GETTING OUR TEETH INTO THE NEWS

MARCH 2017

446 Forres Squadron Needs You!

By Cameron Stewart.

Cadet Warrant Officer Jessica Stewart and Senior Aircraftsman (SAC) Oliver Hebson visited the school to deliver a presentation on the Air Cadets.

Pupils from the age of 12 can join and they spoke about the variety of opportunities and courses they offer such as: flying both powered aircraft and gliders, Duke of Edinburgh award scheme, a range of leadership programmes, St Johns Youth First Aid courses, the Qualified Aerospace Instructors Course, a selection of BTECs, and many, many more.



Former pupil, Jessica Stewart said: "I have been part of the Air Cadets for the last four years and I thoroughly enjoy it. I am presently completing a Teamwork and Personal Development – Level 3 BTech course. As well as this I have done my Bronze Duke of Edinburgh and have a scholarship in gliding".

These courses look great on a CV when applying for jobs or university while they will also be able to develop many essential life skills like: Teamwork, leadership, and confidence through enjoyable activities while meeting an abundance of new people.

S3 pupil Sam Thomas added: "I've really enjoyed it and I would absolutely recommend it to young people. It's a great opportunity to develop life skills such as teamwork, leadership and confidence building".

The group meets every Monday and Thursday evening in the Drill Hall on Victoria Road from 1900-2130.

Generation -2-Generation Event

By Ellie Leinster and Erin Young



As part of the 'Developing the Young Workforce' programme pupils were invited to attend a Careers Fair run by key members of the industry sector. 20 organisations from sectors such as: Health and Social care, Food and Drink, Construction, Engineering, Pro-

fessional Businesses and IT came along to speak to pupils about different skill sets and what their particular area could offer in the way of a career.

The event ran over lunchtime and all pupils from S3-6 were invited to come along and see what was on offer and have a chat about any particular area they were interested in.

The afternoon session was open to all pupils in S2 and they were told about the different business sectors within Moray, career paths, qualifications and the importance of linking skills learnt in school with the world of work.

Maizy McAfee (S2) said: "I was surprised to learn about how many job opportunities there are locally. I thought the engineering was interesting especially since it was delivered by a girl".

Get Active with Activ8

By Niamh Henderson and Lauren Bruce

Active8 has been running for the last two school sessions and is proving very popular with younger pupils. The programme which is open to pupils from Primary 6 – S2 runs every Tuesday from 3.30-4.30. Pupils get taster sessions of a variety of sports from basketball, fencing, volleyball, tennis and cricket. Local sporting clubs have offered their assistance by providing coaching in specific sports. Lewis McIntosh (S1) said: "It is a worthwhile experience and a great way to meet new people".

The programme is also designed to help Primary school pupils with their transition to secondary and gives them an idea of what their future P.E lessons will involve. Principal teacher of P.E Scott Fraser said: "Activ8 is very beneficial to building positive relationships between pupils and staff. The club also gets younger pupils ready for their transition and they are able to meet new people".

Importance of Languages

By Alice Meacher and Chloe Shallicker

S3 pupils who are studying French recently paid a visit to Inverness High School to take part in a 'Successful Business Brunch'. Presentations and workshops were delivered by a range of business leaders who spoke about the importance of learning a modern language and how language skills were key to the growth of their businesses. Through their presentations they actively encouraged pupils to continue learning a language as it would prove extremely useful when it came to choosing a career. They received three different presentations from the Scottish Football Association, XpoNorth Music, the Whisky Industry and a special lesson in Mandarin. Hannah Cox (S3) said: 'It was a very enjoyable day with many insights from different people about the importance of knowing a different language.' Hannah is passionate about languages and is teaching herself: Russian, French, Hungarian, German, Norwegian, and Gaelic. She would love a career where she could use languages and aspires to become an international translator.

Straight from the Students Mouth: Jodie Park

By Christine Simms and Eilidh Fraser



Jodie Park (S2) is an enthusiastic pupil who has enjoyed her two years at the school so far. Her favourite subject is art which allows her to

express her emotions through her art and creativity. Jodie joined the Academy from a small school and was very impressed at how the transition was handled. "It all went very smoothly and I felt very supported by all the teachers here. I found it so easy to settle in and make new friends".

