



# Kirkcaldy High School

Issue 116  
March 2015

## Community Newsletter

*Respect for Self, for Others,  
for Learning*

### Diary Dates

**Thurs 2 Apr** Dress Down Day for "Meningitis Now" charity. Holidays

**SQA Easter Study School see below**

**Mon 20 Apr** Return to school—leavers assemblies (Tues to Fri) led by S6 pupils

**Tues 21 Apr** Parent Council Meeting at 7.30pm

**Tues 28 Apr** SQA Exams begin (Drama) - study leave for S5/6

**Thurs 30 Apr** Junior UK Maths Challenge

**Mon 4 May** May Day Holiday

**Tues 5 May** Study Leave for S4 begins

**Thurs 14 May** Friends of Kirkcaldy High School Meeting at 7pm

**Fri 15 May** S1 Report issued

**Mon 18 May** Health Week with sponsored walks and health related activities

**Fri 22 May** Activities and Trips Day (all S1-S3)

**Thurs 28 May** Head Boy and Girl Interviews

**Fri 29 May** S3 Reports issued

**Mon 1 Jun** Holiday

**Tues 2 Jun** Inservice Training Day with Colours and Awards Ceremony (pm)

**Wed 3 Jun** All pupils back from study leave and new timetable

**Fri 5 Jun** S5/6 Induction Day

**Mon 8 Jun** FoKHS AGM (7pm)

**Tues 9 Jun** Prizegiving (7pm)

**Wed 10/Thurs 11 Jun** P7 Welcome Days, disco and parents' evening on Thurs

**Fri 12 Jun** Leavers' Prom at Garvock House Hotel, Dunfermline

**Mon 15 Jun** Yeargroup assemblies this week

**Tues 16 Jun** Parent Council AGM

**Mon 22 Jun** House Assemblies this week

**Thurs 2 Jul** Big Event (pm)

**Fri 3 Jul** Dress Down for Charity, KHS Talent Show, Half Day and end of session.

### The Rector writes ...

*It has been another exceptionally busy term at Kirkcaldy High School, and our young people continue to record outstanding achievements in a great variety of ways.*

*We had the pleasure of the company of Provost Jim Leishman earlier this month to help us mark a young man's special act of courage. Perhaps you read about Joe Lafferty, who made the front page of the "Courier" after he tackled a thief at the Victoria Hospital. The man had snatched an elderly lady's handbag and Joe, in school uniform, chased him down, recovering the bag. A modest lad, Joe declined the offer of a reward and played down his bravery. We are all proud of him and he has qualified for one of our Achiever's Ties.*

Also, many thanks to the parents and carers who attended our "Curriculum for Excellence" Learning Fair in February. It was a great success and we are sure that it has helped develop understanding of the new curriculum, "pathways" and qualifications.

On the theme of qualifications, you should note that the SQA exams begin on 28 April and study leave for S5/6 exam candidates extends from that date through to Friday 29 May. S4 Exam leave starts after the May Day Holiday and ends on Friday 29. We will again have an extensive study programme over the Easter break (see right).

You may be aware that National 3 and 4 candidates will not have any exams. We are currently working with Fife College and the other secondary schools in Kirkcaldy to develop a vocational based course for N3/4 pupils during May. Further details will be issued when we have them.

As is traditional, we will soon see the final House Assemblies led by our S6 Leavers (below). These will undoubtedly be emotional affairs with quite a few tears shed. We wish them all well for the future. The Class of 2015 has been an outstanding group of young people.

As ever, please do not hesitate to contact the school should you need any assistance or advice on any matters relating to your son or daughter's learning. We are always happy to help.

