



MOVING ON

YOUR **ULTIMATE**

GUIDE TO MEARNS CASTLE HIGH SCHOOL



For P7s at Calderwood Lodge, Eaglesham, Kirkhill and Mearns Primaries

Inside

THIS ISSUE



Contents

Contents Page.....	2
Welcome To Your New House.....	3
Pupil Support.....	4
First Day Of School Poems.....	5
Best Buddies.....	5
S6 Exceptional Errors.....	6-7
Boom! Bang! Fizz!.....	6-7
Clash of Heads.....	8
Basement Club.....	9
The Great Debate.....	10
The Big Boss.....	11
The Colours Of Success.....	12
Quizzes and Games.....	12-13
Join Gymnastics.....	14
Agony Aunt.....	15
Being Upbeat.....	16



The Team

MEARNS CASTLE

Jay Convery, Abby Dunbar, Rachel Jacobs, Daniel McInnes, Hannah Moran, Laura Osborne, Jessica Ottolini, Jemma Provan.

CALDERWOOD LODGE

Abi Benshetrit, Daniel Dotan, Hannah Oakley, Pippa Ure.

KIRKHILL

Sophie Gillespie, Ben Grant, Rachel Laidlaw, Sam Wells.

EAGLESHAM

Alexs Bogle, Else Johnston, Fraser Robertson, Ava Sutherland.

MEARNS

Francesca Bell, Emma Morrison, Harmeet Sangra, Alex Wittmann.



Welcome to your new House

As you can see below, all pupils are sorted into Houses by surname. There are six houses and each one has its own Scottish name, flag, colour and badge.

You can earn points for your house in lots of ways including: producing an excellent piece of work, good effort in class, participating in school events and lots more.

You might also get Praise Cards from teachers and you post them into the House post-boxes in the main admin corridor.

At the end of each year, all the house points that have been earned are totalled. The house with the most points wins the house cup and their house flag is proudly displayed outside the school for everyone to see.

Have a look to see which flag is displayed this year!

The House system is a brilliant way to bring people together and to encourage teamwork and communication. Each House is led by one of our six Pupil Support Teachers.

Balmoral

B/D/E/F with Mrs Crilley (Purple)



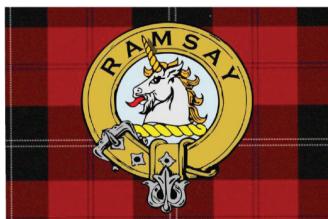
Gleneagles

G/H/I/K with Mr Gooch (White)



Ramsay

M/N/O/R with Mrs Brophy (Red)



Caledonia

A/C/J/Mac with Mr Cairney (Green)



Sutherland

Mc/S with Miss Oram (Blue)



Wallace

L/P/Q and T-Z with Miss Cartledge (Yellow)





MISS ORAM



MRS BROPHY



MISS CARTLEDGE

PUPIL SUPPORT

MOVING to high school can be a daunting thought, and many primary pupils are unsure about who they can now go to for help.

Luckily, all pupils in Mearns Castle have a Pupil Support Teacher who is the head of their House.

Your Pupil Support Teacher is always there to advise you anytime and will work with you from S1 until you leave school.

YOU will meet your Pupil Support Teacher during the Induction Days and they will have a settling in interview with you in September to ensure you have settled well and are happy at your new school.

If you need to speak to your Pupil Support Teacher, you will find them in the Pupil Support Base in the main admin corridor.

HOW CAN THEY HELP?

- 1 Help you settle into school
- 2 Have informal meetings with you to discuss your progress
- 3 Help with any pastoral issues affecting school
- 4 Liaise with your teachers about how to support you
- 5 Monitor your attendance, time-keeping and behaviour
- 6 Teach PSE (Personal and Social Education)
- 7 Guidance on subject choices, careers and future plans



4 MR GOOCH



MRS CRILLEY



MR CAIRNEY

BEST BUDDIES

WHEN Primary 7 pupils first join Mearns Castle High School (MCHS) they get an S6 Buddy to help them settle in to their new school and answer any questions they have.

