

Diary Dates

Tues 19 April: Visit from staff and pupils of Nehallia School, Netherlands re teenage health issues, YMCA activity showcase at lunchtime

Thurs 21 April: SQA assembly for S4, Scottish Education Awards Judging panel

Thurs 21 and Fri 22 April: SQA assemblies for S4-6

Week beginning 25 April: House Assemblies led by S6 leavers

Tues 26 April: Rotary Leadership evening at Dean Park Hotel

Thurs 28 April: Junior UK Maths Challenge

Mon 2 May: May Day Holiday.

Wed 4 May: SQA Exams begin

Thurs 5 May: Holyrood elections (Staff training and schools closed to pupils)

Tues 10 May: Step Up Enterprise Day for Primary 7 (also Wed), Barratt Homes Game sessions, Parent Council at 6.30pm

Fri 13 May: P7 Sports Day

Tues 17 May: P6 Theme Day

Fri 20 May: S1 Reports issued, Activities Day with trips out

Mon 23 May: S3 Parent/Carer Evening (rearranged from Feb)

Wed 1 Jun: Salter's Festival of Chemistry at Heriot Watt University

Mon 6 Jun: Public Holiday

Tues 7 Jun: New Timetable starts, Colours and Prefect Presentations

Fri 10 Jun: S6 Induction

Tues 14 Jun: Prizegiving

Wed 15/Thurs 16 Jun: P7 Welcome Days—with parent/carers evening and Disco/BBQ on Thursday

Fri 17 Jun: S6 Prom at Fernie Castle

Wed 22 Jun (for 3 nights): School production of "Wizard of Oz"

Tues 28 Jun: Parent Council at 6.30pm

Wed 29 Jun: Employability visit to the Kwik Fit training centre in Broxburn

Thurs 30 Jun: "Big Event" end of session celebration

Fri 1 July: Dress Down Day, Talent Show and half day closing for the holidays

Mon 15 Aug: Teachers return to school

Wed 17 Aug: Pupils return to school.

The Rector writes ...

A warm welcome to our latest newsletter. Once again, I'm sure you'll be taken on by the extent of our young people's achievements. There have been a number of highlights since the start of 2016 and one of these was undoubtedly our annual ceilidh—organised by the "Friends of Kirkcaldy High School" and with a focus on fundraising to support less well off families with school trips and activities. It was fantastic to see so many recent leavers at the ceilidh (pictured below) and I am delighted to report that we raised around £2600 to be redistributed as described. I am also very grateful to FoKHS Vice-Chair, John Beck, for the additional donation of £500 from the initial sales of his excellent book "The Memorial in the School", which recounts the brief lives (and deaths) of the Kirkcaldy High School fatalities from the Great War.



We've had several excellent assemblies recently—mostly led by our young people. For example, we had our "learner journeys" theme and I must thank William Rae, Grace Pierce and Liam Sinclair (all S6), who shared their successes and failures, and hopes and dreams. They were inspirational - you can check out the short video clips on "Twitter".

Our S6 had another inspirational talk from Mrs Lindsay, our Business Manager, who described her learning and career path, which includes returning to learning as an adult. I'm sure that our young people gained much from hearing

about the changes of direction which are often a feature of life and have been a feature of Mrs Lindsay's career.

Another element of our assemblies was an input from Shauni Boyd and Rachel Stoddart (both S5) raising awareness of the upcoming Scottish elections in which 16 and 17 year olds will have a vote for the first time. We held voter registration events in school with eligible young people bringing in a note of their national insurance number to be assisted with registration.

We also received some good news at the end of March. We are delighted to have been shortlisted for the "Scottish Education Awards". These are the most prestigious school awards in the country and are sponsored by the Daily Record. The finals are in Glasgow in June and we are leeted as one of the top 3 schools (primary and secondary) across Scotland for the promotion of "STEM" - Science, Technology, Engineering and Maths. Many thanks to all our staff and young people who are involved, and in particular

to Miss Higham, our Principal Teacher in this field, who does so much to promote these curricular areas. STEM skills greatly boost our young people's employment prospects. Maybe you heard about this on the "Kingdom FM" news reports?

Best wishes to all our SQA candidates. For those sitting exams at National 5, Higher or Advanced Higher, these begin on Wednesday 4 May. I would want to take this chance to thank the staff for their exceptional dedication. They have supported all our candidates by offering lunchtime, after-school, Saturday and Easter holiday sessions. It's now up to our young people to do their best.

Please never hesitate to be in contact should you require assistance with any school matters at all.

All the best.

