



Balforn Highlights

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Advanced Higher Physicists visit CERN, Mr Pearson

February 2016:

CERN

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Pupils from Balforn High School went on a trip of a lifetime to visit the location of one of the biggest modern scientific breakthroughs. Ten of our Advanced Higher Physics students visited CERN (CERN is the European Organization for Nuclear Research) in Geneva, well known as the home of the Large Hadron Collider.

This particle accelerator was a key part in the discovery of the Higgs Boson; the particle that gives mass to objects. During this visit pupils had the opportunity to meet with various Physicists who gave us a tour of certain areas of this vast research Centre. These included the AMS detector, which is on the International Space station and controlled from the ground. Pupils were able to observe live feed from this detector on its quest for anti-matter in outer space.



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In addition to our time at CERN other highlights of our trip to Geneva included The Red Cross Museum, The History of Science Museum, The ICT Discovery Centre and the Natural History Museum.





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Another highpoint of the trip was visiting one of the original particle accelerators built at CERN that feeds into the large hadron collider. We observed the latest eye recognition technology at work! Questions such as what is the universe made of? How did it start? Physicists at CERN are seeking busy seeking these answers, using some of the world's most powerful particle accelerators.

As well as all the exciting educational activities there was time to sightsee the wonders and sounds of the city exploring the trams, boats, sampling the local cheese and chocolate and a bit of down time at the local youth hostel.



Headlines

Dear Parents and Carers,

Another month has passed quickly with many excellent activities to report. It has, of course, been a challenging month too. Our community has been deeply saddened by the loss of our own S5 pupil, Owen Britton. An outstanding young person in every way, Owen will be deeply missed by his friends, our pupils in general and our staff. Owen excelled academically as his straight A prelim results attested. He was sharp, articulate, entertaining and had a wit that kept us all on our toes – particularly enjoyed by those in the debating club. Soon after his death, we were informed of his excellent achievement in a Scottish Schools Young Writer of the Year competition; Owen was runner up. We are proud to have had Owen in our lives. We miss him. Our thoughts are with his family and friends at this awful time. In memory of Owen, there will be a Debating Trophy in his name presented annually at our Outstanding Achievement Ceremony.

Considerable consultation has taken place in ensuring staff, pupils and the parent council have been involved in discussions about our move to the 31 period week next session. We are looking forward to adding Computing Science into our BGE as well as Creative Masterclasses in S2 and Wider Achievement/leadership Masterclasses in S3. The school day itself will change slightly. There will be one seven period day with no form class and four six period days with form class. From August, pupils who get buses will be dropped off by 8.40 am (about 10-15minutes earlier) to allow an early start one day of the week. The exact timings will be confirmed before the Spring Break.

We have just advertised for a computing teacher and a French/Spanish teacher. Interviews for these posts will take place in March for an August start. Our young people will have a role in the process. Our projected school roll has dropped for next session so that may mean we have slightly less flexibility with staffing overall next session.

We are delighted to have secured Level 1 recognition for the Rights Respecting School work, led by Mr Young and pupils. This along with our pupil voice activities has meant that our young people have a key role in shaping and influencing improvement in the school.

Thanks to those parents who generously supported the Race Night. It was really good fun! We raised around £700, which will go to help the costs of renting minibuses – a huge thank you!

As always, thank you for your support of our school.

Head Teacher



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S4 pupils attend SCILT Business Brunch, Mrs Convery



A group of enthusiastic foreign language learners from S4 recently had the opportunity to attend a Business Brunch event at the University of the West of Scotland. Organised by SCILT,

Scotland's National Centre for Languages, our students heard from a wide variety of business leaders who gave the clear message that language skills are key to the growth and the success of their organisations. Accompanied by teachers from our Modern Languages and Business Management teams, our students also had the opportunity to ask questions and find out more about the variety of careers and employment opportunities that are open to people who can demonstrate language skills on their CV.