It can be challenging for some people going from being the oldest in the school to the youngest, so having a buddy makes the transition easier.

They also answer any questions that the S1 pupils may have - they have been there themselves so completely understand! In our primary schools, primary 7 pupils help primary 1 pupils for a month or two and help them to get used to the new school. The buddy scheme in MCHS is very similar to this and helps S1s to fit in and get used to high school in a short period of time.

When S1s feel more confident with the rules and routines they can still talk to, and ask for help from, their buddy.

Many keep their buddies until the end of S1.

In high school lots of new pupils worry about bullying, but there is a 'zero tolerance' approach to bullying. If there are any concerns about this happening to you, or if you see it happening to anyone else, you should always tell a teacher or your buddy just like in primary school.

You can always talk to your Pupil Support teacher about anything. They will help to sort everything out and try to prevent it from happening again. It is not very common for this to happen so do not worry about this.

Most pupils at MCHS are well behaved and have positive relationships with each other. MCHS has always been a caring school. With all the help and support from all the teachers and pupils, it is an amazing place to be educated...but remember to talk to an adult if you are worried about anything!

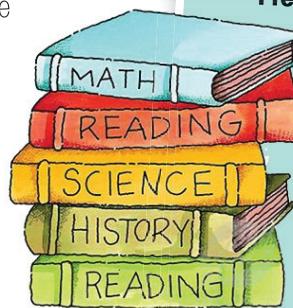


MY FIRST DAY

The first day of high school has finally come
It's time to learn and have some fun.
First is Home Ec. where I love to bake;
Today in class we made a cake.

Next is Maths, it's sometimes a test
Then on to P.E. it's always the best!
When the bell rings I go for lunch;
In the cafeteria, school dinners we munch.

Last lesson is Science, I've learned so much more;
Then the bell rings and I run to the door.
Today has been an amazing day
I love Mearns Castle hip hip hooray!



FIRST DAY

I am so nervous
I feel like going home now
I hope I make friends.

I am off to class
Will I like it there?
Let's go don't be
scared.

This PE class is fun
I can't wait for Tech
I love these subjects!

I am going home
That was really amazing
My first day was
awesome!

S6 EXCEPTIONAL ERRORS

PUPIL #1

MOST embarrassing moment at Mearns Castle?

I fell down the stairs at the end of the maths corridor and there were loads of people in front of me. When I fell into them, they all went tumbling down the stairs as well. It was like a giant game of Jenga and I wasn't very popular!

WHAT has changed since you were in S1?

I've grown more confident and mature since S1. Over time, you realise what you want to do when you are older and you try to get as much as you can from your experience at secondary school.

HOW lost were you in your first 5 minutes at MCHS?

It took me ages to learn how to find my way around and to know which stairs take you to which subjects. You soon realise it's just a big circle upstairs and downstairs so if you keep walking you will get to where you want to be eventually.

DO you have any advice for the new S1 pupils?

You will have the S6 Academic Family to help you over the first few weeks. Don't just follow them about though - use that time to learn how to get around. And ask for help if you need it!

THIS year's leavers have given us some exciting anecdotes from their years at MCHS which includes some embarrassing moments, changes that have taken place at Mearns Castle from S1 and some humorous stories!

You will also be finding out some reassuring advice from our S6 pupils who have made the transition from primary to secondary school...and survived!

QUIZ ANSWERS (UPSIDE DOWN!!)

- 1 - S6 Andrews
- 2 - S1 Fun Run
- 3 - Home Economics
- 4 - The Basement
- 5 - The Cafet
- 6 - Literacy
- 7 - Glenegadles

BOOM! BANG! FIZZ!

In S1 you get to try out three different science subjects: Biology, Chemistry and Physics. We decided to interview Mrs McCulloch, the brilliant Biology teacher. Who is her fave person ever? Robbie Williams? David Beckham? Let's find out! So, let's see your chemical reaction to this article...

WHAT are the most used chemicals in science?