Kind regards,

*Alan.*



"All the Best" to the Class of 2015

### KHS EASTER REVISION SCHOOL 2015

WEEK 1 - MONDAY 6 APRIL -			WEEK 2 - MONDAY 13 APRIL - FRIDAY		
Day	Date	Department	Day	Date	Department
<b>HOLIDAY</b>			Mon	13 April	Mathematics
Tues	7 April	Administration	Tues	14 April	Art & Design
		Business Education			Chemistry
		Computing			Geography
		Drama			Graph Comm
		Engineering Science			Engineering Science Graph Comm Product Design Tech. Studies
Wed	8 April	English	Wed	15 April	
Thur	9 April	Care	Thur	16 April	Science
		Health & Food Technology			Classical Studies
		Drama			
		Spanish			
Fri	10 April	Graphic Communication	Fri	17 April	Latin
		Design & Manufacture			

## Sam's Scottish Youth Parliament Success



Young people across Fife have had their say in the Scottish Youth Parliament's (SYP) election, voting in the people they want to represent them at a national level.

In partnership with the SYP and Young Scot; following on from the success of the computerised voting system used the last time, young voters cast votes online.

Three candidates from KHS stood; Sam Aslam, Shauni Boyd and Louis King. Congratulations to Sam (right), who was duly elected as one of the 2 new MSYPs for Kirkcaldy.



## Friends of Kirkcaldy High School Ceilidh

Following the terrific success of last year's fund raising ceilidh, we once again hosted this fantastic community event on Friday 6 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 fund raising total with £2500.

To assist pupils from disadvantaged backgrounds, all proceeds will go towards subsidising the cost of school trips in the session ahead, especially our annual outdoor education/adventure experience at Fordell Firs in September.

Friends of Kirkcaldy High School Chairman, Harry Kerr, said that the event had been a great success and he thanked the Kirkcaldy High School Association for help with the event. Mrs Davidson, Depute Rector, also made a great contribution, by drawing all the various strands together. This year also saw a big increase in senior pupil involvement—in terms of organisation, participation and tidying up. As you can see from the photograph, all involved had a great time of it.



## CITB Connects

Kirkcaldy High School First Year S1 classes have been working with the Construction Industry Training Board this term to improve skills in teamwork and problem solving. Trainer Mel Shepherd (pictured with one group) led the sessions which involved building a giant bridge from wooden dowling and rubber bands. This activity is based on the new Forth Replacement Crossing at Queensferry and requires pupils to design and assemble 44 tetrahedrons before joining them together to create a giant structure.

This session was part of an extensive partnership programme arranged in school for different year groups which involves various practical activities, and is delivered in conjunction with the CITB. All activities require creativity and teamwork and develop communication, numeracy and leadership skills - the basis of future employability. Mel Shepherd commented very positively on the enthusiasm of the pupils and their ability to complete complex tasks. Jennifer Davidson (Depute Head), oversees the link with the CITB and said that it was a great experience for young people, and a chance to develop the types of skills required for the modern workplace. The school has a strong emphasis on developing employability in its young people.



## Interact Candy Canes Help Local Foodbank



Our Rotary Interact Club, so well supported by the Rotary Club of Kirkcaldy, and in particular by Past President Ann Mitchell, continues to be very active. The group recently handed over a cheque for £67.20 to the Kirkcaldy Foodbank.

At Christmas, the group took orders and hand delivered candy canes across the school to raise funds for this important local charity. President Megan Craig handed over the cheque to Angela Gourlay representing the Foodbank last month.



## S4 Senior Phase Event

In January, we held our "Curriculum for Excellence" Senior Phase Open Evening for S4 parents/carers, with an invitation to the school to learn about options/courses and study skills as our learners progress through the Senior Phase. Mr Young (Depute) explained progression routes from the Nationals to Higher and also shared details of the school's extensive range extra classes being laid-on in the run up to the SQA exams. This includes lunchtimes, after school, Saturdays and during the Easter break.

He advised parents that full details were on the school website and via Twitter @KirkcaldyHigh. Mrs Aitken (Senior Depute) spoke about how the course choice process will operate over the next few weeks.

Different workshops were also laid on for parents/carers. Principal Teacher of Maths Mrs Hamilton explained how the new Higher course is organised and assessed. Aileen Stevenson and Carol Chalmers, our Careers Advisors, gave a talk about routes to apprenticeships, training, employment or continuing education. They also demonstrated the Skills Development Scotland (SDS) website - "My World of Work".