Alan

Lessons From Auschwitz



To mark World Holocaust Memorial Day in January, our assemblies were led by Megan Davidson and Adam Forsyth, who recently visited the former Nazi Death Camp at Auschwitz in Poland. Pupils and staff were all moved by the photos and memories shared. The trip was supported by the "Lessons from Auschwitz" education programme and Megan and Adam had the chance to meet a few of the remaining survivors from the death camps.

KHS Burns Supper

On Monday 25 January, we had a highly enjoyable and entertaining Burns Supper after school. Well done to all our contributors, especially William Rae (Head Boy and Master of Ceremonies) and our speakers; Megan Greer, Ryan Millar and Talia Toruntay.

The haggis was piped in by Chris Mack and was addressed in great style by Dr Murray before being heartily enjoyed by pupils, parents, staff and guests present. Well done to Mrs Nelson's Personal Development class, who planned, prepared and served the meal.

Songs from Louise Wallace and Mrs MacDougall of the English Department were enjoyed by the guests. Dr Murray is pictured in full voice, singing Hamish Henderson's Freedom Come A' Ye.



Scottish Education Awards Finalists 2016



Kirkcaldy High School has been shortlisted for the "Scottish Education Awards". These are the most prestigious school awards in the country and are sponsored by the Daily Record.

The finals are in Glasgow in June and we selected as one of the top 3 schools (primary and secondary) across Scotland for the promotion of "STEM" - Science, Technology, Engineering and Maths. The school's efforts to boost employability has been recognised as has our success in working with partners such as the Arkwright Engineering Trust, the Hydrogen Office at Levenmouth, Babcock Rosyth and the "CREST" Awards (Creativity in Science and Engineering).

Modern Studies Trip to HM Prison Perth

Advanced Higher and Higher Modern Studies students visited Perth prison on 17 February. This was an excellent opportunity to carry out some research into the reality of life in prison and to find out more about the programmes that are in place to rehabilitate prisoners. After a warm welcome from Stewart Campbell, pupils were given a tour by prison officer Glen Miller who provided a lot of excellent information about Perth prison itself and about the prison service more widely.

Students had the opportunity to see inside the prison cells and to find out about the daily routines of prison life. They found out about the main issues facing prisoners and some of the key reasons that people find themselves in prison. They also had the opportunity to speak with one of the prisoners about the impact of prison on both them and their families.

This was a very interesting and informative trip and everyone greatly appreciated the time that prison staff spent with the students. This was an excellent opportunity to gather information that will help with their Advanced Higher studies.



KHS Recognised as Health Champions



KHS made the bold and potentially controversial decision back in October 2013 to curb consumption of fizzy juice and energy drinks to improve pupil health and wellbeing. We appreciate that the ban is not popular with all pupils. However, the Rector said: "The high sugar content of many fizzy drinks is linked to tooth decay, obesity, diabetes and hyperactivity, and high caffeine intake is also known to be a potential harm to young people's health. It is the right thing to do and it shows our school's commitment to health and wellbeing."

While Mr Allan said that he was not naive enough to think no sugary drinks are ever smuggled into the school, he is sure that the symbolic stance Kirkcaldy High had taken has seen a positive impact over time. "It has made our young people think more about sugar intake, and that can only be a good thing," he added.

Our school's pioneering stance has once more come under a national spotlight at the Children in Scotland "Food Matters" conference in Edinburgh, with Kirkcaldy High's efforts to tackle childhood obesity and diabetes highlighted. Many of the delegates attending the conference, including Scotland's Chief Medical Officer, Catherine Calderwood, described the school's sugar ban as a valuable and forward-thinking initiative and agreed it would go a long way towards tackling the massive problem faced by Scotland in terms of obesity and other diet related conditions.

Our pupils also offered their own input at the conference, sharing their experiences with health professionals and other interested parties. Miss Mitchell, principal teacher of health and wellbeing, said: "It was great to see the pupils being involved in the debate and being asked for their thoughts. "Choosing to study health and food technology, the girls already have a keen interest in health, nutrition and food and seeing them use this knowledge was excellent." KHS is known for its enlightened and proactive approaches to teenage health, and was awarded the COSLA Excellence Award in 2014 for 'Reducing Inequalities and Improving Health'.

Miss Mitchell is pictured at the national conference in Edinburgh with Chelseanne Bell, Robyn Springthorpe, Paige Morrison and Bethany Cunningham.