The most used chemicals

are acids, iodine solution, Benedict's solution and when using acids and alkalis you use universal indicator.

WHICH science programmes do you watch and if you had your own science programme what would it be about?

I'm very into Planet Earth because I am a Biology teacher and David Attenborough is my favourite person ever. There is also a famous scientist called Robert Winston who presents television programmes about the human body.

I'm very interested in him because I studied anatomy which is to do with the human body. If I had my own science programme, it would definitely be about the human body because it is such a fascinating topic. You will learn lots of fascinating things about the human body in biology!

HOW many elements are there in the periodic table?

There are 118 elements altogether. (we had to check this on Google...but she is correct!)

PUPIL #3

MOST embarrassing moment at Mearns Castle?

I accidentally set off the school fire alarm by spraying deodorant near the alarm in PE. The whole school was evacuated. Now one of the rules is that you are not allowed to spray deodorant in PE! Whoops!

HOW do you think you've been changed by MCHS?

I think I have grown more mature...although my parents might disagree! Everyone has grown up and they have become more responsible, more mature and more confident.

HOW lost were you in your first 5 minutes at MCHS?

I was very lost but you find your bearings quite quickly. At the start of every day during the first week, you are taken to the theatre and then you are taken to your classes.

The Academic Family come and pick you up before the end of each period so you can get to your next class quickly and safely.

PUPIL #2

HOW do you think you've been changed by Mearns Castle?

I think I have become more confident because I have been given more opportunities to get involved in lots of different clubs and activities. I have become better at lots of different subjects and have made loads of new friends.

DO you have any advice for the new S1?

Get involved as much as possible in the wider life of the school. There are loads of opportunities at Mearns Castle to develop new skills and make new friends.

Make the most of them because before you know it you will be in S6 and getting ready to leave school!!

- 1) Books
- 2) Literacy 3 Homework
- 3) Chemistry 7 Study
- 4) Biology 3 History 5) Balmoral
- 5) Biology 3 Chemistry 10) Uniform
- 6) Houses 7) Study
- 7) Desig
- 8) Design
- 9) Chemistry
- 10) Geography

CROSSWORD ANSWERS

ACROSS

- 1) Biology 3 History 5) Balmoral
- 2) Literacy 3 Homework
- 3) Chemistry 7 Study
- 4) Biology 3 History 5) Balmoral
- 5) Biology 3 Chemistry 10) Uniform
- 6) Houses 7) Study
- 7) Desig
- 8) Design
- 9) Chemistry
- 10) Geography

DOWN

- 1) Books
- 2) Literacy 3 Homework
- 3) Chemistry 7 Study
- 4) Biology 3 History 5) Balmoral
- 5) Biology 3 Chemistry 10) Uniform
- 6) Houses 7) Study
- 7) Desig
- 8) Design
- 9) Chemistry
- 10) Geography

HAS there ever been a chemical incident in the science corridor?

Thankfully not. Accidents are very infrequent but if there was an incident there are safety rules and procedures that we would have to follow. That's one of the first things you will learn in the science labs at Mearns Castle.

Thanks Mrs McCulloch. We can't wait to begin learning in a science lab...we definitely don't have any of those at primary school!





CLASH OF HEADS

EVERY year, a Head Boy and Head Girl are voted in by the S6 pupils and teaching staff at MCHS. They carry out a range of leadership activities as well as representing the school at a number of events. Our reporter interviewed Head Boy Scott and Head Girl Victoria, who went 'head to head' in a competition to see who knew the most about the school!

Q: How many pupils are there at MCHS?
Scott: 1199 **Victoria:** 1250 (correct)

Q: Name all the houses and their colours
Victoria: Ramsey (red) Caledonia (green) Wallace (yellow) Sutherland (blue) Balmoral (purple) Glen Eagles (white)

Q: Name as many reasons as you can in 10 seconds for getting a demerit

Victoria: Talking back to teachers, forgetting your PE kit, not being presentable in your uniform and forgetting your homework.