Euroscola, Catherine Eckersall, 6L2

Last week I was given the opportunity to take part in the Euroscola programme in Strasbourg, France. Along with thirty other S6 pupils also studying Advanced Higher French from all over Scotland, I travelled to Strasbourg to complete a week of activities culminating in a day at the European Parliament. For the first 3 days we explored Strasbourg learning about its history and culture and visiting historical attractions such as the grand Cathedral and "Le Petit France". This is an area of Strasbourg with traditional Alsatian architecture. We also carried out a survey on local people about Scotland and Europe. This produced some interesting responses, especially those people who thought Scotland was part of Spain.

On Thursday we travelled to Parliament where we were allowed in to the main chamber along with groups from other European Union member states including Greece, Belgium, Austria and the Netherlands. In groups we debated various topics such as Youth unemployment, Immigration, Human Rights, the environment and the future of the European Union. It was very interesting to hear perspectives on these issues from people all over Europe.

The final evening we staged a ceilidh to which we invited groups from different countries including the Netherlands and Portugal. We really enjoyed teaching them our traditional dances. It was an incredible experience and I feel I have really benefited from it. I am extremely grateful to Strathendrick Rotary Club for funding this trip.



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Skills for Work - Partnership Training, Nick North 6L2

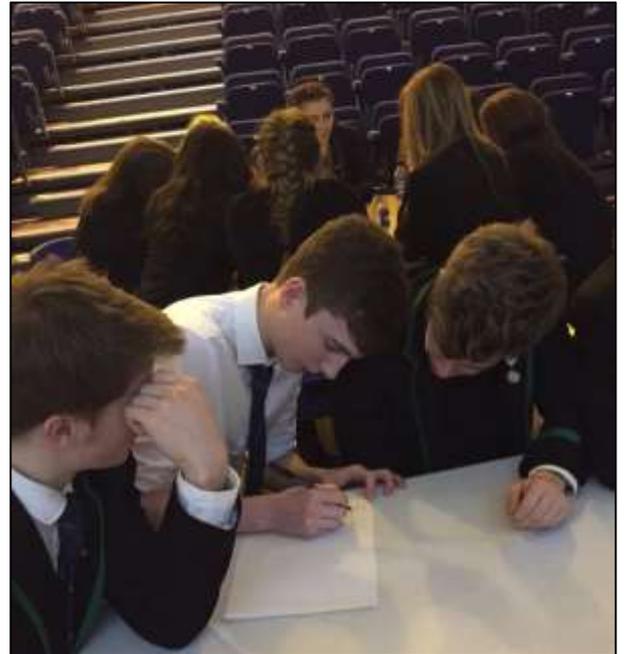


We were honoured that the school and Stirling Low Carbon futures chose us to carry out the chain saw course. The course was two days long. We first learned how to maintain and look after chainsaws before going out and learning how to cut safely.

We enjoyed the course greatly and we both passed! This means that we can now chain saw commercially. It was such an amazing experience – we are both grateful for the opportunity.



S6 Personal Finance Workshops



S6 pupils took part in finance workshops in preparation for moving towards independent living.

The pupils learned about borrowing methods for students and budgeting tips for life at college, university or the world of work.

Thanks to Mr Watson for organising the event.

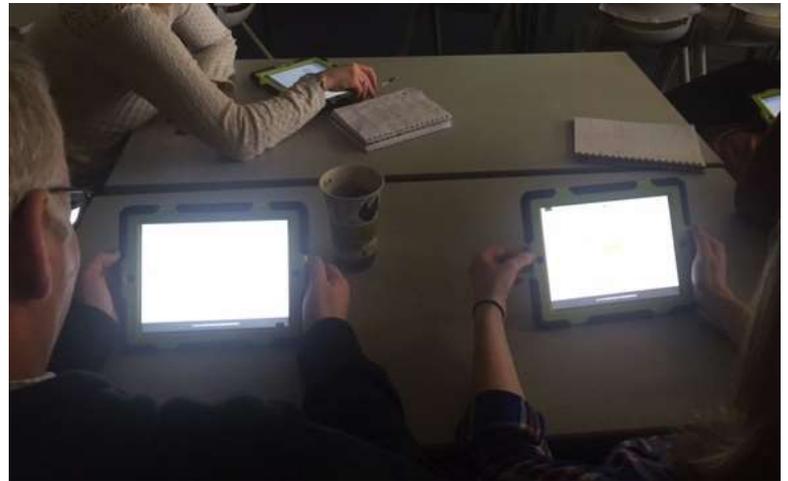




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In-service Day for Staff



While our staff were taking part in learning & teaching workshops our Camps International pupils were making soup for them as a fundraiser for their up and coming expedition to Ecuador and the Galapagos Islands.



