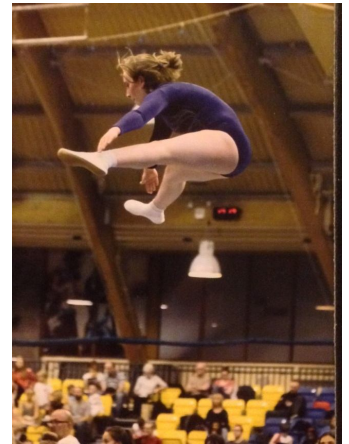


Jumping For Joy

By Lauren McLeod and Kirsten Blanche

Recently in Perth Scottish Gymnastics held a Trampolining and Double Mini Trampoline (DMT) Competition which included the qualifying rounds for the Scottish Nationals. Five people from the Forres Active Schools Trampolining Club went to compete in this trampolining competition. Mia Barrère (S2) was one of the five Forres competitors. She said: 'The experience was new and exciting which makes me want to do it again.' It was a mixture of amateur and experienced trampolinists. They had to perform a routine twice which they had been training for once a week. Mia has been trampolining since primary one but this was her first competition and she did very well to come 5th in her group and narrowly missed out on qualifying for Scottish Nationals. Two other trampolinists from Forres qualified for the Scottish Nationals and they all did Forres proud. Mia hopes to take part in more competitions and develop her skills by doing so.



New Term, New Prefects

By Rebekah Prentice, Lauren Buchan, and Lewis Stevens



The start of the new school year has led to the appointment of new Senior Prefects. In previous years, this role has been dedicated to sixth year students only, however this year it has been opened up to fifth year students too. Being a prefect at Forres Academy entails a list of responsibilities, such as keeping the corridors clear of litter, supervising students at break and lunchtimes and making sure behaviour around the school is in order. Kate Hannen (S5) said: "I think that being a prefect will be beneficial and help me develop important skills and qualities." Heather Welsh (S6) added "the experience can greatly contribute towards job applications and CVs."

Pupils shore had a good day!

By Lucy Evans and Jenna Carty



All S6 pupils recently made the eight and a half mile journey across the picturesque, yet challenging terrain of the Moray Coast as part of a bonding exercise. The trip was supervised by the Guidance department and Depute Head Mike Burchell who all helped to make the trip all the more enjoyable. The aim of the trip was to help the pupils develop their leadership and teamwork skills, as the walk was rather challenging in some parts and many pupils required encouragement to help them complete the tricky journey. Guidance teacher Cath Reilly expressed her enthusiasm for the event. She said: "It was a fabulous day that everyone enjoyed – the weather certainly helped!"

The pupils also managed to raise £128 towards their fundraising for charities this session.

FORRES ACADEMY NEWS GROUP - FANG

School welcomes new RME teacher

By Anna Pritchard and Katie Angell



The school has welcomed many new teachers this term, including Mrs Marilyn Hamilton. Mrs Hamilton is a newly-qualified Religious and Moral Education teacher and has been working towards her Professional Graduation Diploma of Education (PGDE) at Aberdeen University for the past year. Mrs Hamilton has always had an interest in being a teacher ever since she was young, starting by going to Wishaw High School in her home town in Lanarkshire. Mrs Hamilton thoroughly enjoyed her school years, especially RME, leading her to eventually teach the subject. Before becoming a teacher she worked in

banking but she always knew in her heart she wanted to teach.

Over the years Mrs Hamilton has travelled the world and this experience is something she feels has enriched her knowledge about different topics in the curriculum. Her favourite topics to teach are Islam and Buddhism as she finds them very interesting and hopes she will be able to share her passion for this subject with pupils. She added: "RMPS is my favourite subject as it is diverse and looks at the ethical and moral aspects of life". We are pleased to hear that she was attracted to Forres Academy due to hearing that it is 'a really great school' and so far she has commented on the welcome that she has received from the 'lovely staff and pupils'.