We also had a very well received advice session from senior pupils who have been over the course before. Many thanks to Kirstin Gourlay, Heather Tait and Ryan Wallace, who were joined by former pupil Saad Majeed, who returned to KHS just to help out. Special thanks to Saad.

## "Health Day" Focus on Wellbeing



Our "Health Day" held on March 18 was a big success, with a talk from the Scottish National Blood Transfusion Service. This resulted in a large group of S6 "signing up" to become new blood donors. We then had a series of workshops offered by agencies such as the Samaritans, Sexual Health Fife,

Penumbra Mental Health, Fife Women's Aid, Drugs and Alcohol Project (Levenmouth), Stewart Ivory Foundation, Fife College (Elmwood Campus), Clued Up and Violence Is Preventable (VIP).

After a friendly staff v pupils Tug of War at lunchtime (in aid of Motor Neurone Disease Scotland) all S5/6 pupils were involved in activity sessions delivered by local sports clubs. Many thanks to Kingdom Kangaroos Aussie Football Club, Priority Gym (for the Boot Camp), Jax School of Dance, Pacific Fitness Gym and Fitness Factor. We also had in-house badminton, boxing training, football, pilates and zumba. You could call it an exhaustive list!

For information, the Tug of War ended in an amicable draw ... but only after the handicap had been applied and the staff team's star man, Mr Dick, had sustained a shoulder injury!



## Bloomin' Marvellous – KHS Cleans Up!



KHS is getting on board the Britain in Bloom bandwagon, and is heavily involved in the campaign to make Kirkcaldy top of the flower pots in the prestigious horticultural competition.

Kirkcaldy has been put forward as one of the submissions for Britain in Bloom after scooping gold in the Beautiful Scotland competition last year. The entry will be co-ordinated by "Growing Kirkcaldy", the umbrella organisation which was set up to work alongside Fife Council and the town's numerous organisations, businesses and individuals which contribute to improving its appearance. One of the driving forces behind Growing Kirkcaldy is Judith Kerr, former Depute Head at KHS.

Our S6 Learning Council is taking a leading role, targeting litter around the school, particularly on the streets used by pupils at lunchtimes, trying to prevent littering or clearing up areas around the school.

Kirkcaldy Rotary Club has given high visibility jackets and Fife Council have donated gloves to help with the initiative. We are also working closely with young people from the other Kirkcaldy schools on this great community project. Mark Dunsire and Chris Duffy are pictured (above left) along with reps from St Andrew's High School.



**The S1/2 Basketball Team are very proud of their new strips!**

## Higher Spanish at Edinburgh Uni ... with Tapas!

On Friday 20 March the Higher Spanish class saw the play *Enseñar a un Erasmus* (*Teaching an Erasmus Student*) at Edinburgh University. Edinburgh University has recently gone from number 46 to number 29 in a recent ranking of the top 100 universities in the world. **Erasmus** is an exchange system which allows UK students to study abroad. The play was performed by students of Hispanic Studies, and was a comedy about 3 British students spending a year at a university in Madrid. The students in the play learned a lot about, not just the language, but also the Spanish culture, and themselves. They, at times struggled to adapt to the Spanish habits of eating long, leisurely lunches, and going to bed later – most of which was a result of Spanish parties of course (*viva la fiesta!*), and quickly made friends with the neighbours. The play was followed by a visit to *La Sal* tapas restaurant where they had the chance to try cured meats and cheeses, Spanish omelette, squid and even octopus! A great evening out was enjoyed by all and gave Kirkcaldy High School pupils a chance to consider what they could be doing in a few years time.

## The Whole of the Moon

As it happens, Kirkcaldy turned out to be one of the best places in the UK to witness the partial eclipse of the sun on 20 March.



Many thanks to Mr Malinen (Library), who set up his telescope in the Hall to allow us to track the moon's progress. Wired up to the computer, live images were then broadcast on the cinema screen in the Hall, much to the delight of the large audience gathered.



We also had special viewing glasses and Science pupils had made their own pinhole cameras and viewing mirrors for the occasion.