S6 Pupils Give Blood

As part of the senior phase PSE programme, S6 pupils were given a workshop on giving blood and then the opportunity to contribute.

Pictured left are Finlay and Robyn doing their bit for the transfusion service.





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Making Chinese Lanterns in Modern Languages



In preparation for Chinese New Year, our lunchtime China Club students learned about the making of Chinese lanterns: **dēnglong** - 灯笼 and about the language and cultural importance around them.

Thanks again to our Confucius Hub colleagues at Stirling High School."

International Ski Honour, Meghan Davis

I competed last week at the ISF World Schools Championships in L'Aquila Italy as part of the Scottish U16 girls team, where we finished best out of all the Scottish teams, and 4th place in U16 girls. We were beaten by Austria, France and Germany, but finished ahead of the two Italian teams, the Belgians, the Swiss and the English and the other countries.



Meghan is pictured holding the Saltire with Scottish team at the opening ceremony.



Preparing for Work Experience



Preparing for Work Experience – S3 pupils and form class leaders attended a recent assembly to mark the start of the Work Experience unit, which pupils will achieve during S4. Mrs Patrick shared an overview of the SQA Work Experience Unit, the benefits of the one-week work placement and the next steps for S3 pupils. Mrs McNeillis also outlined the support she provides to pupils with finding their self-found placement and shared some advice from her experience. The main messages from pupils who have already benefited from work experience were: –

“Contact potential work placement providers soon as there are limited places”

“Persevere as you may not be accepted by your first contact”

“Try to find a placement in a career area you are interested in as it can either confirm your future pathway or highlight that this pathway is not appropriate for you”.



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Pupil Council



It has been an important time for the pupil council. Every form class was issued with a draft proposal for the curriculum and suggested times for the new school day set to be agreed for next session. The Pupil Council reps had the difficult job of taking the views of their form class to the year group pupil council meetings run by the Head prefects. The pros and cons of where to best place three periods in a row and which day should be the longer day were carefully considered and discussed. Consultation has taken place with staff and the parent council. The final decisions will be made taking account of all feedback by a tri-partite group of staff pupils and parents.



So you think you want to be a prefect?

Hamish Finn, S3 has been helping create a short video for prospective prefects for 2016-17. Our current Head Prefects, House Captains and Senior Prefects have been sharing their experience on camera!



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Higher Design and Manufacture trip to IKEA

Kirsty Maitland & Emma Pretorius

The trip to IKEA was excellent. We got a tour of the store, as well as visiting loading bays, workshops and offices, to show how products are advertised and how unused materials are recycled. In addition to this, we were shown a 20 minute video of how IKEA designers came up with some of their iconic products, such as the stackable watering can and flat-pack, lightweight furniture. It taught us how to consider the various stages that a product goes through, from material selection to where/how it is made and on to the end of product life - in a real-life company situation. It is also essential for us to realise the importance of designer responsibility and environmental impact – two things that IKEA are extremely conscientious of. This knowledge will definitely be useful as we work through our Design Assignment, based around self-assembly furniture. Overall, the trip was very worthwhile and was not only educational, but very enjoyable.





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Seafood in Schools, Miss Kelso



Balfron High School recently welcomed Seafood in Schools to host a cluster event. All S1 and primary 7 pupils took part to discover more about the wonders of Seafood, learning about where it comes from and the health benefits of including it in your diet. Pupils participated in three different workshops. Firstly they experienced life at the Marine discovering and handling different species of fish and learning about their habitat. They then moved onto a 'Come Dine with Me' session, where they were encouraged to try different kinds of fish such as marinated herring and curried mackerel, challenging their taste buds. Finally they watched a chef demonstrate three simple and wonderful and tasty dishes they could make with fish. Each one was delicious! Balfron would like to thank Kurt from Albacore Catering for giving up his time and providing some very tasty dishes, all primary 7 pupils for coming along visiting and Seafood in Schools for providing a unique and wonderful experience.