Ski Trip Andorra Easter 2016



Arkwright Engineering at Heriot-Watt University



Two fourth year pupils, Christy Ritchie and David Moir, have successfully completed the first two stages of the Arkwright Engineering Scholarship 2016 selection process, well supported by Miss Robertson and other CDT staff.

Stage one involved each pupil completing an online application form, detailing their achievements both in school and out of school. Stage two involved them sitting a two hour long aptitude test, under examination conditions, on 3 February. The final part of the selection process is to attend an interview at Heriot-Watt University on 19 April.

As part of their preparation, Miss Robertson arranged a visit to the Engineering faculty at Heriot-Watt University in Edinburgh. Pupils met a final year Mechanical Engineering student, Lewis Crichton, who showed them around the engineering faculty and spoke to them about a project he is working on called Formula Student Challenge. Pupils then got to tour the

campus. This was a very informative, educational and enjoyable visit.

Christy and David are photographed with Lewis Crichton (final year Mechanical Engineering student).

European "Oscars" at the Scottish Parliament



On Monday 21 March, Umar Mohammed, Kyle Pitcaithly, Jamie Lawson and Danny Downie did an excellent job of representing Kirkcaldy High School at the Scottish European Educational Trust Film Awards Finals at the Scottish Parliament in Edinburgh (pictured left on the Parliament stairs).

They had previously been selected, as part of a competition, from dozens of applicants to represent the East of Scotland in the "Our Europe" film making competition final, where they were given the opportunity to create a film using innovative new technologies which explored the theme 'What does being a European citizen mean to you?'. The competition was sponsored by the Scottish European Educational Trust, which promotes European citizenship.

The boys included English, French and Spanish language in their short film, entitled 'Captain Europe'.

At the prize giving, the Kirkcaldy team was recognised for highly creative and individual ideas, costume design and art work, and received a prize commending their efforts. Well done boys!

Biology Trip to Ninewells Hospital



In February, Higher Human Biology pupils had the opportunity to visit the Cuschieri Skills Centre at Ninewells hospital in Dundee to develop their skills in a range of clinical techniques such as laparoscopy, surgical scrubbing, endoscopy, dissection and ultrasound.

Although this centre is normally exclusively for the training of surgeons, Gillian Ross and her team very kindly opened it up for the first time to school pupils to give them first hand experience of getting to grips with surgical equipment and technology.

Our young people found this experience really interesting and it was a great chance to speak to medical professionals and see where Human Biology could take us in the future.



Learning Event is a Fair Success

In February, we once again welcomed over 250 parents and carers of S2 pupils to find out more about "Curriculum for Excellence" and the new "National" qualifications.



After an initial talk by Mrs Aitken (Senior Depute), parents and carers got some hands-on experience of the courses on offer in S3 as teachers and pupils gave demonstrations and explanations.

Mrs Aitken explained how Standard Grades have now been replaced by National 3, 4 and 5 Qualifications, with National 5 being seen as the entry standard for Higher courses.

National 4 is internally assessed by teachers and the SQA National 5 exams are taken in May each year. It was agreed to be joined by employer

representatives and "STEM" (Science, Technology, Engineering and Maths) ambassadors. We also had input from our Skills Development Scotland (SDS) Careers Advisor, Aileen Stevenson, who demonstrated the "My World of Work" careers website.

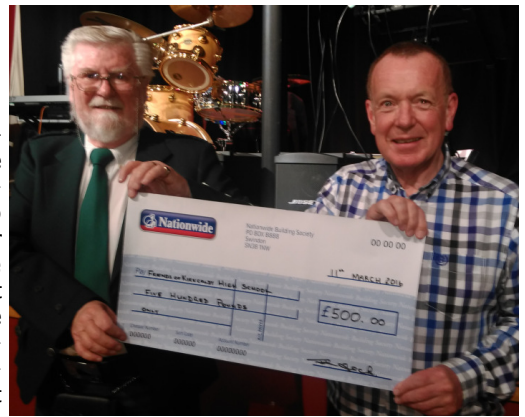
Many parents and carers commented that they had found the session very helpful. More details and web links to help parent/carer understanding of available "pathways" can be found on our website. Miss Ashby and Miss Braid are pictured above explaining Social Studies courses and Mr Morrice and Miss Robertson discuss Technology with parents/carers (right).



"FoKHS" Ceilidh 2016



Following the terrific success of previous fund raising ceilidhs, we once again hosted this fantastic community event in March. Many thanks to Bert Pozzi and his Band for their excellent dance set. The Valente fish suppers also went down a treat and the various raffles added to the final pot. Incredibly, we have managed to exceed last year's fundraising total with £2600. To assist pupils from disadvantaged backgrounds, all proceeds will go towards subsidising the cost of school trips in the



session ahead, and to make materials in Home Economics and Technical Education free for pupils entitled to free meals.

