



# Senior Wider Achievement

Peebles High School  
2023—2024



## **Introduction**

Your senior years at Peebles High School are a very important time. It is an opportunity for you to enhance your qualifications and look to develop your skills and qualities to allow you to progress to a career or further and higher education.

As the job and higher education market is a very competitive place, you have to do the most you can to make your application and CV stand out from the crowd. At Peebles High School, there are a number of opportunities available to you during your senior years, which will give you a fantastic opportunity to make develop a range of skills and qualities as well as give you valuable information to include within your application forms and CVs. All the opportunities in this booklet are open to S6 students with certain roles being open to both S5 and S6. Please read the information carefully and ask any questions you are unsure about before you apply for these roles.

You are encouraged to apply for multiple roles but please consider your academic commitments alongside any other voluntary commitments you may have, as these can also take up a lot of your time. All groups and lists will be scrutinised before they are published to ensure that there is a balance of pupils in each group and that no one is over-committing themselves.

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## **House Captains**

The House Captain role is a very important role within the school. It provides a level of responsibility for S5 and S6 pupils wishing to develop a range of leadership skills. House Captains will have responsibility for promoting all things to do with House identity including, publicising, organising and leading events. This role will require commitment as House captains are expected to be available on average two lunchtimes per week.

### **Promoting House Identity**

House Captains will be expected to promote House identity through the uniform they wear. They will wear House ties and be present at all Inter-house assemblies and events including Sports Day. House Captains will ensure that all pupils within their Houses are fully informed of all upcoming events, along with promoting a healthy competitive spirit between the Houses. It is expected that House Captains will be present at all Student Council meetings.

### **Organising and Leading Events**

All House Captains and Vice Captains will play an active role in preparing for and delivering Inter-house activities throughout the year. The House Team will determine a calendar of events and will have responsibility for organising publicising and running these events. They will take control of the administration of points systems, scoring and recording and will work alongside a member of staff to ensure that all activities are inclusive and conducted in a safe manner.

Pupils applying for this role will require the following skills:

- Confidence
- Organisational skills
- Communication skills
- Leadership ability
- Enthusiasm
- Team spirit
- Commitment

House Captains and Vice Captains will be interviewed and selected from S5 and S6. They will meet on a weekly basis to plan, review and host events.

## Senior School Opportunities

### Support for Learning Crew

Do you enjoy helping other students in small groups? Then why don't you come and help in Support for Learning. You could also come along to socialise with students at breaks or lunchtimes. Come visit the department and see what it is all about.

Please contact the **Principle Teacher Support for Learning** if you have any questions.

### Mental Health Ambassadors

With the majority of S6 now trained in the 'See Me' programme, Mrs Siobhan Milligen ([Siobhan.StClairGunn@scotborders.gov.uk](mailto:Siobhan.StClairGunn@scotborders.gov.uk)) is looking to recruit a group of pupils to share this knowledge and experience in supporting younger pupils in the school. If you have any further questions, please let her know.

### Duke of Edinburgh Award

Leading youth charity, the D of E, gives all young people aged 14-24 the chance to develop skills for life and work, fulfil their potential and have a brighter future. You can do the Duke of Edinburgh award at three levels, which when completed, lead to a Bronze, Silver or Gold Award.

You achieve your Award by completing a personal programme of activities in four sections (five if you are going for Gold) - Volunteering, Physical, Skills, Expedition and for Gold, a residential. You will find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only).

Contact **Ms Caroline Wallace** for further details ([carolinewallace@glow.sch.uk](mailto:carolinewallace@glow.sch.uk)).



**CALLING ALL S4/5/6...**

Thinking about working with kids?  
Or would you like to give it a try?

**Yes? Well PAC**  
 **NEEDS  
YOU!**

**Be a PAC Assistant Group Leader during  
the Summer Holidays...**

- Help lead outdoor activities for 5+ year olds
- Work with Children First-hand
- Excellent Voluntary Experience
- Work towards your Saltire Awards
- Ideal for UCAS, CV & Prefect Application

**Please email us if you're interested or  
to find out more information:  
[info@pentlandsactivitycamps.co.uk](mailto:info@pentlandsactivitycamps.co.uk)**





# Volunteering

## Why

Come along and join us for relaxed and friendly volunteer sessions at our community garden. Learn just how rewarding community growing can be - meet new friends, learn food growing skills and enjoy our wonderful garden setting.

## Who

Everyone is welcome and no experience is needed. We have a wide range of activities; there really is something for everyone. Help us make a difference in our community and take home a harvest of veggies after every session.