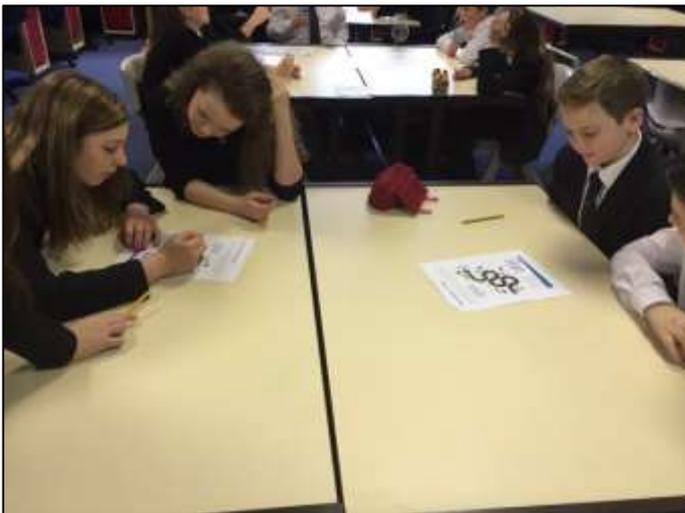


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S1 Careers Education Consultation

Mrs Patrick has been busy meeting all S1 pupils to introduce them to the new My World of Work website and to discuss various career education issues. The S1 pupils have reviewed the career activities S1 pupils have experienced, considered the types of activities that would best support their career education and gathered suggestions for future pathways initiatives.



Future Pathways

Five of our S4/5 pupils (left) attended a seminar to find out more about applying to Cambridge University.

Advisors from Cambridge University shared information about subject choice, application process and college opportunities.



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S4 Scottish Parliament Trip, Mr Brown



On Wednesday 24th February, our S4 Modern Studies pupils had the perfect opportunity to put their learning into perspective during a visit to the Scottish Parliament building at Holyrood. The visit consisted of an educational workshop led by the Parliament Education Officer who explained the roles and functions of our parliament and MSPs. Pupils were given a behind the scenes tour of the building, including the debating chamber and meeting rooms. To round off the afternoon, pupils had a Q&A session with Bruce Crawford MSP and Fraser McMurdo MSP. This gave our pupils a fantastic opportunity to put their questions to their representatives and gain further understanding of their National Qualification course. A fun and informative day was had by all with pupils making good use of the knowledge gained in classes since.





Balfour Highlights

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ARTiculation 2016



Congratulations to Catherine Eckersall and Alice Murray for their excellent presentations for the ARTiculation Scotland Heat at the Pathfoot Building, University of Stirling. Well done to Alice who finished in third place overall.

Both Alice and Catherine were engaging speakers and the audience greatly enjoyed both of their interesting talks. The adjudicator, Katrina Brown, praised Alice for her use of personal observations to engage successfully with the audience. She was complimented on her research, which enabled her to encapsulate the story over different periods and styles.

Katrina Brown also, praised Catherine for tackling a challenging subject matter. Catherine's close analysis of the work and her ability to present varied interpretations to the audience was commendable. Katrina complimented Catherine's strong response to her final question.



Catherine presenting (above)



Alice presenting (above)



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Balfon Young People Support World Cancer Day

Class 3E2 successfully raised funds for Cancer Research. They sold wrist bands to the young people of Balfon High School and raised over £330. Thank you to all who contributed to this worthwhile cause & thank you to 3E2.



Champions in Scotland



On the morning of Tuesday 23rd February, Andrew Baines and Sarah Gibb (1L1) attended the Champions in Scotland event at Wallace High School along with Mr

Campbell. On arrival the pupils were given a yellow t-shirt for the event before taking their seats in the auditorium along with representatives from schools across Scotland. The Champions – a group of Scottish athletes – were then introduced to the audience and asked to describe the programme.