She has built strong relationships with her teachers which benefit her learning as it makes it easier for her to ask questions and get help. She has particularly enjoyed the freedom and the step-up in responsibility from primary school. Although she hasn't decided what she would like to do when she leaves school she feels the variety of subjects really shows her where her strengths and weaknesses lie and what she is good at which will help her make her choices later on in her school career.

S3 Debating Workshop

By Ellie Leinster

The School Debating lunchtime club is now up and running and proving very popular with pupils across all year groups. A group of students from Aberdeen University's



Debating Society visited the school to deliver a workshop to S3 pupils on the skills needed in competitive debating. Pupils were given help on how to generate arguments, structure a debate and the art of persuasion.

The workshop was also attended by pupils from Elgin High School and over lunch they all got the chance to practise their skills in debating the motion "This house would replace teachers with computers."

The event which was organised and run by RME teacher Paul Moore-Bridger was a great success and Lilly Carmichael a keen member of the Debating club said: "It was really worthwhile. I found it really useful and I will be able to use the things I learnt when it comes to arguing a point". Mr Moore -Bridger added: "All the pupils were really enthusiastic and they all seemed to get something from it".

Cricket Coaching Course

Written by Alice Meacher and Eve Newlands

Three cricket enthusiasts have attended a coaching course to help them with their cricketing skills. The course which was run by Active Schools and held in Elgin High school was open to pupils in secondary schools across Moray. The course not only helped pupils with their batting and bowling techniques but also taught them how to pass these skills on to other young people who are keen on the sport.

Niamh Young, who attended the course said: "It was a good opportunity and I feel like I know more about the workings of the sport and I feel like I am more able to share the skills and knowledge with others".

Cross Country Runners Stretch their Legs.

By Cameron Stewart

390 aspiring young athletes from approximately 20 schools recently took part in the North of Scotland Schools Cross Country competition held at Gordonstoun. Among them were 17 of Forres Academy's finest runners across S1 to S6 who put on an amazing performance. Harriet Neall (S1) ran incredibly and took 1st in her race, beating 72 competitors to the podium. Harriet looks set to continue doing amazingly at cross country as she regularly runs with the local running club, Forres Harriers and also enjoys going out for a run with her mum.

Ben Cameron (S2) was 3rd out of 80 in his race, despite recently suffering an injury.

As well as individual races the teams performed equally as well with the B Girls: Lauren Cameron, Kathryn Barr, Emma Donald, and Shauna Perry coming 2nd and C Boys: Ben Cameron, Oliver Watson, David Scott, and Rob Bichan coming 3rd. School Sports Coordinator, Ann Rossiter, who took the pupils to the event, was extremely pleased with the results said: "It was a great day for the event and super to see parents coming along to give their support and encouragement to our Cross Country Team who were a credit to the school".



Hot on the heels of this success a group of pupils also attended the Scottish Schools Cross Country event in Livingston where Anna Mcfadyen (S6) running in the Girls A team picked up 1st. Also attending this event was Lauren Cameron, David Scott and Ben Cameron. Although they were not placed they did extremely well.

Forres Youth Concert

By Amy-Leigh Moody and Kayleigh Bowers

Students from Forres Academy took part in the Annual Youth Concert which is held in the Forres Town Hall. The packed hall was entertained by a variety of performances from solo singing, guitar playing, piping and dance.

One of the star turns of the evening was a musical arrangement performed by the pupils from the Support for Learning base accompanied by Music specialist Ewan Watson. Bethany Ritchie and Katie Irvine sang together. The junior pipes and drummers of Forres and District Pipe Band also played a couple of tunes.

Member of the audience Amy Duncan said: "It was a really enjoyable evening and great to see many of my friends performing on stage."

The evening was compared by Marlyn Sommers who is involved with the charity Uganda Aid Person to Person which is raising money to build a school with several classrooms at Bunono in the Kabale area, in the south west of Uganda.

S5 pupil, Emma Lawrence was awarded the Forres Community Youth Shield, by Councillor George Alexander, for her efforts in supporting and encouraging others in the Brownies and Guides and for her work with the Pipe Band. Emma also entertains the

residents of Cameron Court at Christmas. She said: "I was so surprised to get this award. It was my Brownie leader who nominated me and it is a real honour." The evening ended with Emma giving a vote of thanks to Ms Sommers and all the participants for a very successful and enjoyable evening.



