



Brechin High School

#ProudtobeBrechin



Weekly Update 20/3/2026

Young Minds Saves Lives

Earlier this week S3 pupils took part in the second workshop of the "Young Minds Saves Lives" programme which is being delivered by paramedics from the Scottish Ambulance Service.

Amongst other things pupils learned basic CPR, about different types of breaks & how to identify the key symptoms of a stroke.

They have their third & final input next Wednesday before they put their learning to the test & attempt an Escape Room challenge on Wednesday 1st April.

Once again, we got fantastic feedback about our pupils' attitude and behaviour.



Art and Photography Exhibition

The display is being set up at the Gardner Memorial in time for the family service on the morning of Sunday 29 March.

Young Enterprise

On Wednesday evening a group of 6 pupils from our Young Enterprise class attended an awards ceremony at Forbes of Kingennie.

The Young Enterprise Team programme is designed to aid young people's transition from education into independent living and employment, the programme develops confidence and life skills through working as a team to set up and run a business enterprise.

The team behind this year's Young Enterprise business; Baggles and Bitz have successfully created and sold a range of items including handbags, doorstops, cushions, candle holders, keyrings and bracelets. Pupils have developed their practical skills in sewing, crochet and woodwork as well as developing skills in problem solving, time management and teamwork.

On Wednesday evening the team were interviewed by business associates from across Dundee before answering questions from the audience and other participants in the room. We were delighted to be awarded the Tayside Team of the Year Award and Team Journey Award.



Sea Changers

The Alba Explorers are working with groups of young people on their Young Coastal Guardians: Angus & Dundee Beach Conservation Project. The aim is to take young people to local beaches and foster environmental stewardship in the children to sustain ongoing beach care.

Pupils have been enhancing their understanding of biodiversity and marine ecosystem dynamics. This knowledge encourages a responsibility to protect marine animals and ensure that our beach spaces are a safe habitat.



Esports

Following a successful win at the Esports Regional finals Splatoon3 Competition held in Glasgow in February, Brechin High School Esports team travelled to Sheffield to represent Scotland in the Northern Semi Finals and put up an excellent gameplay showing grit and determination. The tactics and strategies the team employed were commended but unfortunately the team lost to Gildredge House School, East Sussex and will not be going to the finals. Angus and Lewis have both been shortlisted for the Esports category of the Creative Careers Competition and have been invited to the London finals in April.

Congratulations to Franciszek, Colin, Lewis and Angus for an excellent tournament and for representing Brechin at a UK level.



Tips for helping to prepare for exams

With thanks to Barry, our Educational Psychologist for putting this together for our pupils.

Organise your time

- Create a study timetable
 - Map out your week, you can't effectively plan unless you know what time you have available.
 - Take note of things like mealtimes, out of school activities etc. and add them into the timetable.
 - Fill the blank spaces with the subjects you are studying. If you can, aim to be at least two subjects a day for about 25 - 35 minutes each.
 - Homework should not be considered part of your study time. This will need to be completed separately.
 - Keep going with out of school activities and take breaks. As you get closer to the exams you will need to consider prioritising your studies. Remember this will only be for a short time.

Study techniques

- Reading is not studying,
 - Simply reading and re-reading texts or notes is not actively engaging in the material. It is simply re-reading your notes.
 - When studying, take notes using a pen and paper, summarising the material in your own words. The active process of writing aids in memory.
 - Create mind maps or summary cards.
 - <https://www.mindmaps.com/>
 - The Pomodoro Technique can be used to keep you focused on a task.
 - <https://www.todoist.com/productivity-methods/pomodoro-technique>
 - <https://www.youtube.com/watch?v=z1BvrkPF2LE>
 - Try not to procrastinate or avoid studying. Even if you think it won't make a difference or feel you are running out of time, doing a little will still make a difference.
 - If you are struggling to focus or get started, start small e.g. 30 minutes a day and gradually increase your time.
 - Take breaks, go for walks, change the environment that you are in. Being stuck in the same space can lead to boredom and a drift in your focus. A change in environment helps with memory.
 - Turn your phone off or put it away.
 - Set a time when you will stop studying for the day.

Exam Strategy

- Get to know the exam papers
 - o How they are structured.
 - o How they are marked (look at past paper marking schemes).
 - o How much each question is worth.
 - o Timings
 - Work out how much time you have for each question and stick to it.
 - Do not spend more time on a question than you have allocated, if you do you are losing marks.
 - Exams are about maximising the marks you get per question not finishing the question or giving the perfect answer.
 - Know what you are going to do from the start of the exam to the end.
 - Never leave an exam early. If you are finished, go over the paper again or check your answers.
 - If you have a watch (not a smart one) bring it with you and place it on the desk so you can keep track of your time.

Feeling anxious

Feeling anxious is natural and a good thing. Anxious stress can help with motivation and allows us to perform. Anxiety only becomes negative if we let it take over and avoid facing or dealing with what is making us anxious.

If you are feeling anxious these are some things that you can consider.

- Create a study plan.
- Chunk the problem or task down into smaller bits.
- Remember to breathe. When we become anxious our breathing becomes shallower, resulting in less oxygen being taken in per breath. This affects thinking and problem solving. Use breathing techniques to help with this.
 - o <https://www.hgi.org.uk/articles/711-breathing-how-does-deep-breathing-make-you-feel-more-relaxed/>
 - o <https://www.nhsinform.scot/healthy-living/mental-wellbeing/breathing-and-relaxation-exercises/progressive-muscle-relaxation/>

Angus Council Modern Apprenticeship Vacancies

Good morning, Angus Council are now advertising a range of modern apprenticeship vacancies on MyJobScotland including:

Paralegal

Early Years & Childcare (3)

Building Standards

School Support (office of Arbroath HS)

Finance (2)

Resettlement and ESOL

Promise Assistant

Logistic Operations

Graduate Apprenticeship Civil Engineering

Davie Grant our DYW School Coordinator is available to support any young person wishing to apply for these or any other apprenticeships currently advertised. Davie is here to support with applications & CVs and will be based in our school seminar room (next to the library) for the next two weeks to support any interested young person.