## When

There are no minimum hours or sessions required to become a volunteer - you can drop in when it suits you.

To find out more about our session times, please contact [info@greenerpeebles.org](mailto:info@greenerpeebles.org)

## Where

The Greener Peebles Community Garden is located behind the Victoria Park Day Centre on Kingsmeadows Road.

[info@greenerpeebles.org](mailto:info@greenerpeebles.org)  
[www.greenerpeebles.org](http://www.greenerpeebles.org)  
07380 167086

 Greener Peebles

**Open Monday - Friday 10am to 3pm**  
Greener Peebles,  
The Bridge Volunteer Resource Centre,  
School Brae, Peebles EH45 8AL



# PHS PRIDE

INTERESTED  
IN SOCIAL  
JUSTICE?

EQUALITY?

INCLUSIVITY?

WORKING AS  
A TEAM?

*our school  
LGBTQ group*

## ***LEADERSHIP OPPORTUNITIES***

- DEVELOPING AND DELIVERING LGBTQ+ LESSONS IN JUNIOR PSE CLASSES.
- ORGANISING A CAMPAIGN TO SUPPORT OUR TRANS PUPILS.
- MAKING PHS A MORE INCLUSIVE PLACE FOR LGBTQ+ YOUNG PEOPLE AND STAFF.

**INTERESTED? EMAIL MISS FYFE.**

[gw13fyfezara@glow.sch.uk](mailto:gw13fyfezara@glow.sch.uk)







## Nurture Ambassadors

*Peebles High School is committed to providing a nurturing environment for all our young people.*

*We are looking for S6s to be part of a group that can support younger pupils who need additional nurturing. This may involve organising an activity for a small group, helping to run our Nurture Twitter page and supporting staff in the Store.*

*We would love to hear your ideas!*

*Get in touch with Mrs Ferguson ([emma.ferguson@glow.sch.uk](mailto:emma.ferguson@glow.sch.uk)) if you are interested.*





*Tweed Reads is a Tweeddale-based charitable organisation which aims to promote reading for enjoyment by sharing and inspiring a love or appreciation of reading. Reading for enjoyment is linked to improved literacy, wellbeing and life-chances – it really matters!*

*Inspiring others to make a simple change to read more can have a huge*

*We are looking to recruit a small, committed team of 15-20 students to work collaboratively to meet a number of outcomes such as planning, organising and leading Tweed Reads Primary, fundraising for the group, engaging the local community, engaging the school community or digital marketing. As a team, we work together to promote our message that reading for enjoyment is not only fun and worthwhile, but can also be used to develop relationships in our community.*

*Get on board! #Read.Share.Grow.*

*Contact Mrs Stewart to show your interest - [mia.stewart@glow.sch.uk](mailto:mia.stewart@glow.sch.uk)*



**INTEREST LINK BORDERS** is a Registered Charity providing Social Activities for Children, Young People and Adults with Learning Disabilities.

**We're recruiting Volunteers from S5 & S6 to be Befrienders in either one of our Children's, Youth and Adult Groups or to be a 1:1 Peer Mentor and enjoy activities in the community.**

**All Groups meet fortnightly in our Group Venue at Cavalry Park. New Volunteers are invited to apply now. Full Training Given - Gain Saltire Awards.**

**Contact: Mary Mouat 07773303829 / Rosa Cabello 07926002576**  
**[marymouat@interestlink.org.uk](mailto:marymouat@interestlink.org.uk) / [rosacabello@interestlink.org.uk](mailto:rosacabello@interestlink.org.uk)**

**For more information about the Project have a look at our Website:**  
**[www.interestlink.org.uk](http://www.interestlink.org.uk)**

**Get involved and help make a real difference to people's lives.**



## **COME AND VOLUNTEER WITH US!!**

**This is a great opportunity to really make a difference in a young person's life, and to give something back to the community.**

**We run weekly drop in sessions at Peebles and Innerleithen where we cook for young people, and provide a safe and fun environment for them.**

**We have pool tables, ping pong, air hockey, Xbox and many other activities that you could join in with, and give our younger members some peer support.**

**No previous experience is needed, we are just looking for kind, compassionate and motivated people who want to support our younger members. We will provide you with all the training you need to be a TYA volunteer and will also put you through the PVG (Protecting Vulnerable Groups) scheme free of charge. This will allow you to work with any young people who attend TYA.**

**Peebles Youth Club  
Old Corn Exchange  
School Brae  
Peebles  
EH45 8AL  
01721 724 779**

**Innerleithen Youth Club  
24 Chapel Street  
Innerleithen  
EH44 6HN  
01896 833 599**

**For further information email [info@tweeddaleyouth.co.uk](mailto:info@tweeddaleyouth.co.uk)  
or contact us through our Facebook page  
<https://www.facebook.com/TweeddaleYouth/>**



## [Volunteer Centre Borders](#) [Get involved in Volunteering!](#)



Keen to gain new skills, experiences to help with college/ university applications? Not sure what you would like to do once your finished school? Want to meet new people and gain more confidence?