Netball Champions

By Eilidh McRitchie and Jennifer Spencer

The junior netball team have had fantastic success at the recent Moray Schools Netball League which was held at Gordonstoun School. This was the final round in the league and the girls managed to win every match they played which secured them 1st place. Maddy Pearce (S3) said: "It was a great feeling to win the tournament with my teammates, and I'm planning on doing this again when I move up to the senior team next year. The junior team train ever Wednesday after school with their coach Corina Taylor. Victoria Bell (S3) has been playing netball for five years and said: "I had an amazing day and felt like I played really well with my team. I am glad that we played to our strengths extremely well".

Senior Pupils Experience the Life of a Teacher.

By Ruari Fraser and Jack Noel

The Community Sports Leadership Award is a course open to pupils in S5/6 and encourages pupils to take responsibility and use their initiative through different activities and experiences. Pupils on this course have already taught pupils in the junior years and are now extending their experience to Primary school. They recently visited Applegrove Primary where they delivered a set of exciting, fun activities to the pupils.



Nayan Mistry (S6) who took one of the lessons said: "It is great to be able to do something like this and see the children having fun at the same time is an added bonus."

Principal Teacher of PE, Scott Fraser added: "It is so good to see them mentoring and helping younger pupils. All the lessons completed by the primary school children needed to be planned, organised and carried out by the senior pupils and this helped them to improve their confidence, leadership, organisation and planning skills so that they are equipped for a leadership role outside of school".

Teacher Feature Mrs Carrott

By Fraser Cumming



Born and bred in Leicestershire, Support for Learning teacher Carolyn Carrott has recently joined the staff at Forres Academy. Mrs Carrott went to university in Leicester where she completed her degree in Primary Education and then went on to teach in various schools in the inner city of Leicester. She then went on to gain two Masters Level Certificates in Special Education and it was then she decided that was where she wanted to focus her career. Mrs Carrott is also a qualified Reading Recovery specialist which is a great benefit to helping children with their literacy skills.

She moved to the Forres area three years ago and initially worked at the school as a supply teacher. She is now a permanent member of staff within the Support for Learning department and says: "Forres Academy is definitely the friendliest school that I have worked in". She says that one of the things she particularly enjoys about her job is seeing the excitement on a pupil's face when they achieve something new.

She is presently studying for another Masters but still finds time to relax at home. She especially enjoys arts and crafts.

Straight From the Students Mouth: Emma Swanson

By Eilidh Fraser and Christine Simms

Emma Swanson is currently an S4 pupil and is enthusiastic, studious pupil. She enjoys all of her subjects hugely but her top subject is Modern Studies as it is what she hopes to study at University when she leaves the academy in S6. One of the things she enjoys about the Academy is the amount of support she gets from the Guidance department. She was a member of the previous house Brodie and felt like the switch from houses was very smooth and she has felt very welcomed by her



new Darnaway housemates. She feels the only downside to the school is the lack of money to fund resources but she said: "the teachers compensate for this hugely". Emma is part of the schools Pupil Forum, the Debating Club and is also a member of FLAG Malawi. She has done many presentations of behalf of the school at Parents evenings about the different subjects she does. Emma is very confident about the forthcoming exams and feels very prepared. When she leaves the school, she hopes to go to Edinburgh University to get a Masters in Politics. She also wants to do her third year abroad and the return to Glasgow or Aberdeen University to do her PGDE in Modern Studies for teaching.

Forres Granted School of Tennis Title

By Ruari Fraser and Jack Noel

Forres Academy is now one of 61 schools across the whole of Great Britain to be accepted on to the School of Tennis programme. Forres Academy's application passed with flying colours and as a result they are signed up for the three year initiative. The architect behind Forres's bid was School Sport Coordinator Ann Rossiter, who is also Chair of Moray Tennis Forum. When asked about the schools success in application she said: "Forres Academy is absolutely delighted to be chosen for the School of Tennis Programme. We are looking forward to developing our school and community links for the benefit of our students and staff and also for the development of the sport in Forres and for the delivery of the game in the curriculum which itself will promote tennis and support our local club and the Moray area, cementing strong partnerships that will be sustained in the distant future."