Scott: Bad behaviour, forgetting your Home Ec tub, forgetting homework, forgetting your PE kit, poor standard of uniform, talking back to teachers and not coming to class prepared.

Q: Is there a forbidden room at MCHS that you've secretly entered?

Victoria: The costume cupboard.

Scott: The costume room in drama - we have all been in there, even though it's not allowed!

Q: Who is the funniest teacher and why?

Victoria: Mr Guidi in Science as he has a great sense of humour.

Scott: Mrs Anderson who teaches maths. She is funny because she is very sarcastic but sometimes you don't know if she is being sarcastic or serious.

Q: Name 10 after school clubs you can attend at Mearns Castle

Victoria: Debating, jazz group, orchestra, volleyball, football, lacrosse, gymnastics, rowing, code-breaking club and badminton.

Scott: Football, tennis, lacrosse, volleyball, chess, debating, rowing, badminton, gymnastics, orchestra, dance and Warhammer.

Q: Give as many facts as you can about the Head Teacher

Victoria:

He's a Motherwell fan. He is a big music fan and often sings 'Wonder of You' by Elvis at our Charities Week shows. He has been the Head Teacher of MCHS for over 10 years.

Scott:

He is a massive Motherwell fan and has a season ticket. He's a very motivated Head Teacher. He used to work at Williamwood High School.

THE winner is...VICTORIA by only 1 point. The final score was 7-6 so **well done to Victoria who clearly knows the most about the school!**

We hope you all learned some new information about the school too...



THE Basement

WANT to play table tennis, table football or just hang out with your friends eating Pot Noodles on a Wednesday lunchtime? Then The Basement is the place for you...

As I casually strolled into The Basement after waiting in a short queue, I could see my friends - they were too busy playing air hockey and table football to chat to me as I greeted them.

It was my first time in this place and I couldn't wait to join in and participate in one of the games.

Later, various questions were on my mind. I was curious and wanted to know more. I couldn't wait until next Wednesday to go back again to hang out with my friends...

The original idea of The Basement was for S1 to S6 pupils to have another place to hang out and play games. Usually only the S1s and S2s come here but numbers can reach up to one hundred pupils.

Why is it so popular?

"The Basement is a place for anyone in the school to come down on Wednesday lunchtimes to enjoy," said Scott Kirkland, the minister who runs The Basement along with other volunteers from Maxwell Mearns church.

"It started up years ago and is still in great demand. Usually pupils arrive at this exciting

place at the very start of lunchtime because the earlier you arrive the more time you'll have to hang around with your friends."

In The Basement they also have food and drink and the most popular item to eat is the Pot Noodle. The tuck shop is pretty popular too!

It opens at 12.20pm and closes at 1.00pm so you have plenty of time to have great fun. The games there include table football, table tennis, pool, air hockey, Wii, Play Station and much more.

It is free and is located in the basement of Maxwell Mearns Church at the back of the school. You should definitely try it when you start S1. We guarantee you will have fun!



The GREAT DEBATE



This house believes that Batman should be arrested." This is an example of the fun and unusual debates that we do in Debating Club. "He is a hero!"

"No! He is breaking the law."

"He is breaking the law and getting away with it because he is seemingly 'saving lives'."

What do you think? Should he be arrested or not?

Straight after school on a Monday, I go to debating for about two hours in classroom E5, although it always runs over. Mr McGowne, who is also a Social Subjects teacher, runs the club.

Every week there is a different motion picked (a motion is the topic you argue about). There is a proposition team and an opposition team.

For example the motion could be "This house believes that we shouldn't wear school uniform". The proposition team (which usually has 2-3 people in it as well as the opposition team) agrees with the motion and the opposition are the ones who disagree with the motion.

In the past we have debated motions such as "This house believes that the next Doctor Who should be a woman". My favourite debate so far has been "This house would fear artificial intelligence" (technology that can be programmed to do the exact same jobs as humans).

I enjoyed this debate because there were good points for each side and we ended up having a fantastic debate as everyone had different opinions.

