

COATBRIDGE HIGH SCHOOL



FUTURE FRIDAYS



Dare to Dream, Aim to Achieve

Block 1 2023: 25th August - 8th December



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Future Fridays is an amazing opportunity for all S1-6 pupils to engage in many different activities which are offered on a Friday afternoon. Future Fridays continues to be a great success at Coatbridge High with over 250 pupils attending every week. During Block 1 (Aug-Dec) there will be a wide range of activities on offer for S1-6 pupils to participate in between 12.30-2.45pm on a Friday afternoon. Our range of activities allow pupils to build skills in teamwork, confidence, self-esteem, problem solving, leadership communication and many more.

During Future Fridays our pupils take part in a wide range of activities which include trips out of school, football, basketball, badminton, film club, science, sewing, candle making, work placements, volunteering experience, buddy reading, book club, cooking, career on a spotlight sessions, animal experiences, apprenticeship sessions, mindset workshops, computing, routes to work, art, supported study, ambassador programme, STEM and school show rehearsals for the school show which will take place in June.

Coatbridge High School

Future Fridays Enrichment Afternoon 1.00-2.45pm

Our offer: 25th August - 8th December (Block 1 2023)

Please note that this offer of activities will be added to as other activities become available.

To sign-up for an activity, please complete the link that has been emailed to all parents/carers and placed on the pupil information team or sign up can be completed in school by speaking to Miss Love.

For more news and updates on Future Friday activities and achievements please see School Newsletter or twitter [@CHSFutureFriday](#)

In School Providers:

- **Badminton club S1-6** (NLC coach) **Starts Friday 25th August** Do you have an interest in badminton? Get active at this club where you'll play and learn with others. Our experienced coach Emma will teach you the fundamentals of badminton in a relaxed and friendly environment. (Please bring water and PE kit)
- **Football S1-6** (NLC Coach) **Starts Friday 25th August** Coach Arran will be leading the football training sessions during Future Fridays. You will learn new football skills and be able to work as a successful team. (Please bring water and PE kit)
- **Basketball S1-6** (NLC Coach) **Starts Friday 25th August** Do you have an interest in basketball? Our coaches encourage, support and help each participant to become more confident and use the social benefits of sports to build more confident individuals. They fully believe success is not just about what happens on court but the life skills, lessons and information young people learn and gain which they can carry throughout life! Our coaches pride themselves in promoting a positive and respectful culture for each


participant to enjoy learning and developing their basketball skills in a safe and enjoyable environment. (Please bring water and PE kit)

- **Dance workshop S1-6** (Coach Jade) **Starts Friday 25th August** Coach Jade will be choreographing hip hop dance classes every Friday afternoon in the assembly hall. No experience is required! Come along and learn new dance skills!
- **Vocal Group S1-6** (Ms Fernie) **Starts Friday 25th August** Each week we will learn a variety of songs from different genres (pop, rock, musical theatre etc, also open to suggestions/requests). All welcome from S1-6, if you enjoy singing, please come along! You would never be required to sing a solo unless you want one! Singing boosts confidence, helps you beat stress and relax, lets you express yourself and builds a sense of community. A great way to start the weekend.
- **Creative Writing Club S1-6** (Ms O'Neil) **Starts Friday 25th August** Unleash your imagination with Creative Writing Club! Whether you're a seasoned wordsmith or want to get started, join us to craft captivating stories, explore new worlds and connect with fellow writers. Let your creativity flow - join our club today and bring your stories to life!
- **Film Club S1-6** (Mrs Dunlop & Mr Welsh) **Starts Friday 25th August** Escape into a different world every Friday at Film Club. Reviews written can win up to £20 of Amazon Vouchers from Into Film!
- **Book Club S1-6** (Ms Glynn) (Library) **Starts Friday 25th August** Do you enjoy reading and discussing books? Are you looking for new book recommendations? Come along to chat about all things reading! There will be loads of opportunities to read, create book reviews and posters - all in a relaxed atmosphere!
- **Library Study Space S4-6** **Starts Friday 25th August** Senior pupils are welcome to use the Library to study for upcoming assessments.
- **Bracelet Making Club S1-6** (Ms Brown) The club will run on - **1st Sep, 6th Oct, 3rd Nov, 1st Dec, 12th Jan, 2nd Feb, 1st March, 5th April and 3rd May**. Looking to make your own friendship or decorative bracelets? Come along to Miss Brown's club to learn different bracelet making techniques! Design your own eye-catching and colourful bracelets to keep for yourself or to trade with your friends (or teachers!). This will be available the first Friday of every month and open to all year groups.