Wispa

Wispa has injured her cruciate ligament and has undergone surgery on Friday. She is recovering well but will need to be "signed off" for the next 12 weeks. Mrs Brodie says Wispa is missing coming into school very much.



SUMMER'S END Angus

RAG 'N' BONE MAN THE JACKSONS

special guests **UB40**

PIXIE LOTT
SKERRYVORE
PARIS PALOMA
THE ENTITLED SONS

BONNIE TYLER
TIDE LINES
CAMMY BARNES
SANDI THOM
special guest **BEN POOLE**

RED HOT CHILLI PIPERS with special guest **SUSAN BOYLE**

DJ sets by
GOK WAN JUDGE JULES LIVE GBX DNMO KIMMICK JOCKY SHWAN

Comedy by
WEEGIE HINK AE THAT?

Live sets by
girl! BEN WALKER LUCIA & THE BEST BOYS SWEET LOVE
SHAMBOLICS THE EVES THE FEELING THE THREE 'N' EIGHTS

KITTI JASMIN JET BECKY SIKASA MACIE NYAH LYDIA THE BARD SHEARS
NATI CHERRY KATIE NICOLL J*MP ROISIN McCARNEY TINA SANDWICH
REBECCA CONNELLY JUST THE BRAVE KULE T (MN8) SHOCKA
CHARLIE BAIRD DAVID DELINQUENT & THE I.O.U'S JOE GOODALL
LUPINE RAINE SONNET 65 TONTO MONZA EXPRESS THE POPGUNS LATE LANDING
LATHALLAN PIPE BAND DEFINITELY OASIS MAC/DC RELOADED

Family entertainment by
MR WINK THE OGRETONES TAYLOR SWIFT EXPERIENCE ANGUS SCHOOLS OF ROCK

PARKING CAMPING STREET ENTERTAINERS VIP FAMILY AREA ARTISAN FOOD & BARS TALKS STAGE

AUGUST 14TH-16TH 2026
BRECHIN CASTLE SHOWFIELD, ANGUS



SUMMER'S END Angus

14-16 August 2026
Brechin Castle Showfield

Summer's End Angus - Special Offer for BHS Families

Brechin High School is working with the team behind Summer's End Angus, the new three-day music festival coming to Brechin from 14th to 16th August 2026.

As part of this partnership with the school, parents and families of BHS students are being offered a 15% ticket discount to help local families be part of the weekend.

This BHS partnership offer is **available until 31 March** and is intended for Brechin High School parents and families only.

Women's History Month



The theme for International Women's Day 2026 is "Give to Gain." This Theme conveys a powerful message: when society gives women equal opportunities, respect, education, and support, the entire world gains from their progress and leadership



You Can Do It!



The event is dedicated to the achievements of inspiring women who are commonly overlooked in historical writings. Women's History Month also identifies the minority groups who face an additional level of discrimination, like women of colour and LGBTQ+ women, and how their contributions have positively impacted society.

Read on Sora



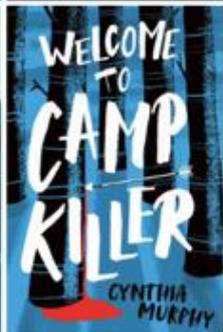
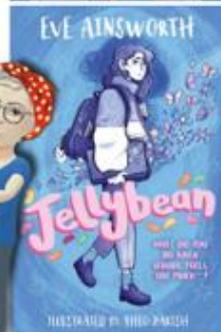
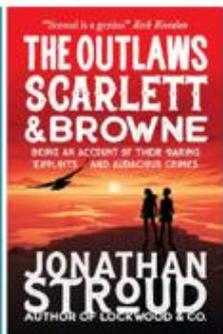
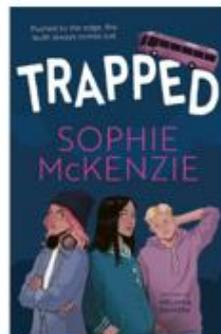
For March, we've been promoting **Women's History Month** with book displays featuring amazing women from history, and their contributions to society, be that in the arts, science and technology, politics and human rights, etc.

The library has some fantastic historical fiction with female protagonists, too. Some stories are based on historical figures like Josephine Baker or Audrey Hepburn.

MARCH IS WOMEN'S HISTORY MONTH

Try these novels with great female protagonists, and shorter, dyslexia-friendly novellas in the library.

Many have an historical slant, highlighting women's role in the Wild West, or World War II, etc.



The Tuesday book club, The Booketeers, had great fun choosing women they admired from history.



Take the challenge, and try to name them all.

Blank sheets available in the library.

Plus, who is the mystery woman depicted in the painting?

Which other

amazing women from history would you add?

This year's theme is, "Give to Gain." This theme conveys a powerful message: when society gives women equal opportunities, respect, education, and support, the entire world gains from their progress and leadership.

Can you name all the famous women from history?

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Which other amazing women from history would you add?

Broomfield Park junior parkrun



Starts 29th March

Weekly - Every Sunday - 9.30am

All Ages 4-14

MONTROSE

Join us! It's Free!

Run - Walk - Jog - Skip - Volunteer

www.parkrun.org.uk