There are also regular opportunities to take part in competitions outside of the club. Once you have been in the club for a while you even get a debating badge.

Here is an interview with Mr McGowne:

HOW long have you been running the debating club? It is in the 11th year!

WAS there a debating club before you came to the school? And if so who ran it? There was no debating club when I arrived. I decided to set it up and since then hundreds of pupils have been involved.

DO you think of the motions in advance of the club? No, but I probably should. However, it is interesting to come up with lots of new suggestions and the pupils get an opportunity to suggest motions too.

WHAT is the strangest motion you have picked? "This house believes in Batman over Superman"

WHAT have been your favourite motions since you started the club? "This house believes the government has the responsibility to help homeless people." There are good arguments for prop and opp.

COULD you sum up why you would encourage the new S1 pupils to join debating? Everybody has the ability to debate. If they get involved, pupils will become more confident and develop their ability to speak in public, which is a really useful skill.

Many pupils will even get to travel to competitions. However the best reason to get involved is because it is enjoyable and you will make lots of new friends.

Debating Club is one of the most popular clubs at MCHS - you should definitely give it a try!



A Message from our Head Teachers

To all P7 pupils moving to MCHS in August 2019,

We hope you have had a wonderful time at Primary School and offer all of you our best wishes as you continue your educational journey through our Cluster at Mearns Castle High School from August 2019

Best wishes,

All the Head Teachers on the Cluster Leadership Team

PEOPLE say he is scary, some even say he is terrifying... yes that's right, you guessed it! Welcome to our interview with the top dog, the big boss of Mearns Castle (and former builder!) who we all know as Mr Smith. If you want to know stories about Mearns Castle, his life, and more, then READ ON!

WHAT was your first job? What were the best and worst parts of it?

My first job was working at a building site, putting in the foundations for St Paul's Secondary school. I worked all summer and the worst part was when I had to work in all types of weather. The best part was getting to drive around the site in a dumper truck - I spent a few weeks doing this!

WHY did you want to teach in secondary school rather than primary school?

I don't think that I even gave teaching in a primary school a thought. I decided I wanted to become a teacher because I had a really good experience in school and I suppose I had a bit more fun in secondary school than primary school. I loved secondary school so much and that inspired me to become a teacher.

WHAT were the consequences when you were naughty in school?

I would like to say that I was never naughty in school. At least, I wasn't naughty very often. However, if you were badly behaved in school you would be given lines that you had to copy out and I had to do that a couple of times. I don't ever remember being naughty in primary school. I must have been but I don't really remember it. I do remember getting the belt because



The Big Boss

one time when I was coming into school and somebody pushed me and I fell into a reinforced window. The window didn't smash but it ended up dented and all the teachers saw it was me falling into it so they decided I should get the belt as a punishment. It was a thick leather belt and you would have to stand there with your hands crossed and the teacher would use the belt to hit you very hard. It was quite sore. I'm glad that doesn't happen in schools any more!

HOW do you deal with any big problems at Mearns Castle?

We don't have too many big problems very often and how I deal with it depends on what type of big problem it might be. We are very fortunate that there is a large team of people in this school, from teachers to principal teachers to depute head teachers, the office staff, the janitors, the technicians and the dining staff. There are almost 200 people to help with any difficult situations. So if there is a problem I usually need to think about who is best to deal with it.

HOW much has school changed from when you were younger?

There is a lot more IT now which has improved the learning experience for pupils. When I first started teaching, teachers used to have to use something called a "banda machine" instead of a photocopier. It took ages to copy anything.

We've now got computers, smartboards, projectors, wifi, ipads, and laptops in most classrooms at school, which is fantastic.

Thanks for answering our questions Mr Smith. And, just for the record, Mr Smith is not terrifying! He is not even scary! We look forward to getting to know him in August as our new Head Teacher.

WORDSEARCH

CAN YOU FIND ALL OF THE WORDS BELOW?