We learned that the programme is delivered by a charity called 'Winning Scotland Foundation', who use successful sportspeople as role models for young people. These Champions come into schools or clubs to inspire and help young people to be their personal best. They do this by focusing on the importance of achieving success through sustained effort, learning from failure and mistakes and the importance of goal setting.

During the day Andrew and Sarah took part in a variety of taster sessions, including a Hockey session with three Scottish Hockey players, a Basketball session with Kieron Achara (Scotland and GB) as well as a motivational talk on learning from failure with Aileen Neilson (Scottish wheelchair curler). The two Balfon pupils enjoyed their experience and got to meet some of the athletes afterwards, including Kieron Achara and long-distance cyclist Mark Beaumont.

We look forward to arranging for the Champions in Scotland programme to come to Balfon High before the end of the year – watch this space!



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Balftron, Larbert and McLaren High School Partnership



Staff and Pupils from Larbert and McLaren High Schools visited Balftron on Wednesday 24th February. The young people attended classes, Seafood in Schools activities and Pupil Council meetings. Staff shared good practice in a range of topics. Our visitors were particularly keen to learn about Balftron's support of young people and our integrated pupil support structure.

Schools Art Award for Martha Cole

The Friends of the RSA Schools Art Award was launched in 1986 to recognise and reward the artistic talent of secondary school students throughout Scotland. It's an opportunity for students to prove themselves the very best of Scotland's creative talent.

Congratulations to our own Martha Cole, now 5L2, who was selected for a highly commended award in the intermediate age group (S3-4) category for her work last session.





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Just another day in the life of...Balftron High School library



Ollie (left) clocking up some volunteering hours towards his Duke of Edinburgh Award.



Higher Modern Studies pupils (above) making use of iPads for research



Watching an international oceanography conference in Paris and catching up with work!



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PC Diamond – Our Campus Police Officer

Young people in S3 Modern Studies who have been learning about crime and the law got the chance to ask our community police officer, PC Diamond, her thoughts on the topic. Pupils were also given the chance to examine some of the equipment used by police officers, with Jack Rice in 3E1 getting to feel the weight of a vest!



Primary/Secondary Transition

The Headteacher will be visiting all our associated Primary Schools in March and looks forward to meeting and getting to know our new S1's. During the month of May, all our extra-curricular activities are available to our Primary 7 pupils to allow them to meet other P7 pupils, meet some current Balftron High pupils, meet some of the staff and to have some fun and to learn new skills!

The formal transition days are June 7th - 9th and there is a P7 Parents/Carers information evening on the 7th June, when the Senior Leadership Team will meet with Parents/Carers in the Theatre and the P7's will meet their Form Class Leaders.

We look forward to welcoming our new pupils in the very near future!





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Scripture Union, Mrs Stewart

Some pupils involved in the Scripture Union group recently attended a youth event called 'Powerpoint' in Glasgow for over 400 young people across Scotland. The focus of the event was, 'This is Love', challenging and inspiring us in fun ways to love and impact the people around us. At the event, there were music bands, activities, (including dressing up for group selfies) and talks by leading youth pastors across Scotland.

Scripture Union meets every Tuesday lunchtime in A7 for snacks, games and short videos, discussions and activities centred on exploring the Christian faith. Mrs Stewart, Mr Spriggs and Mrs Heslin lead the group. We have currently completed a 'Youth Alpha' course and have seen the group increase in numbers and each person grow in their individual exploration of faith. New people are always welcome every week to come along and see what we do!

Looking towards the rest of the year, some pupils are already booked on Scripture Union trips at Easter and during the summer holidays including a Surf Camp in Scotland! Wetsuits will definitely be needed!





Balfrom Highlights

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Congratulations Mrs Smith!



A huge congratulations to Mrs Smith who was the recipient of the Royal Caledonian Horticulture Award. Mrs Smith has been doing a fantastic job working with colleagues and young people on our ConneXions course.