Friends of Kirkcaldy High School Chairman, Harry Kerr (pictured above, right), said that the event had been a great success and he thanked all those who had supported the event. Mrs Davidson, Depute Rector, also made a great contribution, by drawing all the various strands together. Special thanks go to FoKHS Vice Chair and author John Beck, (pictured above, left) who donated an additional £500 from sales of his book "The Memorial in the School", which commemorates the KHS former staff and pupils who gave their lives in the Great War.

Fife Festival of Music Success

Well done the Kirkcaldy High School Orchestra, winners of a "Bronze" medal at the Fife Festival of Music held at the Adam Smith Theatre in February.



Making Moves with YDance

YDance (or Scottish Youth Dance) is the national dance organisation for young people aged 3 to 21 in Scotland. Its mission is to work through key partnerships in education, culture, health and sport, to provide high quality dance experiences for all children and young people in Scotland.



At the end of February, Jo and Phoebe, Ydance instructors based in Glasgow, spent a day with an eager group of 26 girls to put together an excellent expressive routine.

The girls were responsible for the choreography and Miss McIntosh of the PE Dept, who had organised the day, said that she was very proud of her dancers. She said that they had grown in confidence throughout the day and had shown real ability, talent and teamwork. Miss McIntosh runs the school dance club.

KHS Sports Leaders are a "Credit to the School"

Our Sports Leaders, which comprises a dedicated group of S5/6 undergoing leadership training within the context of sports and coaching, continue to be a real credit to the school. Most recently, the Leaders have assisted at the Disabled Sport Fife Cross Country, Swimming and Badminton Championships.

We received a lovely letter of thanks from Richard Brickley, MBE who wrote; "The KHS Sports Leaders who assisted DSF with umpiring duties were exceptional. They worked non-stop from the start of the tournament till the end, rarely without a smile. No task was an inconvenience to any one of them and the 50+ participants from schools, clubs and Community Support Services enjoyed their presence enormously".

"Kirkcaldy HS has a very high standard of Sports Leader at this time. They are a credit to their school and of course their individual families. Many thanks for once again considering DSF worthy of such generous support".



We are delighted to be able to support such a great cause. The Leaders are pictured with Lucy Walkup (elite swimmer) and Stefan Hogan (GB Tri-athlete) at the swimming finals in Glenrothes (above).

Heriot-Watt University Multi Lingual Debate 2106

On Wednesday 23 March, a group of eleven Higher French and Spanish pupils were given the opportunity to attend the annual Heriot-Watt Multi-Lingual Debate at the Riccarton Campus in Edinburgh.

The event, which is hosted every year at the university, aims to showcase the final year interpreting students' skills and abilities, giving them a chance to practise their simultaneous interpreting into a number of languages, including English, French, Spanish, Arabic, Mandarin Chinese and British Sign Language.

The theme of the debate was whether it should be a human right to be offered public services in your native language, and speakers from Heriot Watt University, the Spanish and German consulate and the French Institute debated this contentious issue in their mother tongues.

The event gave our pupils the chance to see how languages can be used in real life contexts, and just how exciting they can be. Many thanks to Miss Burke, who led the trip. The group is pictured in front of a contemplative James Watt.



Kirkcaldy Area Committee Report 2016

In February, the Rector reported on the school's progress at the Kirkcaldy Area Committee of Fife Council. One of the issues which is very important for us is the "destination" of leavers. We were pleased to relay that last session 91% of all our leavers went on to a positive destination - work, an apprenticeship, training, college or university. This is a 3% rise on the previous year and quite encouraging, especially given the difficulties in the local job market.

We have several strands to our employability strategy and one which has had a good impact again this session is the "Energy Hub" programme which focusses on engineering (especially offshore engineering). We've had 15 young people, mentored by apprentices, undertaking an industry standard safety training qualification, travelling to Aberdeen to visit the "Subsea Expo" Exhibition and touring an oil rig support vessel (see photo on page 8).

We were also asked to focus on the Kirkcaldy Area local priorities and we delivered a brief presentation on "Developing Community and Neighbourhood Pride". Mr Allan was joined by Luke McQueen (S4), who spoke very well about our award winning contribution to the Dunnikier Country Park "Green Flag" Award.