The programme means the Academy gets to give pupils many more opportunities through tennis as the school are given extra funding for completing criteria throughout the course of the programme. Some of these opportunities include gaining coaching levels, an introduction to competing and one of the most exciting: a trip to Edinburgh. Eight young

tennis ambassadors between the ages of 12-16 have been invited to Craiglockhart tennis facility to have a day of tennis based activities including an introduction to the delivery of tennis and competition, facilitating touch-tennis in any space, how to create and promote a tennis session, help for hosting events and an opportunity to develop their own ideas to take back to Forres Academy. This will enable these young ambassadors to assist with the coaching of younger ages in Primary Schools and the Academy. This is a great chance for the ambassadors to gain valuable experience in coaching and will set them up for future years as there is a direct pathway for future development and employment.

Another opportunity that has arisen from the programme is the strengthened relationship between the school and Forres Tennis Club. The Tennis Club has agreed to open their doors for the school PE department to use the courts on set times for the delivery of tennis in the curriculum. By doing this the Tennis Club is hopeful that this will increase the interest in tennis and also encourage more pupils to join the club.

Ace Day in Edinburgh

By Niamh Henderson and Lauren Bruce

Eight pupils from S1 - S4 travelled to Craiglockhart Tennis Centre in Edinburgh to take part in Young Tennis Ambassador training. The course was part of the launch of School of Tennis which Forres Academy had recent success in being selected for. The event included an introduction to the delivery of tennis to groups of students, introduction to competition and facilitating touch-tennis in any space, how to create and promote a tennis session as well as how to host an event. An opportunity was also given for the students to meet up with Tennis National Coach - Colin Fleming.



One pupil, who is also a SportScotland Young Ambassador, Matthew Douglas (S4) has recently achieved his UKCC Level 1 for coaching in tennis; part of the benefits of being a School of Tennis. Matthew has been playing tennis for ten years at the Forres Tennis Club and is now helping out teaching younger players there. Matthew said: "It was a worthwhile experience and I learnt some new skills. Spending time with my peers travelling was also lots of fun." Another student Rob Bichan (S2) who attended the event really looks up to Matthew as his "tennis role model." The pair are really competitive with each other and are extending their tennis skills by going to the Highlands Tennis Squad Sessions in Inverness every week. Both boys along with Jamie Fraser, Matthew Stephen, Dayna MacFarlane, Millie Fraser, Isobel Howard, Ella Robertson will assist Ann Rossiter who will take the lead for the School of Tennis at Forres Academy, they will also help the PE department with the Activ8 sessions next academic year and assist at the club. Forres Tennis Club have allowed access to the courts during curriculum time for the PE department to use the facility throughout the academic year allowing a new rotation to be created and extending their delivery of sports.

Cooking Up a Success

By Alice Meacher, Eve Newlands and Chloe Shallicker

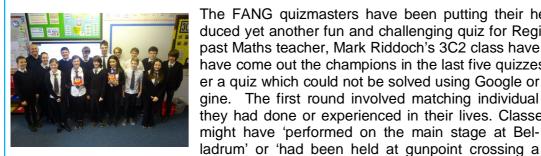


Following on from the recent S2 cookery competition winner Dylan Price enjoyed a day working alongside the staff in the school canteen. Dylan helped make his prize winning Ham and Roasted Pepper soup which he then served up to fellow pupils at lunchtime. The soup was his very own recipe and it went down extremely well as it was completely sold out before the end of lunch. School Sports Co-ordinator and Home Economics teacher, Ann Rossiter said: "It is a great opportunity for our students to experience the working kitchen environment and to develop their teamwork skills. I am sure they feel nervous at the start but with such a willing supportive and friendly canteen staff they will soon be put at ease." Fellow students were also very comple-

mentary of his soup with one of his peers Sam Miller adding: "It was really nice and I'd buy it both in and out of school." Dylan's soup will also be featured on school canteen menus across Moray in the near future. Next week will see the turn of the runner-up, Madison Major, who will be wowing students with her Roast Pepper and Sweet Potato soup.

Easter Competition

By Kayleigh Bowers and Amy-Leigh Moody



The FANG quizmasters have been putting their heads together and produced yet another fun and challenging quiz for Registration classes. In the past Maths teacher, Mark Riddoch's 3C2 class have proved unbeatable and have come out the champions in the last five quizzes. The team put together a quiz which could not be solved using Google or any internet search engine. The first round involved matching individual teachers to something they had done or experienced in their lives. Classes had to work out who might have 'performed on the main stage at Bel-

border'. Other rounds relied on knowledge of the school and then they had to use their answers to solve a set of mathematical problems. As usual the response was enthusiastic but yet again it saw Mr Riddoch's class coming out joint 1st with Social Subjects teacher, Chris Horton's class. The booby prize went to Physics teacher, Mike Thornton for their gallant attempt.