Mrs Smith has been the driving force behind planning and delivering sustainable education to our young people who have learned about horticulture within the ConneXions course. This initiative was made possible thanks to the funding secured from the Education Scotland Access to Education fund.

As part of this work, the school has made valuable partnerships and is enjoying working with Oakwood Nursery, Benview Nursery, Foragers of Drymen and the Beech Tree Inn. We are excited to announce a new partnership with Balfrom in Bloom – our young people are looking forward to working in the community supporting Balfrom in Bloom in the coming months.

Our young people are taking part in an exciting experiment in collaboration with The Royal Horticultural Society; rocket seeds are being delivered having travelled through outer space. Our young people will be learning about the effect of weightlessness on seeds!

Well done and thank you to Mrs Smith who was awarded the certificate of merit in recognition of this work and her contribution to promoting horticulture in education.



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Ski Trip to Austria, Mrs Shaw



On 5th February Balfon High School ventured to Mayrhofen in Austria to embrace a week of Alpine skiing and group challenges. 46 pupils from S4-6, all sporting their colourful trip hoodies descended on the slopes of the Ziller Valley. This included six days of organised ski lessons in four ability groups and a variety of evening activities including a Pizza evening and ice-skating.

The weather was everything from clear blue skies to what appeared to be non-stop snow showers. The result of this being amazing, groomed slopes and beautiful powder skiing between the 50 feet high pine trees.

The entire group boasted a wealth of competent skiers as well as 8 pupils and 2 members of staff who were completely new to the sport.

By the end of the week every member of the trip had conquered the mountain and caught the ski bug!





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WHAT A GAMEEE! By Andrew Gibb, 6C1

Manchester City V Leicester. What an amazing game and what a fantastic experience. Although we were supporting Leicester, we had to hide our true emotions as we would probably have been kicked out the Man City stands. We left the high school at 6am, no-one really awake yet except Mr Perman who seemed to have had a couple of morning coffees and was eager to welcome everyone coming. We shared the trip with Bannockburn High who didn't really talk to us much at first but as the trip went on, we started talking more and this led to an enjoyable journey home with terrible music taste and loads of jokes – in the words of our new friend Dylan we had, “poor patter”.

When we got to the game we went through the overpriced Man City shop which was lovely to look at until we found the price tags. It said £90 for a strip which may have been just out of our price range. The seating was the only part that didn't go quite to plan. However when we got the seats we were in a great position, up in the gods at the half way line, to watch the game unfold to a brilliant score of 3-1 to Leicester.

On the way back once we finally stopped at a service station there was almost a claim to fame when someone thought they spotted an ex-St Johnston player but it turned out to be just some guy in sports gear- we presume nobody talked to him! We got back to school at around 10pm and everyone was tired from the massive excitement we all went through. On behalf of all the pupils on the trip we would like to thank Mr Perman, Miss Collins and the teachers from Bannockburn for taking us. Overall it was a fantastic experience and I am looking forward to the next trip!





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Gymnastics Success

Our Gymnastics club made it a clean sweep at this year's Stirling schools competition, winning everything they possibly could. After months of training our gymnasts were put to the test against the best gymnasts from across Stirling Council. Both of our level 2 teams medalled. In 1st place was Luke MacDonald, Georgia Craig, Roisin McGinley and Miranda Gardner and in 2nd was Sophia Baverstock, Lucy Malloch and Abby Rowley.



In the level one competition the Balftron team consisting of Tessa Morrison, Alana Van Der Walt, Honor Hennessy and Sian Williams secured 1st place. Balftron teams also placed 2nd and 3rd.



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The individual medals were awarded as follows:

1st Daniel Alsar (Balfion) 2nd Alana Van der Walt (Balfion) 3rd Tessa Morrison (Balfion)

Individual results for level 2 were:

1st Georgia Craig (Balfion) 2nd = Luke MacDonald (Balfion), Mirander Gardner (Balfion)

These results meant that 20 of our pupils received medals and 16 qualified for the Scottish finals being held in Perth at the end of March. We wish them good luck!