Yes, to any of the above? Then contact our Youth Volunteering Development Officer, Stephanie at Volunteer Centre Borders on [c.anderson@vcborders.org.uk](mailto:c.anderson@vcborders.org.uk)

Stephanie will chat to you around your future aspirations, skills or just things you are generally interested in, then will find the best opportunity available to fit your interests. There are loads of opportunities opening again this year in your area and beyond from **Hospitality, Gardening, Befriending, IT support, Retail, Care and Youth Work.**

Volunteer Centre Borders are here to help find the right opportunity for you, support you with any applications to start the role, as well as be there to help if you need advice once you have started. Volunteering is a great way to gain new practical skills as well as find things you are great at that you may did not know were good at before.

Some roles will give you the chance to gain qualifications, awards whilst others may support or help to realise a passion that you could pursue after school. We are also happy to meet you in person outdoors or on Teams when you are available to chat through your options.

### **Become a School Volunteering Ambassador!**

**Are you volunteering and love what your doing? Want to share your amazing experiences and help others get involved?**

Yes, then why not become Peebles High School's Volunteering Ambassador. As an ambassador you would share local opportunities in your school, help to create new opportunities where you feel something is missing for groups of young people. Help those in the school sign up to the Saltire Awards Scheme. You would receive full training.

We are also looking for Volunteering Advocates across the Borders to work as part of a team to investigate the challenges in youth Volunteering to help us find ways to reduce these barriers. This role will involve visiting organisations, shadowing volunteers, creating questionnaires and meeting new people as part of the investigation.



## Become a 2022/23 Volunteer Youth Ambassador!



### Volunteer Youth Ambassador Journey...

Pupils from S4-S6 sign up to be Volunteer Youth Ambassadors with Volunteer Centre Borders.

Volunteer Youth Ambassadors receive full training from VCB and receive certificates.

Volunteer Youth Ambassadors promote volunteering within their school and community.

At the same time, VCB support pupils to volunteer in their community and sign up to the Saltire Awards.

Volunteering becomes embedded in the school community leading to more young people volunteering in their school and community!

The Volunteer Youth Ambassador project aims to support young people to promote volunteering within their schools and communities.

Through this year long project open to S4-S6 pupils, young people work together to provide information, guidance and activities all about volunteering.

And in return – Volunteer Youth Ambassadors receive their Saltire Award!

### Interested?

Contact:

[c.anderson@vcborders.org.uk](mailto:c.anderson@vcborders.org.uk)

**#vcbvolunteeryouthambassadors**

# Inspire Ambassadors

AT PEEBLES HIGH SCHOOL

## What do we do?

The Inspire Learning project focuses on how technology can enhance teaching and learning.

## How can you help?

As an Inspire Ambassador, you will be an important member of a team which supports younger students with technology. You will act as a buddy to S1 -S3 students and show them how technology can help them learn. You will also be involved in planning, organising and delivering a digital learning festival to demonstrate creative uses of technology in the classroom to local primary schools.

## Interested?

Email [simon.charles@glow.sch.uk](mailto:simon.charles@glow.sch.uk) or [annedelaneyphs@glow.sch.uk](mailto:annedelaneyphs@glow.sch.uk)





## What are the saltire awards?

The Saltire Awards are the Scottish Government's way of celebrating, recognising and rewarding the commitment, contribution and achievements of young volunteers in Scotland, aged between 12 and 25. All young people between these ages can sign up online – and everything is completed through your online account. You will receive your certificate by PDF format, and you can request Volunteer Centre Borders to print the certificate for you.

Young people gain nationally recognised certificates, signed by Scottish Government Ministers, for the different amounts of volunteering hours they do. The hours awards start from 10 and end at 500 hours so plenty awards to get along the way.