## St Andrews University "First Chances" Access Scheme



On the basis of economic and social background data, selected secondary schools from Fife participate in the First Chances project. The rationale is to select pupils from working class backgrounds in S3 who they feel can be aided in raising their aspirations and attainment.

Pupils attend a residential summer school at the University and then over the period of the year, with the help of St Andrews student mentors, complete a project report and deliver a presentation. At the start of S4 the pupils return for phase two of their residential experience to take part in feedback sessions, academic workshops as well as a graduation ceremony.

Very well done to the new Kirkcaldy High School S3 undergraduates who delivered their presentations this month. Also, many thanks to staff, Mr Parkinson and Mrs Hunter, for their excellent support of this initiative.

## Kirkcaldy High School Burns Supper

Pupils and staff showed off their talents in January at the annual Kirkcaldy High School Burns Supper. 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.

An informative Immortal Memory was delivered by Taylor Campbell before Andrew Inches gave an amusing toast to the Lassies. This was matched in humour by Nichole Collins' Reply.



The junior choir was in fine voice, performing a song from "Brave". We also had a treat from a new staff folk group, which performed "Killiekrankie" and "Ca' the Yowes". The string ensemble, comprising 16 fiddlers and cellists played a lively selection of Shetland jigs and reels, before the KHS singers performed "The Deil's Awa' Wi' the Exciseman."



## Joe the Reluctant Hero

Recently, Joe Lafferty (S3) came the attention of the regional and local press after his heroic reactions to a theft at the Victoria Hospital—featuring on the front page of The Courier. Joe was quick to react when an elderly lady had her bag snatched. He chased down the thief and recovered the bag. This was an exceptionally brave action, and one which has rightly won him much praise. Alyson Hutton, (pictured with Joe, below) RVS organiser at the Vic witnessed the whole incident and contacted the school to tell us all about it.

Fife Police subsequently invited Joe to take a tour of their Glenrothes HQ, and when Fife Council Senior officials heard the story, they were keen to recognise his courage too. On March 18, The Provost of Fife, Jim Leishman, visited the school to praise Joe and present him with a beautiful crystal trophy. When Celtic, Joe's favourite football Club, got to hear of his exploits, they were keen to make him a VIP guest at a big match. As you would expect, Kirkcaldy High School wanted give Joe recognition too, and he was presented with an Achiever's Tie, at Assembly.



A modest lad, Joe played down the incident and also declined the offer of a cash reward. We are exceptionally proud of Joe. He is a true hero and a credit to his school, his family and his community.

## Premier League Trip to Newcastle United

Led by teachers Mr English and Mr I'Anson, our pupils recently enjoyed a terrific day out at St James Park, Newcastle to see the Magpies take on Arsenal.

The picture below shows the KHS pupils involved warming up prior to a pre match football tournament at the Soccerdome in South Shields.

Mr I'Anson and Mr English are also running a bus to the upcoming Scotland matches against Northern Ireland and Gibraltar.



## No Smoking Day



Thanks to Fiona Bellamy and the school nurse team for their recent "stall" at lunchtime highlighting the dangers of tobacco.

## Euan's Top Award

Congratulations to Euan Sandilands, who won a GOLD Certificate in the UK Maths Challenge and now progresses to the next round. To mark his success, Euan was presented with an "Achiever's Tie" by the Rector at the Beveridge House Assembly on March 18. Well done Euan!



## Hands on Experience at the Kwik Fit Academy, Broxburn

We continue to promote employability skills in a variety of ways, including the Fife Energy Hub and our work with the Construction Industry Training Board (both featured in this Newsletter). We are also the only Fife School to have a link with the Kwik Fit Training Academy at Broxburn.

Last month, accompanied by Mrs Davidson (Depute Rector), a group of 15 young people visited the Academy and had the opportunity to work on vehicles with the company's trainers.



## "Pupil Voice"

The Learning Council has been busy scrutinising various aspects of school business, including study leave, and will also be helping with course choice as several members have been asked to describe their "learning journey" at assemblies.

The group has also become heavily involved in "Growing Kirkcaldy". Mrs Aitken (Snr Depute) would like to thank all members for their positive contributions over the session and wish them well as they move on to new challenges.