M	A	T	H	S	Y	Z	T	C	C	C	C	L	F	H
C	U	I	M	A	V	H	G	W	E	C	A	W	S	O
F	H	N	S	V	K	V	C	A	N	Y	L	A	A	M
R	O	M	Z	V	L	I	H	Y	G	J	E	S	H	E
G	A	J	C	F	I	F	E	R	L	R	D	C	M	W
R	P	C	G	C	B	V	M	R	I	R	O	B	G	O
S	Q	N	B	S	R	U	I	R	S	R	N	Y	K	R
T	F	F	C	T	A	K	S	U	H	A	I	R	L	K
A	M	H	Q	E	R	Y	T	T	M	A	A	Y	O	P
C	N	P	F	A	Y	Y	R	U	N	N	I	N	G	D
K	C	U	M	C	R	R	Y	R	E	A	D	I	N	G
T	P	R	L	H	R	A	H	G	L	C	L	R	M	Z
I	R	M	O	E	T	E	C	H	N	O	L	O	G	Y
O	Y	Q	W	R	I	T	I	N	G	M	H	U	Y	F
G	F	T	L	M	Y	U	I	S	N	G	H	F	Y	U

WRITING
TECHNOLOGY
MATHS
CHEMISTRY
READING
HOMEWORK
RUNNING
ENGLISH
CALEDONIA
LIBRARY
GYM
TEACHER
RAMSAY

Mearns Castle High School recognises achievements through the school COLOURS system. You can apply for colours by completing the online application form on the school website, or collect a paper copy from the Pupil Support Office.

Depending on your activity and level of involvement, you will earn points for your House, a personal certificate and, in some cases, you can get coloured braiding on your blazer.

THE COLOURS OF SUCCESS

Colours are recognised in the following areas: sport, expressive arts, citizenship, debating and enterprise.

There are four meetings throughout the school year, where members of staff discuss pupil achievements and decide on the level of award appropriate for each pupil.

Receiving Colours can increase your chances of winning the House cup. Pride of House is the most prestigious Colours award you can earn.

On the left is a chart of all the levels of Colours that you can receive:

You can earn points for your House in lots of ways. Who knows...maybe yours will be the next House to win the cup!

For more information about Colours, please check out the MCHS website.



Colours Hierarchy

- Pride of House
- Full Colours
- Half Colours
- House Colours
- Personal Achievement

PUZZLE TIME

MCHS QUIZ

(ANSWERS ON PAGE 6)

Which one of these is not a house name?

1. a) Gleneagles b) Ramsay
c) St Andrews d) Caledonia

Which one of these is not a part of Charities Week?

2. a) Sponge The Teacher b) Lunch Time Shows
c) Pie Mafia d) S1 Fun Run

Which one of these is not a school club?

3. a) Table Tennis b) History Film Club
c) Gymnastics d) Home Economics

The club that runs in Maxwell Mearns Church on Wednesdays.

4. a) Table Tennis b) Code-Crackers Club
c) The Basement d) Film Club

You will buy your lunch here.

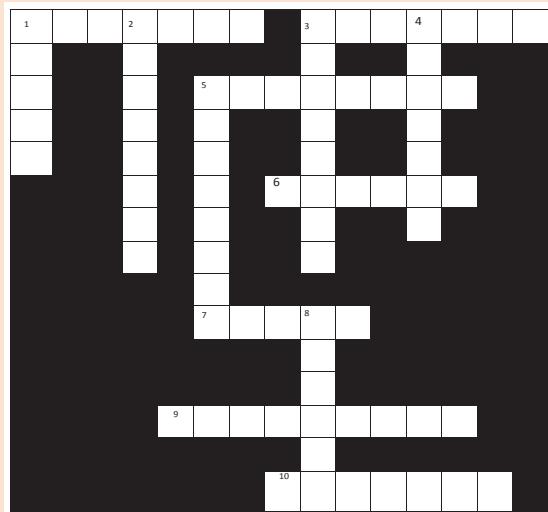
5. a) The Theatre b) The Café
c) The Games Hall d) Gleneagles

Which one of these is not a department at Mearns Castle?