## What is volunteering?

The Saltire Awards recognise volunteering that meets the following three clear characteristics:

- It is a free will activity. This means you are doing it because you want to—and no one is forcing you to do it.
- It is not done for financial gain. Volunteering is not a job and you cannot be paid; however, you may have any reasonable expenses covered.
- It is for the benefit of the community, society at large or an individual

## Why you might want to volunteer?

- Gain new skills and experience that will look great on your CV and could help you at school and/or work
  - Meet new people and make new friends and connections
  - Make a difference to individual people, communities and the environment
- Have fun! You will have the chance to get involved in variety of activities that might not have done before

## How to get involved

Head to [saltireawards.scot](http://saltireawards.scot) to register, if you need support in navigating the site please email [saltireawards@vcborders.org.uk](mailto:saltireawards@vcborders.org.uk)

## Buddy Up – Peeblesshire Youth Trust



The 'Buddy Up' role is very important within Peebles High School.

S6 Buddies will work alongside Peeblesshire Youth Trust (PYT) to help support S1 pupils who may feel a little nervous at the start of high school, may be struggling to make friends or who might need a little support in joining clubs or finding their way around the school.

If you are in S6 and think that you would make a good buddy to an S1 pupil for their first term then please apply for this role! You must be willing to give up some of your free time at break or lunchtimes to support your S1 student, acting as a positive role model. Your role will be to offer 1-1 support, identify groups and activities which the pupil might like to get involved in and help improve their social skills and self-confidence.

Seniors will develop various skills through working as a buddy, however, there are basic skills needed to carry out this role successfully, such as:

- Good listening skills
- Empathy
- Patience
- A non-judgemental approach
- Good organisational skills

Once you have signed up to become a buddy, compulsory training and support will be provided by PYT.

This role will provide useful experience for students hoping to pursue a career working with people.

If you have any further questions please contact:

Sarah Keen, Programme Manager

Email: [info@peeblesshireyouthtrust.org](mailto:info@peeblesshireyouthtrust.org)

Tel: 07957 383663



### WHAT IS YSLP?

A programme that gives Young People in Scotland the chance to **inspire, create, discover** and **lead** through the creation and delivery of STEM activities, events and interactions within their schools, communities and youth groups.

The Young STEM Leader Programme (YSLP) aims to inspire more young people to develop an interest in STEM and pursue the study of STEM subjects and relevant future pathways. At PHS we are running the programme for the SCQF **Level 6** award (equivalent to Higher) and this carries **4 credit points rated by SQA** (minimum 30 hours work).

### WHAT WILL I GET OUT OF YSL?

It will allow you to develop important leadership, communication, and employability skills:

**Planning, Organising, Teamwork, Time Management, Confidence, Presenting, Innovation.**

You will learn about Careers in STEM. You will also develop an understanding of the stereotypes that exist in STEM and how to challenge them.

### WHAT WILL I HAVE TO DO TO ACHIEVE THE YSL AWARD?

Participate in initial training sessions (5 x 1-hour sessions).

Create, plan and deliver a minimum of 3 related STEM activities (total 4 hours) that show progression.

Complete a logbook detailing what you have learned and evidencing your development.

### WHAT ACTIVITIES CAN I LEAD?

The YSLP Award is very flexible. There is a huge variety of activities that can fit the requirements of the Award. If you lead sessions that inspire others to engage in STEM activities, then it will help you become a YSL. You will be given advice on how to select and plan your sessions.

### FIND OUT MORE

Please speak to Dr Harkness/Mrs Minto for more information and to show your interest.

Email: [gw19harknessgavin1@glow.sch.uk](mailto:gw19harknessgavin1@glow.sch.uk)





## **MVP (Mentors in Violence) Prevention)**

*Peebles High School was the first school in the Scottish Borders to be involved in the Mentors in Violence Prevention (MVP) programme and this has run successfully in the school for many years. The programme is open to S6 students and those selected will be trained as peer mentors.*

*MVP is an approach to gender violence and bullying prevention which was first developed in the USA. It is designed to train S6 students to use their status to speak out against all forms of violent and abusive behaviour. The MVP programme utilises a 'creative bystander' approach in which young people are seen as empowered bystanders, able to support their friends and classmates as well as having safe strategies to challenge the attitudes of their friends.*

*MVP seeks to give young people a voice to discuss issues, identify positive and challenge negative attitudes, and seeks to engage males and females as allies in reducing violence. Feedback from previous mentors is very positive; they recognised that their input could make a difference by empowering young people to speak out against behaviours which they find unacceptable. They were also able to identify skills which they developed themselves – teamwork, confidence, public speaking, organisation etc. which will prepare them well for the future.*

*All S5/6 pupils will complete an introduction to MVP on the 12/13 of June, and then have the opportunity to sign up and complete the full training to become a peer mentor.*



# Dementia Friendly Tweeddale

About 90,000 people in Scotland are living with dementia. You might know someone affected by the condition.