## "Learning Fair" Proves Popular Once Again

Last month we 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 the Rector, parents and carers got some hands on experience of the courses on offer in S3 as teachers and pupils gave demonstrations and explanations.

Mr Allan explained how Standard Grades have been replaced by National 3, 4 and 5 Qualifications, with National 5 being seen as the entry standard for Higher courses. National 4 will be internally assessed by teachers and the first SQA National 5 exams were taken in May 2014.



It was also great to be joined by employer representatives including Stuart Brown (left), a "STEM" (Science, Technology, Engineering and Maths) ambassador from Dundee University. Many parents/carers commented that they had found the session exceptionally helpful. More details and web links to help parent/carer understanding of the Nationals can be found on our website.

Mr I'Anson is pictured above with David Sellars explaining Technology courses to S2 pupils.

## Lessons From Auschwitz—Remembering The Holocaust



Kirkcaldy High School pupils have been learning about the horrors of the Nazi extermination camps as part of holocaust remembrance. With Holocaust Memorial Day on 27 January and this being the 70th anniversary of the liberation the Auschwitz-Birkenau death camp, the lessons were given a special focus.

At assemblies, two sixth year students, Cherelle Torrens and Kerry Steedman, who had visited Auschwitz-Birkenau at the end of last year, sponsored by the Holocaust Memorial Trust as part of the Scottish Government's "Lessons From Auschwitz" Programme, gave an illustrated talk and showed their poignant photographs.

They spoke movingly about their trip to Poland, and told their peers the shocking story of Auschwitz and the other extermination camps, relaying the haunting memories they hold of the trip. For Cherelle it was the sheer scale of the camps which was so shocking and Kerry emphasised the barbarism and lack of respect for humanity which could lead to such events. The assemblies were held in partial darkness with candlelight. Cherelle (left) and Kerry are pictured.

## RYLA Leadership Camp

We are delighted that Talia Toruntay (pictured right) has been selected after interview and has been successful in achieving a place at the Rotary Youth Leadership Award Camp in the Cairngorms this Summer.



There were only three places available, and with a large group of pupils interviewed from all over Kirkcaldy, it was a great achievement for Talia. Many thanks to the Rotary Club of Kirkcaldy for sponsoring the leadership training at a cost of £600 per person. This is the kind of experience which ensures that our exceptional young people can become leading ambassadors for our school in the year ahead.

## Club XL Trip to Hampden Park

On Thursday, 12<sup>th</sup> March the S4 xL group spent the day at Hampden Park at the Prince's Trust 'Welcome to Your Future' event. The day started with an inspirational talk by Alison McGregor, the CEO of HSBC bank in Scotland, followed by a question and answer session with a panel of experts in a variety of occupations. During lunch there was an opportunity to be photographed with the Scottish Cup and other trophies. The afternoon session was given over to visiting several Zones, including STEM, education, creative, hospitality and sport and leisure, to gather more information about possible destinations after leaving school. The group enjoyed the day and found it both worthwhile and stimulating.





# French Leave for Technology Girls

Last month, the KHS Design and Technology Department went on a four day trip to Disneyland Paris. It was an unusual trip, in that we decided to focus on girls with an interest in technology and the group of 40 was comprised entirely of girls from S2 to S5. Whilst on the trip, the girls got first hand experience of rollercoaster design, attending seminars and workshops.

Whilst in the seminars, pupils looked at the development of graphic products and how graphic artists develop traditional techniques through the use of computers. During the interactive workshop, pupils put into practice the knowledge they gained from both seminars and fun in the parks. A magical time was had by all, particularly when attending the Disney Dreams water show and firework display. Many thanks to organisers Miss Robertson and Miss Simpson Wands, and to the other staff helpers Miss Band, Miss Easson and Miss Jack.



# Edinburgh Zoo Trip is a Roaring Success!

Mrs Dempsey and a group of 15 S1 pupils attended the Global Classroom Conference : Ecosystems RECHARGED at Edinburgh Zoo last month.