Flying Finish for Forres Air Cadets

By Sam Thomas, Laura Sutherland and Jami Moat



Recently the Forres Squadron of the Air Cadets attended a regional competition in Rosyth at the Ministry of Defence Caledonia building. During the event, each squadron was required to perform a drill sequence and they were marked on execution, quality of movement and group synchronisation. The Forres Squadron made a daring attempt and achieved 4th place. They also competed in a public relations competition in which they had to present to a panel of judges about their squadron activities but they are still awaiting the results. Another area they competed in was the photography competition. Each Squadron had to enter their best photographs that had been taken by members of each group. Forres did extremely well in this category and came 3rd. Each Squadron had the pleasure of meeting Air Commodore Dawn McCafferty (CBE), the head of the UK Air Cadets, who presented at the awards ceremony for the day. Maddison Major (S3) said: "I really enjoyed the day and liked interacting with cadets from other squadrons around Scotland and Northern Ireland."

Debating Club

Jenna Carty and Lauren Bird

Every Wednesday lunchtime, pupils from all year groups meet up to debate controversial issues like voting ages and animal rights. These pupils can then go on to participate in competitions all over Scotland along with other young debaters from other Scottish schools. Hannah Cox (S4) and Jenna Carty (S4) are currently sitting third in the North of Scotland Schools competition. The group and the girls are also looking forward to going to the Donald Dewar competition in November. The club is run by English teacher William McIntosh and Modern Studies teachers Tim Pott and Craig Edwards. The club is attended by about a dozen regulars but more people sometimes attend depending on the topic that week. Member Ellis Jiggins-MacKenzie (S2) said: "debating is fun and interesting because you get to argue and stand up for what you believe in." The Debating club is thoroughly enjoyed by all members and they are encouraged to develop opinions, standing up for what they believe in but always in a supportive environment.



Pupils Mastering Mandarin

By Anna Pritchard and Katie Angell

Every Wednesday, as part of Wider Achievements, all S4 pupils are assigned two periods to learn about something else they are interested in, other than their standard subject choices. This gives them a chance to get a taste of a specific subject area that they might not otherwise have the opportunity to study elsewhere in the school. Pupils who were eager to learn another language recently took up Mandarin with Modern Languages teacher Emma Harris. David Scott (S4) said: "It has been so exciting and we have learnt a lot so far". The school has also been fortunate in having Miss Wang join as an exchange teacher to help them with their learning of Chinese. So far the pupils have been learning how to say their name, age and where they live. As the year goes on they will be able to develop their knowledge of Chinese culture and the basics that will allow them to have a short conversation and achieve their languages for life. Peter Canard added: "We are learning a lot at a fast pace and is very interesting".



Pupils rally their shots!

By Freya Paterson and James Kennedy



Friday nights throughout the academic year, over 60 pupils partake in the Forres Academy NCS Badminton club delivered by Angela Bell and the school's Sports Co-ordinator Ann Rossiter. The pupils are given the opportunity to develop their skills but part of this is to have fun and enjoy playing the game itself. The pupils sometimes have demonstrations of how to develop their shots which can lead into skills drills before ending the evening with different games. One skill

they really develop is their teamwork, especially when they play Doubles with different partners of different abilities. This strengthens their communication skills as well. Regular attendees Emma Donald (S4), Rhanna Young (S3) and Victoria Bell (S4) expressed their enthusiasm for the sport and club. They said: "It is a good time to socialise and develop our badminton skills." The club is open to all ages and abilities as they have both a junior and senior club and are willing at any point to take new members although, with the popularity and demand, they are now operating a waiting list for the senior club. The junior club runs from 4.30pm until 6pm and the senior club from 6pm until 8pm.