Dementia Friendly Tweeddale support and help those who are living with dementia to feel included and accepted so that they feel that they are still a valid part of our community.

## Dementia Friendly Tweeddale needs young volunteers like you!

Help us at our Drop-in Centre at the Masonic Hall, 9 Northgate, Peebles, which is open on the 2nd and 4th Thursday of each month, 2.30 – 4.30 pm for people living with dementia, their carers, family and friends.

Before you start, we would like you to undertake the very brief Alzheimer Scotland 'Dementia Friends' training online, so that we are all talking from the same page.

## How you can help and make a difference...

A helping hand in the kitchen

Serving teas and coffees

Socialising and chatting with people to help them to enjoy their afternoon

Join in simple games, perhaps a bit of singing even!

## How your helping us can help you...

Enhance your CV, particularly if you wish to enter a Health or Social Care profession.

Gain a greater understanding of dementia and how the wider Peebles community can become Dementia Friendly.



## Opening Doors

Become a Dementia Friendly Volunteer.

Contact: [schoolslink@dementiafriendlytweeddale.org](mailto:schoolslink@dementiafriendlytweeddale.org) m: 07549 861609

[dementiafriendlytweeddale.org](http://dementiafriendlytweeddale.org)

**REGISTER  
YOUR  
INTEREST**

**Senior Wider Achievement Groups  
(Copy)**



- 1. Use the QR Code to register your interest using the online form.**
- 2. Email your preferred *SWAG* contact directly to register your interest.**

***(see contact details on the following page)***



# Contact Info

Volunteer Centre Borders	<a href="mailto:c.anderson@vcborders.org.uk">c.anderson@vcborders.org.uk</a>
Volunteer Youth Ambassador	<a href="mailto:c.anderson@vcborders.org.uk">c.anderson@vcborders.org.uk</a>
Pentland Activity Camps (PAC)	<a href="mailto:info@pentlandsactivitycamps.co.uk">info@pentlandsactivitycamps.co.uk</a>
Greener Peebles	<a href="mailto:info@greenerpeebles.org">info@greenerpeebles.org</a>
PHS PRIDE	<a href="mailto:gw13fyfezara@glow.sch.uk">gw13fyfezara@glow.sch.uk</a>
Tweed Reads	<a href="mailto:mia.stewart@glow.sch.uk">mia.stewart@glow.sch.uk</a>
Nurture	<a href="mailto:emma.ferguson@glow.sch.uk">emma.ferguson@glow.sch.uk</a>
Interest Link	<a href="mailto:marymouat@interestlink.org.uk">marymouat@interestlink.org.uk</a> <a href="mailto:rosacablo@interestlink.org.uk">rosacablo@interestlink.org.uk</a>
Tweeddale Youth Action	<a href="mailto:info@tweeddaleyouth.co.uk">info@tweeddaleyouth.co.uk</a>
Support for Learning Crew	<i>Principle Teacher, Support for Learning</i>
Mental Health Ambassadors	<a href="mailto:Siobhan.StClairGunn@scotborders.gov.uk">Siobhan.StClairGunn@scotborders.gov.uk</a>
Inspire Ambassadors	<a href="mailto:simon.charles@glow.sch.uk">simon.charles@glow.sch.uk</a> / <a href="mailto:anne.delaneyphs@glow.sch.uk">anne.delaneyphs@glow.sch.uk</a>
Duke of Edinburgh	<a href="mailto:carolinewallace@glow.sch.uk">carolinewallace@glow.sch.uk</a>
Saltire Awards	<a href="http://www.saltireawards.org.uk">www.saltireawards.org.uk</a>
Peer Mentor	<a href="mailto:info@peeblesshireyouthtrust.org">info@peeblesshireyouthtrust.org</a>
Young STEMS	<a href="mailto:gw19harknessgavin1@glow.sch.uk">gw19harknessgavin1@glow.sch.uk</a>
MVP	<a href="mailto:emma.ferguson@glow.sch.uk">emma.ferguson@glow.sch.uk</a>
Dementia Friendly Tweeddale	<a href="mailto:schoolslink@dementiafriendlytweeddale.org">schoolslink@dementiafriendlytweeddale.org</a>
Sports Coaching (School/Community)	<a href="mailto:lmrome1@glow.sch.uk">lmrome1@glow.sch.uk</a>

**\*\*Please email your preferred contact\*\***