6. a) English b) Literacy
c) Mathematics d) Modern Languages

The white house.

7. a) Ramsay b) Gleneagles
c) Balmoral d) Sutherland



Across

1. The study of life and living organisms
3. The study of the past
5. The purple house
6. You will get put in one of these
7. Do this before tests
9. A branch of science
10. You will wear this to school

Down

1. You will need these to study
2. Learning to read & write
3. Work to do at home
4. The person who takes the class
5. Learn to be an owner of a company
8. The Faculty Art and Technical are in

(ANSWERS ON PAGE 7)

CODE-CRACKER

WELOCOME to the Games Hub. Someone has turned all our letters to numbers. Can you change them back? Every number is the equivalent to its letter in the alphabet (for example 26 would be Z). That's your briefing over. Go and save our magazine!

1. 12 9 20 5 18 1 3 25: _____

2. 3 8 5 13 9 19 20 18 25: _____

3. 13 1 20 8 19: _____

4. 7 25 13: _____

5. 16 8 25 19 9 3 19: _____

6. 20 5 3 8 14 15 12 15 7 25: _____

13

GREAT! GOOD! GYM! JOIN GYMNASTICS!

BACKFLIPS, handsprings, cartwheels and acrobatics; the Olympic gymnasts do them all! And here's how you can learn it all! Welcome to... my experience of the gymnastics after school club!

I'm going to give you a short review of the gymnastics after school club here at MCHS. Please note that the information about the gymnastics club I am talking about is for last year's first block, so the timings might have changed when you come to the school this year.

The gymnastics after school club takes place in the new gym which is beside the café/lunch hall. It takes place after school on a Tuesday for an hour and a half and it lasts around 6-8 weeks.

There are usually only twenty spaces available so you have to be quite quick to sign up as it is a popular club. I signed up with a few of my friends and it was really fun to have my friends there.

I have also made new friends at clubs, who share the same interests as me, which makes it even more fun to do the things I enjoy!

Skills developed in the gymnastics club range from simple beginner skills like cartwheels and handstands and progress to more difficult skills like backflips and handsprings.

We have all sorts of great gymnastics equipment like blue mats, crash mats, vaults/blocks, beam, bar, tramps and spring boards for you to work on and progress your skills, or even learn some new ones.

You always gain a lot from joining new clubs and learning new skills, such as

making new friends, improving old/rusty skills or even just learning how to do a cartwheel.

The club is taken by coaches from East Ren gymnastics. My experience with gymnastics is only with East Ren gymnastics coaches so I already knew our coach, William.

We also have an S6 pupil, Taylor, who's a coach with us too! I went to gymnastics at Mearns Primary on a Friday night for one hour, but it has now been rescheduled to our gym at Mearns Castle on a Friday night.

I think it is better now because there is a lot more equipment. Also, we recently got loads of new equipment for gymnastics so we strongly encourage any gymnasts, or anybody who would like to try it out, to come along and test out our awesome new mats, and meet the great coaches too!

I would encourage you to join a club, not only gymnastics, for many reasons.

You should join a club because it's a lot of fun and, even if your friends don't want to go, I would still encourage you to join and make new friends there, who will share the same interests as you. It's also a better way to be spending your time than just sitting around at home after school or playing the computer.

If you are at all nervous or worried about going to a club alone, here's some advice: think about why you want to go, and ask any friends if they would like to come with you, whether they already do the sport or activity, or not.

Encourage friends to try new things and, even if you end up going alone, there's no harm in trying it out. You can always make new friends, or even bail out. It's the taking part that counts.



MCHS

Agony Aunt

Dear Agony Aunt,

Hello. My name is Freya. Some of my friends are going to a different High School from me and I'm not good at making new friends. I am really close to all my friends and I don't want to leave them behind. What can I do?

Dear Freya,

There are a number of things you can do to make friends. You could try going to a couple of clubs to meet new people. There are lots of clubs to choose from at Mearns Castle so you should be able to find a few that interest you.