This house congratulates star debaters

By Jack Noel and Ruari Fraser

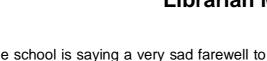


Reigning North of Scotland Debating champions John Bonsall and Matthew Angell travelled to one of the most prestigious debating competitions in Scotland. The competition which was held in Edinburgh University's medical building introduced the boys to a new style of debating they hadn't experienced before. This pushed the two competitors out of their comfort zones as they had to adapt quickly to the new set up. In their previous competitions they were given the motion before and could

prepare a speech however in Edinburgh they had to prepare what they were going to say 15 minutes before the debate started. RME teacher, Paul Moore-Bridger the teacher accompanying the pair and also a member off the school debate club said: "It was a real eye opener for the boys as it introduced them to a new style which they will experience more if they continue debating later in life."

Despite their impressive effort the boys fell short of reaching the final which is no embarrassment as they were competing against some of the most talented debaters across the country. Following on from Matthew and John's success the school hopes to build the debate society and introduce pupils of a younger age to the competitive world of debating. The next competition coming up for Forres Academy is the Auld Hoose competition held in Aberdeen for S1-3 pupils to gain valuable experience and hopefully encourage them to follow in the footsteps of John and Matthew.

Librarian Mrs Munn



By Ellie Leinster



The school is saying a very sad farewell to their Library Assistant, Shirley Munn who is taking up a new post in Milnes Academy after the Easter break. She has been working in the academy for three years but has been working in Libraries for about fifteen years. For as long as she can remember she has worked with books and loved them ever since she was little. She once owned her own book shop which she very much enjoyed.

Mrs Munn said: "I have loved working in the school. I love the interaction with the pupils. I like passing on my enthusiasm to them and also passing on new skills which will help them in life. I love the staff here as well especially the English department teachers. I'll definitely miss the teachers when I leave."

The Sound of Sam.

By Cameron Stewart.

Music Exams

By Chloe Shallicker, Eve Newlands and Alice Meacher



Sam Thomas (S3) has quite a unique and perhaps unusual pastime as the campanologist for St Laurence Church. For the past four years Sam has been ringing the bells at the Church on a Sunday morning. He is now being

invited to play at weddings which he is enjoying especially since he gets paid for it.

The art of bell ringing is no mean skill. It requires mental agility and good hand eye coordination. He also has to read sheet music and then commit the sequences to memory. Sam was introduced to bell ringing from a young age by Hannah Rossiter and he has spent many hours practising his skills. He said: "I really enjoy it and like how I have this unique and different skill. I am using bell ringing as the skill section for my Bronze Duke of Edinburgh Award".

This year's SQA exams have started already with practical Music. Pupils from National 5 through to Advanced Higher level were put through their paces by an external examiner. National 5 candidates had to



give an eight minute performance on two different instruments (this included voice). Scott Reid (S4) played both trumpet and trombone and felt quite confident afterwards. Christine Simms (S4) she was very anxious but also quite excited. She played the guitar and sung a variety of songs including James Bay's 'Let It Go'. Christine said: "I feel very confident with my performance and I'm very relieved to have it got it out of the way." She is continuing her musical career and has already signed up for Higher Music in fifth year.

MP Visits School

By Kayleigh Bowers and Amy-Leigh Moody



MP Angus Robertson paid a visit to the school to meet up the members of FANG. He is a regular reader of the school news which is published weekly in the Gazette and has written to the school on several occasions commenting on how much he enjoys reading about school life. He spoke to the group about his life as a journalist and gave them some advice and tips which they could use if they wished to follow this career. He told the group that they should be very proud of the articles and features they have produced. FANG member, Christine Simms

said: "I found his visit very helpful as I am interested in following a career in journalism. I got a better understanding of journalism outside the classroom". Class teacher, Jacky Davidson added: "The group really enjoyed his visit. As well as giving them some very useful advice he also entertained them with anecdotes from his time as a journalist. The pupils got a real insight into the varied and interesting life of a journalist". Mr Robertson then spent the afternoon with pupils from the Advanced Higher Modern studies and an S3 class where he chatted about life as a politician.