- **Panto Writing Club S1-6** (Ms Wilson) **Starts 8th September** Would you like to help write the script, direct and choreograph this year's pantomime? Come along to the panto writing club and work with Ms Wilson on the upcoming panto plans and auditions. The panto will be performed as part of the Christmas Celebration in December.
- **Annie the Alpaca S1-6 (Miss Love) Friday 15th September** - Pupils should sign up to attend a Future Fridays activity on Friday 15th September and their activity leader will be given a time slot to come and visit Annie the Alpaca and her baby from the Alpaca Trekking Centre.
- **Candle making Club S1-6** (Ms Yassin) **Starts Friday 27th October** Open to all year groups in 2 week blocks, join Ms Yassin of the English department in making Christmas gifts for friends and loved ones (or yourself!) at the candle making club. The perfect opportunity to get creative while also making something beautiful and useful too. Hope to see you there starting the Friday after the October Break!
- **Sewing Club S1-6** (Ms Murray) **Starts Friday 27th September** Do you have an interest in learning to sew? Do you want to grow your creativity? Then sign up! You will have the opportunity to express your personality through design and learn valuable skills to create your own textiles items.
- **Science Club S1-2** (Ms McNicol) **This club will run on 27th October, 10th November, 24th November and 8th December.** If you love science then come along to the science club where you will get to take part in fun and exciting science experiments, like launching rockets, making lava lamps and making elephant toothpaste. It is open to all S1 and S2 pupils.
- **School Show Rehearsals S1-6 (show tbc) Starts 27th October** Come along to school show rehearsals where you will learn singing, acting and choreography which will be performed in June. This is a fantastic way to build confidence and meet new friends! (Mr Hunter, Miss Fernie, Miss Wilson and Miss Love)
- **Career in the spotlight S1-6** (Mr Crumlish) Respected professionals from their fields will offer talks, take questions and talk about gaining experience/applying for their professions. This is your chance to hear it from someone who has a wealth of experience. Upcoming sessions will be advertised on teams!



- **Cooking club** (Ms Bruce) - **Starts after 27th October** Ms Bruce will have you cooking up a storm in the kitchen after the October holidays! The sign up will be advertised on teams and in the home economics department!
 - **Online university talks will be advertised on teams- Strathclyde Uni S4-6** (Friday 8th September), UCAS (Friday 29th September) and University of the West of Scotland (UWS) (Friday 10th November).
 - **Impact Arts Workshop S1-6 (29th September and 6th October)** Impact Arts, a Scottish arts charity, are delighted to be running a two week workshop in Coatbridge High. The workshop will be led by an experienced Artist and Creative Assistant, focusing on improving young people's mental health and wellbeing through creativity in a fun, non-traditional environment. No experience in art or creativity is required – workshops are open to all abilities! Skills and creations include an introduction to stop motion mini films.
 - **Digital Workshop S1-6 (27th October and 3rd November)** Giving the growing demand for computing science skills, the NL Digital School will provide opportunities for young people to be creative, designing animations and games in programming languages such as SCRATCH, and Python. This can be for beginners or advanced level pupils.
 - **Finance S1-6 (10th November)** Finance is of massive importance to all families and effectively managing this is becoming more and more crucial in our current financial climate. We aim to engage young people in informative sessions which focus on the impact credit can have on their life, understanding money matters such as Klarna, credit cards, loans and much, much more. This can be for beginners or advanced level pupils.
 - **Mindset S1-6 (17th November)** You are invited to join a Future Friday's seminar with Winning Scotland, a charity that helps young people build confidence and achieve their goals. They'll show you some tools to help you navigate your way through the challenges you are likely to face in the future, like preparing for exams, sitting a driving test and thinking about your next steps in work or education. You'll take part in some games and challenges to see how you perform under pressure, and then discuss what you can do to overcome your doubts and fears. They'll also give you the chance to talk about your hopes and dreams, and help you think about what you can do to achieve them.
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- **Routes to work S1-6 (24th November, 1st December and 8th December)**

What is our session about?

Our session is an interactive and informative session designed to give you knowledge on what you can do when you leave school to secure a positive future for yourself. We will give you inspiration on what your future can hold for you and how our service can support you to achieve this! We will chat with you about the different steps of the journey to securing employment to what you can expect when you start work, further education or volunteering.

What will you gain from attending?

You will be able to sign up on the day to RTW service enabling you to have access to all our services and employment opportunities! Learn about the various journeys to employment! You will find out more about what jobs are out there! Learn insider tips on being successful during employment processes!



Leadership Academy - S5/6 pupils - Starts Friday 1st September!

This year, we have expanded the program to include new academies in the areas of sports, enterprise, digital, arts and creative, STEM, and mindset and wellbeing. Pupils will gain SQA level 5 and 6 accreditation!