The pupils learned a lot, participating in 4 different workshops all concentrating on the theme of the Importance of Biodiversity: A Trail of West Africa, How wild are we?, Beavers: Habitat Engineers and Battery Use: Making a Positive Change. It really was an exciting and informative day.

Lots of fun was had and the group's behaviour and involvement were a credit to the school.



# Employability Focus— KHS at the Aberdeen Offshore Expo

KHS is a front runner in a careers initiative - the Fife "Energy Hub". A group of 16 young people is being mentored by off shore engineers, apprentices and employer representatives with a view to boosting their employability prospects in a range of engineering fields.

All are currently studying Engineering Science and have "hands-on" evening class sessions at Fife College and site visits/work experience. During the February break, the group visited the leading European oil industry trade fair in Aberdeen. The Offshore Expo brings together the top industry operators, contractors and professionals in the oil and gas arena and has around 4,000 delegates.

The KHS Energy Hub students had an excellent experience networking and gaining new knowledge - many now have a clearer career pathway in mind.



# "Gold" for KHS Strings at the Fife Festival of Music

Well done our string players (pictured) under the expert guidance of Music Instructor Ian Adamson.

The group was highly commended by the judges at last month's Fife Festival of Music and came away with a Gold Certificate.

A lively and varied programme included Shetland fiddle tunes, music from "West Side Story" and even a catchy version of the theme from the "Minder" TV show of the 1980s.







# KHS Sport Leaders Latest News

Our Sports Leaders continue to be excellent ambassadors for the school and great role models in the community.

In particular, we have established a very strong link with Disability Sport Fife and the

photograph (above) shows Team KHS officiating at the DSF Swimming at the Michael Woods Centre in Glenrothes in February with Miss McIntosh. We were also involved in DSF Badminton at Kirkcaldy Leisure Centre. Pictured (right) are our ambassadors running the primary rugby festival held in January.

Also, in March, Talia Toruntay and Lauren Ferriday (Active School Ambassadors) were nominated to attend a BBC Q&A Session with other Kirkcaldy area secondary school pupils at the BBC studios in Glasgow. The aim of the Q&A session is to celebrate "Women's Month".



# Success in the PF Public Speaking Competition



Kirkcaldy High School has won through to the Fife final of the Procurator Fiscal Crown Office Public Speaking Competition, which will be held later this month. S3 pupils Jay Elder and Ewan Thomson (pictured) took part in the third of three heats held last week at Madras College and the pair won their heat, beating Madras and Waid Academy in the process.

Ewan and Jay greatly impressed the judges with their wit and convincing delivery. The theme was "Society expects everyone to be thin and beautiful", and the boys decided to speak up for those of us who are neither. They were eloquent and passionate in arguing their case, and posed relevant questions to the other teams competing.

The other Fife finalists are St Columba's High School and Auchmuty High School. We wish our team well in the final.

# Peer Educators at KHS

with NHS Fife, effectively tackling a major young people's health issue, helping deliver a sophisticated programme of sex and relationships education. Their work has contributed to a very significant reduction in under 16 pregnancy locally. In 2010, the area recorded one of the highest rates in Western Europe. This has been reduced by 63% over 4 years, down from 14.2/000 to 5.2/000 in 2014 - improving outcomes and life chances across the Kirkcaldy community. The Peer Educators, a group of 24 young people selected for their listening and communication skills, were specially trained by NHS Fife. They lead "Sexperts" and "Boozebusters" sessions for S3 pupils.

Last year, the Scottish Government's Minister for Public Health met the Peer Educators in school and the scheme won the COSLA Excellence Awards, in the "Reducing Inequality and Improving Health Category". Young people were a key part of the COSLA presentation team; the project won the Chairman's Award for "exceptional achievement in exceptional circumstances".

Following this, the programme was commended in a special Scottish Parliamentary motion and featured as a two page spread in the influential "Children in Scotland" magazine. BBC "Reporting Scotland" ran a feature in which the Peer Educators were interviewed, and young people have recently delivered presentations at national events with NHS and education professionals in Aberdeen, Dundee and Dunblane. In September this year, we will participate in an International Health Conference in Glasgow.

Our Peer Educators remain at the heart of an award winning partnership

