people spend that week ignoring everything going on around them in favour of revelling in the joy that comes with finishing exams.

And then you come back from your Christmas holidays and the pressure's piled back on. You're scratching your head at the teachers who, a few weeks ago, were telling you about how important these prelims were. Now, suddenly you have to "forget" those prelims, "it's the exams that are really important".

Don't panic. They're teachers; it's their job to make you work.

It may seem like history is repeating itself; that the dates of those "real" exams are looming ever closer and yet you're still not revising. It

sometimes feels as if you're falling behind and you're never going to be ready. But at the start of the year, before all the exams is going to be busy. Modern languages have their speaking exams, music has their practical exams, you have last minute prelims for extra units of work, English needs a completed folio...

It's true; there's a lot to be done and that's why you might feel as if you're getting no studying done. Take each piece of extra work as it comes and continue to study

*when you have the time.* Nervous breakdowns are not helpful in exams.

Once all those "extra" little surprises are finished you'll be able to concentrate on preparing for your exams. Your philosophy of "crossing that bridge when you come to it" is not going to hold up here. Preparation is the only thing that's going to work, but at the same time, your preparation will not be the same as anyone else's. Don't worry if everyone seems to be preparing differently to you, and don't

let anyone tell you *how* to go about it.

When you find yourself worrying about exams just remember who has gone before you. Your older siblings, your teachers, your parents, and anyone at university, anyone who has a job; they've all gone through exactly the same thing, and have come out the other end. There's no reason why you will be any different.

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**26<sup>TH</sup>  
MARCH  
2009**

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## **Dates For The Diary**

<u>Wednesday 11<sup>th</sup> March –</u>	Project Catwalk – Fashion Show & Bingo 7.00 – 9.00 pm
<u>Monday 16<sup>th</sup> March –</u>	S5/6 Reports issued to parents & Interhouse Hockey
<u>Tuesday 24<sup>th</sup> March –</u>	Monitoring & Tracking Reports
<u>Wednesday 25<sup>th</sup> March –</u>	Interhouse 5-a-side football
<u>Thursday 26<sup>th</sup> March –</u>	Spring Music Concert 7.00 – 8.30
<u>Tuesday 31<sup>st</sup> March –</u>	Interhouse Public Speaking 7.00 – 9.00pm
<u>Friday 3<sup>rd</sup> April –</u>	School Closes at 2.30pm for Easter holiday
<u>Monday 20<sup>th</sup> April –</u>	School reopens following holiday.
<u>Thursday 30<sup>th</sup> April –</u>	S1 Reports issued.
<u>Friday 1<sup>st</sup> May –</u>	School closed staff in service day
<u>Monday 4<sup>th</sup> May –</u>	School closed Mayday holiday