The Leadership Academy is a great opportunity for pupils to develop their leadership skills, confidence, and problem-solving abilities. They will also have the opportunity to work with other pupils from different cluster schools and from varied backgrounds, which will help them develop their communication and teamwork skills.

In addition to the individual academy sessions, all students will participate in online leadership sessions that will help them prepare for the level 5/6 qualification available to all participants.

You can find more information about the Leadership Academy and sign up online using the below QR Code.



**LEADERSHIP
ACADEMY**

FUTURE FRIDAYS BRINGS S5/6 STUDENTS THE OPPORTUNITY TO LEAD SESSIONS FOR YOUNGER PUPILS IN THE FOLLOWING

**SPORTS CREATIVE ARTS DIGITAL
STEM ENTERPRISE DANCE
MINDSET &
WELLBEING**

SQA LEVEL 5 and LEVEL 6 ACCREDITATION IS AVAILABLE TO ALL YOUNG PEOPLE ENGAGED IN THE PROGRAMME WHICH WILL ENCOURAGE ALL STUDENTS TO LEAD AND WORK WITH OUR CLUSTER PRIMARY SCHOOLS

SIGN UP HERE



**LEADERSHIP ACADEMY SIGN UP
2023/24.**



Future Fridays Ambassadors - S5/6 Pupils

Are you going to be in S5/6 and would like to become a Future Fridays Ambassador 23-24?

The role involves:

- Meeting and greeting staff and external partners.
- Taking pictures and videos of activities to share on social media.
- Promoting Future Fridays.
- Carrying out pupil surveys.
- Listening to pupil feedback.
- Assisting with registration by distributing activity folders to activity leaders.
- Mentoring/Coaching pupils during Future Fridays activities.
- Assisting with the schools recycling commitment on a Friday.
- Creating newsletter articles.

If you are interested in this opportunity, please speak to Miss Love.



SQA Volunteering skills award for Future Fridays Ambassadors

All pupils who take on the ambassador role will have the opportunity to complete an **SQA Volunteering skills award** which can benefit pupils in achieving a part time job, full time employment, an apprenticeship and it will also assist towards college and university applications. The Award in Volunteering Skills at SCQF levels 3, 4 and 5 provides formal recognition of volunteering activity. Through participation in volunteering activities, candidates will develop a range of skills and personal development experiences which will help to prepare them for responsibility, further education and employment. The award is about learning through volunteering. It has been designed in consultation with Volunteer Development Scotland and members of the Volunteer Centres network. The Award seeks to give individuals the opportunity of gaining a Scottish qualification which recognises their contribution to volunteering and the learning they gain as a result of being involved in activities additional to their formal learning. The awards enable candidates to apply and develop their skills and knowledge in a volunteering capacity. Candidates will learn about the context of volunteering; plan a volunteering placement; review and reflect on their own skills during and after their volunteering experience; review the impact of their experience; and undertake an investigation of a particular aspect of volunteering.



£5 per month Membership for 11-15 year olds



North Lanarkshire Council are delighted to announce that they have extended their new fantastic £5 membership, Active Teens. This amazing new membership will provide £5 membership access to any of their gyms in North Lanarkshire for 11 to 15-year-olds in a bid to encourage young people to get active more often. Councillor Angela Campbell, Convener of Community Empowerment said: “This is a great incentive for young people to get fit and active more often. Taking part in exercise can have a positive impact on your physical and mental health and it is a great way of socialising with friends and family while staying healthy. “After being stuck indoors for so long during the lockdown, Active Teens is a great way for our young people to get to the gym and get exercising. North Lanarkshire has always had a pedigree for producing great sports people and hopefully this gym membership will help to inspire a few more sporting stars of the future.”

Future Fridays Primary Transition Activities

Primary 7 classes from all ten associated Primary Schools will be joining us to take part in the Future Fridays experience over the coming months. During 2022-23, all ten primary schools attended Coatbridge High to take part in Future Fridays which helped them become more familiarised with the school whilst taking part in our enrichment experience. Pupils have been taking part in activities such as creative writing, science, arts and crafts, cooking and the Annie the Alpaca experience! We are looking forward to more of our Primary Schools joining us during this term where they'll be able to experience more engaging and exciting Future Friday activities!



Annie the Alpaca

On **Friday 15th September** Annie the Alpaca and her baby will be returning during Future Fridays! All pupils who sign up to an activity will be given a time slot to come into the canteen/outdoor area to meet Annie and her owner Dannie from the Alpaca trekking centre!



Twitter 

Please follow Coatbridge High School Future Fridays Twitter account to keep up to date with the latest activities and pictures/videos **@CHSFutureFriday**