Don't be afraid to walk up to someone and just say hello. If you really miss your old friends then you could arrange to meet up for a chat.

It can be a good idea to arrange to meet at the same place each day for lunch - maybe in the dining hall which is where most S1 pupils have lunch. I am sure you will make lots of new friends at High School and it is a fantastic opportunity to meet new people.

Dear Agony Aunt,

I'm Daisy. I am starting High School soon and I am scared I won't be able to keep up with the work. Can you help me?

Dear Daisy,

Don't worry - the work at secondary school is not much harder than the work you are doing now. It is just like moving up a stage, which you always do at school each year anyway.

If you are struggling with classwork, then I am sure one of the teachers will help you. Lots of P7 pupils are scared about keeping up with the homework but soon find that they don't get as much as they think they will.

Do a little homework each night and you will manage to keep on top of it all. There are lots of people who can help you at Mearns Castle, including your class teachers, Pupil Support and Support for Learning.

Don't be afraid to ask for help if you need it.

Dear Agony Aunt,
Our names are Innes and Adam. We are writing to you because we have concerns about being bullied in High School. One of our big brothers is being bullied at his High School, so we are scared it will happen to us. Can you give us some advice?

Dear Innes and Adam,

I have some tips for you. If you think you, or someone you know, are experiencing bullying behaviour, you should always tell a teacher or an adult who you trust. They will help you sort it out.

At High School, there is an adult called a Pupil Support Teacher and they could investigate the problem and put a stop to it.

Don't worry about bullying - at high school you will make new friends and become more confident. But remember, if you are worried about anything at all; just make sure you tell someone.

Dear Agony Aunt,

My name is Eloise and my main worry about High School is getting lost. High Schools are so big and crowded; it looks like it will be really difficult to find your classes. I do not want to be embarrassed by walking into the wrong class. Can I have some advice on how to avoid this?

Dear Eloise,

You can tackle this by following a few tips. You could ask any teacher, pupil support assistants or pupils from other year-groups if you get lost and they'll be sure to help.

Make sure you leave yourself plenty of time to get to your classes as this will stop you panicking if you get a little lost.

Make sure you copy your timetable into your Logbook and also carry a copy of your timetable in your blazer pocket. If you lose it, you can ask the office for another copy.

There will be people in your class going to the same subject as you, so try to stick with them and you can help each other find your way around.

You will also be given a map of the school and that will help you find your way around. Don't worry if you do get a bit lost during the first few weeks - your teachers will understand and will give you as much help as they can.

STAY UPBEAT

UPBEAT
stands for:
Uniform
Prepared
Behaviour
Effort
Attitude
Time-keeping



UPBEAT is an amazing reward system at Mearns Castle. The school uses an UPBEAT Merit Reward Scheme to promote and reward positive conduct across the school.

If you 'stay UPBEAT' by not receiving any demerits for 80% of the time during the year you will get rewards such as: guest band performances, movie and munchies, entry to school dances, stationery prizes and lots of other treats.



In June, you could go on a trip as part of the whole school 'Upbeat Day Out'. This involves choosing from a range of trips such as: Blackpool Pleasure Beach, Edinburgh Zoo, Millport, Paintballing, a Spa Day and many more. These trips sound amazing and are a great incentive to stay UPBEAT!

If you do not stay UPBEAT then you can receive a demerit. A demerit is almost like a yellow card in football! This means you will not get any of the UPBEAT rewards which you wouldn't want to happen because they are lots of fun!

UPBEAT is a fabulous way of rewarding pupils for following school rules and it also promotes the positive behaviour we see every day at Mearns Castle!

TOP UNIFORM TIPS FOR STAYING UPBEAT

- Tuck your shirt into your trousers
- Make sure your tie is visible
- Always wear your blazer
- Take any outdoor jackets off when you enter the school - you can store these in your locker
- Make sure you wear black shoes - trainers are not allowed
- If you forget an item of your uniform, you can borrow it from the uniform store when you arrive at school