Question Time with Douglas Ross

By Kayla Spence, Liam Young & Lauren Buchan

Modern Studies pupils were recently given the opportunity to gain information about the role of a local MP from our newly-elected Douglas Ross. He spoke to a couple of classes about his duties as a Member of Parliament and how he represents Moray. He provided the pupils with an insight into the responsibilities and hard work that goes into working for the government. Pupils took notes during this talk and were able to ask questions at the end. James Kennedy (S4) said: "I gained a better understanding of what goes on in the House of Commons and learned more from a different perspective." James added: "I really enjoyed it but I wish there was more time to ask questions at the end". The purpose of the visit was to help pupils gain extra general knowledge and become further educated on the world of politics, giving them a deeper understanding of Parliament.



Tennis on the Road

By Freya Paterson, Lucy Evans and Niamh Young

Judy Murray and Kris Soutar recently brought 'Tennis on the Road' (TOTR) to Forres Academy. Both are extremely successful in the sporting world with Mrs Murray being a former Scottish number one tennis player and Mr Soutar being a widely recognised professional in tennis coaching. The programme involved both tennis experts journeying around Scotland to different places, providing various drills and skills to coaches, teachers, parents, volunteers and, most importantly, the Young Ambassadors of Tennis. TOTR aims to develop the skills of the young ambassadors which, in turn, should help with the development of tennis in schools. They hope that this will assist with the growth of these clubs through the volunteering of the Young Ambassadors, working with the school sports coordinator and club coaches.



Rob Bichan (S3) and Millie Fraser (S2) have been involved in tennis for many years through the Forres Tennis Club and the Nairn Tennis Club. They, along with others, were selected by Sports Coordinator Ann Rossiter to take part in the sessions led by both Judy and Kris who would give them the ability to pass on new knowledge and techniques to younger pupils. Millie said: "I learned lots about coaching and how to work with younger pupils. I also developed my ability to empathise with pupils which will really help me in the future."

Fractions Speak Louder Than Words

Lauren McLeod, Kirsten Blanche and Lily Carmichael



Mr Reid's S3 Maths class have been working hard on their fractions, decimals and percentages. To help with their understanding of these topics, they have each made wooden 'fraction boards' which has also helped to develop their creative skills. The pupils have certainly enjoyed learning in a more unusual way, as it not only helped them learn more but they thoroughly enjoyed their time doing it. This task is the result of an interdisciplinary learning project involving Maths, Technical and Literacy. The class have also written to their old primary schools to ask to present what they have done to the students.

Enlightening Visit to Local Buddhist Centre

By Jami Moat, Laura Sutherland and Sam Thomas

Recently the Higher RMPS class had the opportunity to visit the Gomde Buddhist Centre near Nairn to meet Lama Oser, a Buddhist teacher. The class had the chance



to ask him questions and through this they all gained a deeper understanding of the Buddhist culture and philosophy. They also found out what it means to be a Buddhist and what it's like in the Buddhist community. As a part of this they were able to participate in a session of meditation led by Lama Oser. Emma Swanson (S5) said: "It was really educational and I really enjoyed it because before now I had never met anyone from Buddhism like a Lama." Eilidh McRitchie (S5) added: "It was a really interesting experience and it was fun learning about Buddhism from a Buddhists point of view."

New Sports Young Ambassadors Chosen

By Freya Paterson, Lucy Evans and Niamh Young



Emma Donald and David Scott (both S4) were recently selected to attend the Sport Young Ambassadors conference in Aberdeen as they are both heavily involved with a variety of sports in and out of school: Emma regularly helps with primary school badminton and David helps with the local junior running club, Forres Harriers. The aim of the conference was to educate the newly-elected Sport Young Ambassadors for the North of Scotland about the different skills they need to effectively promote sport and healthy living within the school and the local community. They got the opportunity to meet a few well known sporting faces such as Caitlin McClatchey, British former swimmer and gold medallist at the 2006 Commonwealth Games, Gemma Fay, the Scottish female international football goalkeeper and Colin Gregor, retired Scottish rugby union player. David said: "The Conference greatly increased my understanding of my new role and I feel like I am ready to help promote the wellbeing of the future generation, as well as inspire them to take up sport". Emma agreed: "The conference helped to increase my confidence because I had to communicate with other people that I had never met before."