Forres Pupils Come Out Tops

By Jenny Mitchell

It was another successful night for Forres Academy. On Friday 24th, the Moray Young Citizen Award Ceremony was held at the Mansefield Hotel with each nominee being given the full red-carpet treatment. Among the lucky finalists were Heather Prentice and Ellie Pearce who were both nominated for the Individual Award, as well as six representatives from the S6 Leadership Programme who were nominated for the school group award and accompanied by the organiser of the programme, Support for Learning teacher, Susan Green who described the event as: "A wee Oscar



ceremony". For a first time entry, the S6s did wonderfully with their highly commended award. Inspired by both the success and "beautiful mock-tails" Mrs Green is: "definitely going to enter again" with next year's leadership programme members.

As for Heather and Ellie, both received awards. Ellie is extremely thrilled with her Commended Award and Heather, the overall winner, is ecstatic who left the evening with a £50 voucher, framed certificate and shield. "It was surprising and unexpected" she said of her win. She was nominated by several teachers for her commitment inside and outside of school. Heather is a regular helper with FANG, she supports an S1 Registration class and has shown a real commitment with the Young Enterprise Team this year.

Pupils Make First Steps Towards Science Stardom

By Jack Noel and Ruari Fraser



Pupils who are involved in the Science Club have been discovering the exciting world of practical science during their lunch time sessions. Chloe Fearnley (S2) and Nathan Goureau (S1) completed an investigation of their choosing for their Bronze Crest standard. Both pupils achieved this standard with flying colours and, in the words of physics teacher Mike Thornton: 'showed excellent initiative in completing the programme'.

Chloe investigated how Sour Dough rises by observing the effect of temperature on the dough and how it rises differently in different temperatures. When asked about the pro-

cess, Chloe said: 'I was very pleased to receive the award and it was great fun to take part in the scheme.' Nathan's investigation was on global warming and he researched the melting icecaps and how this leads to climate change.

Following the Bronze Award the pupils can work their way up to gold which requires 60 hours of practical work to achieve the award. This can all be done through the school and is a very useful addition for their CV.

Bilingual Benefits

By Amy-Leigh Moody and Chloe Shallicker

Pupils studying French in S3 have been interviewing and filming pupils and staff who speak different languages and dialects. They started off looking at the opportunities that opened up to you if you could speak a second foreign language and as their project developed they also included people who spoke Scots. They interviewed the Principal Teacher of Modern Languages, Emma Harris who speaks: French, Spanish, Italian and German. They also spoke to some students who are bilingual such as Florence Mailulu (S3) who can speak Fijian. They have engaged the help of the Moray Council IT Department to help them produce a video of their research which they hope to present to the school on next year's Languages Day.

The purpose of the project is to motivate others to learn a new language and to stress the benefits of having an understanding of other languages. Freya Paterson, one of the pupils who has been involved in the project, said: 'Hopefully this video will inspire others to learn a language or learn more about their local Scots dialect".

Major Retirement

By Jenny Mitchell

For the past eleven years, Principal Teacher of Chemistry Liz Major has worked tirelessly with the pupils of Forres Academy, passing on her extensive knowledge each day and she is now ready to put her feet up and relax. Her teaching career first started 30 years ago after discovering her love for helping others learn, through taking aerobic classes. It's with sadness that both the pupils and staff will be saying goodbye to their passionate teacher: "I love it when people's faces come alive with delight," she says of her favourite moments in the classroom. It's the pupils that she will miss the most – that and playing with chemicals!



Now she is retiring, Mrs Major is looking forward to spending her days walking, travelling and doting on her grandchildren. However, she won't be relaxing just yet. An active member of the community, she volunteers at the Citizen's Advice Bureau and is active in fundraising and helping with Macmillan Cancer Support. Coming up on her schedule is the Dandylion Fundraising Walk for families. A fun walk around Elgin area, it's suitable for all ages. Anyone interested in attending should visit the Elgin and District Macmillan Cancer support Facebook page.

All that remains to say is thank you to her from both the staff and pupils and good luck in any future endeavours.