Kara's Poetic Success

Very well done to Cara Hayes (S1) winner of Kirkcaldy4All's innovative poetry competition (secondary school section). The competition, launched on the birthday of Robert Burns, invited all those with a love of Scotland's 'Lang Toun' to write a poem, with inspiration being drawn from the famous 'Boy In The Train' poem by Mary Campbell-Smith.



Bill Harvey, manager of Kirkcaldy4All, the town's Business Improvement District, explained: "We were delighted with the response to the competition. There is clearly a lot of love and respect for the town out there, and plenty of creative spirit. Many of the entries were worthy competitors, but Cara really stole the show with her excellent poetic work." The competition is part of a wider scheme, working with Kirkcaldy-based filmmaker, David Cruikshanks to engage with local businesses on a one-to-one level (see above).

He has been capturing content from the businesses, which has been shared via the Kirkcaldy4All digital and social media channels.

Bill adds: "We hope to grow on the success and make this an annual competition. It has proven a brilliant opportunity for local schools and residents to be creative and to celebrate what makes Kirkcaldy a great town".



Great Success in Procurator Fiscal Public Speaking

Kirkcaldy High School is the Fife winner of the Crown Office Procurator Fiscal Public Speaking Competition for 2016. In a closely fought final, held in the school on the evening of 23 March, Kirkcaldy beat two teams from Dunfermline High School and one from Woodmill High School to lift the trophy and title.

The Kirkcaldy High duo of Kyle Pitcaithly and Umar Mohammed were praised by the judges for the clarity of their argument and presentation, their excellent teamwork and their use of humour. The panel, comprising procurators fiscal and defence agents, and led by Sheriff Grant McCulloch, Senior Sheriff at Kirkcaldy Sheriff Court, was also impressed by the way the Kirkcaldy team engaged with the audience.

The theme of the evening was the impact of TV and movies on society. In the previous round, the plight of refugees in Scotland had been discussed. We are exceptionally proud of the boys — they are credit to their school and their families. Kirkcaldy High School will now go on to represent Fife schools in the East of Scotland regional final, to be held at Edinburgh Sheriff Court on May 12.



"Boozebusters" and "Sexperts" Peer Learning

Held in February, our "Boozebusters" training for S2 was excellent - many thanks to all of our S4 peer educators. They led the group discussions very well. We take health and wellbeing seriously - and this includes developing responsible attitudes to alcohol (see photos, right). This was followed up in March, with "Sexperts" training for all S3, again delivered by peers, in this case from S5.

Our assemblies were also very effective during the week before. Many thanks to our LGBT+ group, supported by Mrs Pirie, which delivered a talk about lesbian and gay rights, tackling homophobia and discrimination.

You will be aware that the school has won many plaudits for its work in health and wellbeing, including the "COSLA" Excellence Award, presented in light of real success in reducing teenage pregnancy. We have recently been asked by the Scottish Government's Education agency to host a school from the Netherlands to share our approaches to teenage health matters.



Social Studies London Trip 2016

Staff and 25 pupils from the History and Modern Studies departments enjoyed a mid-term break in London. Not only did they enjoy a bit of sightseeing but, more importantly, had the chance to build on what they had learned in class about key aspects of their National 5 and Higher courses.

During a visit to the Parliament, they listened to MPs debating in the chamber, participated in a law - making workshop and had the chance to speak with Roger Mullin MP about how he represents his Kirkcaldy constituency at Westminster.



A visit to the BBC saw students find out about news gathering and broadcasting in the world's largest news gathering agency. They also took a seat on the One Show sofas and had a go at a short radio play, complete with sound effects. A trip to the Imperial War Museum gave them the chance to find out more about WWI and to build on recent Holocaust Memorial Day assemblies in school by visiting the Holocaust Exhibition. This was an excellent trip and our young people were terrific ambassadors for the school.

Back Page Gallery



Thanks to Mr Parkinson, who set up an employability link with Ernst and Young "Smart Futures" - for young people interested in the financial sector



Our Inter House "Bake Off" was won by Mrs Kerek, representing Carlyle House—judged by Mr Allan and Miss Ashby



Saturday School and Easter Study Support has been very well attended



Our Rotary Interact Club once again supported the "Shoebox Appeal"

Our Senior netball team enjoyed a best ever finish at the Fife Championships in March



"Energy Hub" Students with Darren Peattie of "Inside Industry"



Engineering Science Trip to the new Forth Crossing at Queensferry



Reece, Cameron and Jordan at the recent "Diversifire" Graduation with Scottish Fire and Rescue

Well done to Lachlan Duncan and Leah Bidgood—selected for the Rotary "RYLA" Leadership Camp after interviews