Wider Achievements: Scottish Studies

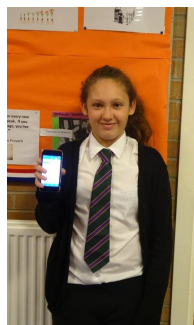
By Kayla Spence, Liam Young and Jenna Carty

Scottish Studies is one of the many wider achievements programmes that S4 pupils can choose from to help them gain additional experience in a different subject, while also developing their skills. The course helps pupils to learn more about Scotland, such as culture, history, identity and origins of famous stereotypes. Throughout the year pupils get to take part in independent projects – their 'Scotland in Focus' project, as well as Scots Language and Media within a Scottish context. For example, the class have been looking at poems and stories written in the Doric dialect for their Language unit and have looked at some famous Irn Bru adverts for Media. It's a great way of developing research and analysis skills and the course is an SQA-certified additional qualification which can accommodate a wide range of pupils. The course also encourages more of an appreciation for the country we live in, its past, its present and its future. Hannah Cox said: "The courses are easy to follow and enjoyable".



Show My Homework: S1 Launch

By Jenna Carty



The S1 pupils recently attended an assembly about how to use the Show My Homework app and website. Show my Homework is a website that shows pupils and parents what homework they have to do and when it is due, eliminating the need for bulky and expensive homework diaries. It also means that teachers can attach helpful documents, which stops pupils losing their worksheets. Using the website means teachers can see if the student and their parent(s) have viewed their homework or not. Joshan Mistry said: "Show my homework is better because it means that you don't have to write everything down." Alyx Kenny agreed: "it's much easier and it means that I always know how much homework I have."



FORRES ACADEMY NEWS GROUP - FANG

Interviewing Judy Murray and Kris Soutar

By Freya Paterson and Lucy Evans

Recently the school was paid a visit by two familiar sporting faces: Judy Murray and Kris Soutar. Throughout their visit they were keen to encourage tennis in Forres and the North East by building the young workforce and we were lucky enough to be chosen to interview them.



In the short time we met with them it was clear that both Judy and Kris thoroughly enjoy working with pupils, passing on their passion for the sport through their love for teaching and sharing their knowledge. They explained that being a Tennis Ambassador can help develop various skills such as communication, organisation and confidence which could open up various doors for the future, such as tennis coaching. We also got the opportunity to ask some more personal questions and Judy shared that tennis has shaped her and her sons careers. She said: "it has definitely saturated my life". When she watches her sons play, all she generally feels is sickness and nerves but she is very proud of the way they handle everything that they are faced with.

Her most memorable experience was when the Davis cup was first held in Scotland, at the Emirates Stadium in Glasgow. For Judy, it was a truly breath-taking experience, especially because it was on home ground and both her sons were playing in it. Kris added: "People don't care how much you know until you know how much they care." If he wasn't coaching tennis, he likes to think that he would've gone into sports journalism or sports science if they were offered at university when he was younger. Kris never imagined that he would get this far in tennis and it has given him a clear path to focus on.

Sparks Fly in Mock Election

By Stan Whitmore and Dominic Abbate

Recently our S3 Modern Studies students participated in an American-style mock-election where the 'Republicans' and 'Democrats' both went head to head to try and convince their audience to vote for their party. Each party had a Presidential and a Vice-presidential candidate who had to present their main policies to the electorate (an S2 class) and be prepared to answer questions from them. Alyssia Cunningham, the Democratic Presidential candidate, said: 'My Party's most important topics were LGBT Rights, Education, Gun Laws and Immigration.'



The opposing side discussed the same topics but voiced different views about them. Every single member of the S2 audience represented a different state of America, with everyone having a different number of electoral college votes based on their state and its population. The results were collected, counted and verified: Republican Party 242 - Democrats 296. This resulted in the Democrats gaining the overall majority and winning the election. Mr Edwards said: "the Democratic Party's win was thoroughly deserved as they had worked very hard."