Skillforce Rep-resent Eilidh with Fundraiser

By Ruari Fraser



Skillforce pupils turned out in force to fundraise for Eileidh Paterson, a young girl currently battling cancer. The S4 students completed a 5000 rep challenge at Grant Park as a fundraiser and raised over £200. This remarkable contribution will help Eileidh a great deal but this required a huge effort from the Skillforce students. They completed 100 reps of each of the five challenges which included press ups, sit ups and squat thrusts. By everyone completing 100 reps it totalled the 5000 required and was a huge success for the pupils who had to put in an enormous effort to complete the challenge and show great determination. Keiron Martin (S4) who inspired

the Skillforce class to do this challenge said: "It was a really good experience, especially getting the whole class involved and the money we have raised will go towards her treatment and any other expenses the family have to face".

Young Rotary Musician Award

By Christine Simms and Eilidh Fraser



A group of 13 talented young musicians gathered in Forres Academy hall to compete for the Rotary Young Musicians Quaich. The competition featured an array of musical styles including vocal and instrumental. James Kennedy (S3) who was competing for the second time in the competition, said: "I found that it was more focussed on appreciating the variety of talent rather than competitively performing" and he also said he received really helpful and good feedback from judge, Angus Hull, on his vocal performance of 'Maria' from West Side Story. Ella Robertson (S1) won the event

with a beautiful piano piece and she won the Rotary Quaich and a £50 prize. Second prize of £30 was awarded to Molly Smith (S5) and third of £20 went to Gemma McConnachie (S6). Principal Teacher of Music, Hazel Lestienne, said: "It was a fantastic evening of a superb performances and I was very proud of all the contestants". Vice President of Forres Rotary Club, Sheena MacGillvray added: "It was a very enjoyable a good array of musical talent".

Young Enterprise Final

By Alice Meacher and Eve Newlands



Six young entrepreneurs were given the chance to compete against rival schools in the local area in the Young Enterprise Highland and Moray final. Matthew Adamson, Heather Prentice, Tegan Gregory, Connor Inglis, Chloe Smith and Ellie Pearce took on the challenge of setting up their own business where they were allowed to make whatever they wanted and sell it for a profitable margin at various events. Aided by Acting PT of Business Studies, Jan Maclean and also their Business Adviser and Graphic Designer, Gareth Edwards, the team of sixth years took on the challenge of selling their cook books which included recipes from around the Moray area. In September the group took part in a Dragon's Den competition showcasing their prod-

uct in Nairn and then again in December the entrepreneurs sold their products in the Christmas Fair in Inverness.

The final saw the group picking up a total of five awards including: Best Presentation, Best Marketing and also Best Production and Development. As well as trophies the team were also given £300 to be shared amongst the group. They have decided to donate 10% of their winnings to Moray Food Bank in Elgin. Matthew said: "The experience greatly helped me and gave me valuable skills to help me with my UCAS application". The group were selected after interviews and have met weekly throughout the year. They are extremely proud of their achievements and Heather Prentice said: "It was a great event and I was really glad to see all of our hard work being recognised." Heather had an extra reason to be happy as she won the Entrepreneur Award and was given an IPad and £150 of book tokens for the school.

The Race of a Lifetime

By Jennifer Spencer and Eilidh McRitchie



Anna Macfadyen (S6) has just returned from the race of her life. She was selected to run for team GB in the IAAF World Cross Country Championships in Uganda which was held in Kampala on Sunday 26 March. The course was very different to the ones she is used to running as part of it was manmade and the Scottish courses are much muddier. She also found the altitude and a tempera-

ture of 28C a challenge. However, this did not deter her and she completed the course in 22:04 and was placed 48th in the World. She came 3rd in the GB team and the team was placed 9th overall.

Anna said: "It was an incredible experience to be part of such a huge event with such great athletes. I met some amazing people and we also got the chance to see some of the city".

She is now having a well-earned break to allow her to study for her final exams in May after which she hopes to go to either Glasgow or Edinburgh to study Law and French.

Saving Lives With Anthony Nolan

By Ellie Leinster and Erin Young

The Anthony Nolan Charity helps save lives of people who have blood cancer. Members from the charity have been visiting the school and talking to senior pupils about the work and research they carry out. Pupils were given information on how they could support the charity by signing up to donate their blood or As a result 25 senior bone marrow. pupils completed the application and if they are accepted as a suitable candidate their details will be kept on record until the age of 60. One applicant, Oscar Conah (S6) said: "I decided to sign up as it is an easy and simple way to save someone's life".