Congratulations to Lachlan Reynolds, 2C2

Our own Lachlan Reynolds (right) recently featured in the local press having joined the European Junior Golf Tour.

Lachlan recently played in his first two competitions winning at Mere Golf resort in Cheshire with a score of 78 and ten finishing as runner up at Hesketh Links in Southport with an 81.

This meant that Lachlan was the overall winner of the two day event. This has earned him a place in the tour finals in the Costa del Sol in October.

Good luck Lachlan!





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Future racing star 3rd place in Melville motor club championships,

Marc Gibson, 3L3

Last year was my first year of motorbike racing. I raced at Knockhill race track located in Dunfermline and East Fortune race track located in Haddington. These tracks are the only 2 tracks in Scotland and my local clubs. My machine is an Aprilia rs 125. As it was my first year of racing and I had never raced before, I had no experience on a motorcycle and lots to learn. Most of my fellow racers in our class had prior experience from the junior ranks and mini motos. However, I did grow up at the side of the track as my dad was a former sidecars racer. During my first season I learned a lot; how to corner properly, how to move around and off the bike and with more experience in this I learned how to hold my racing lines (which sometimes I tried a little too hard at costing me a few scrapes to my bike and pride!) Learning how to set my bike up properly has been a real challenge. This includes suspension setup, my weight and height (as I am slightly taller than average 14 year old) and riding position. The weather conditions and temperature all have to be considered - a lot of this is trial and error and me becoming more confident and listening to my engine noise. However, after a season of learning with lows and highs I got on to the podium at Knockhill where I got four 3rd places and a 2nd place. I was also delighted to secure 3rd place in the Melville motor club championship (the club that runs at east fortune). I have chosen an expensive hobby and without the support of my family and my school and a couple of sponsors I wouldn't be out there racing. It's difficult because apart from a few extra Friday practice days, you only get track time when you are out in a race and this is when you are learning and trying to get things right.





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Under 15 Girls Rugby

The girls were drawn at home to Falkirk Schools in the Girls cup and for the majority of the team this was their first ever game of rugby. The game had to be played at West of Scotland Rugby Club due to the weather making the Balftron pitch unplayable. The girls started strongly scoring 2 tries early on but Falkirk made a strong comeback. After a physical 60 minutes the game finished level with 6 tries each and we had to wait till the next day to find out who would go through. Unfortunately as Falkirk were the away team they went through to the next round. The girls showed an excellent commitment to the game and showed great promise for future games.



Cumbernauld Rugby Festival, Pippa Cowtan 3L1

We were drawn in a group with two club teams, which we knew would make the games challenging. The first game for most of us was about finding our feet as we were still quite inexperienced at playing matches. As the other teams were clubs they were playing at a high standard and provided us with a real challenge. We tried our best and came off the pitch feeling as though all the games we played went as well as they could have and reaching the quarter-finals was a good achievement considering the opposition we were against. We also got to speak to current Scotland Ladies international, Lisa Robertson, and ask her about her career in rugby.





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Scotland v England Ladies 6 Nations, Pippa Cowtan 3L1



After our games in Cumbernauld we were invited to the Scotland v England Ladies 6 Nations match at Broadwood Stadium.

The final of the tournament we played in was contested at half time between two of the teams we had played earlier in the day.

Watching the ladies rugby meant that we could see what they did and didn't do well. We could then apply this to our own training and playing. It also gave us a chance to see where we could be if we continued to play rugby.

Athletics Success



Belated congratulations to Matt Chandler and Anna Cameron who both won medals in the Scottish Schools Indoor Championships.



Scottish Schools Indoor Athletics Championships, Mrs Roberson

This event took place at the Emirates Arena in Glasgow in early February. All the best club and school athletes took part, hoping to impress selectors for international events later in the year.

In the under 16 age group, three of our young athletes came home with medals. Matt Chandler won both the high jump and the pole vault. Bronze medals were won by Matthew Meredith in the pole vault, and Anna Cameron in the 200m. Anna won her heat and her semi in the 60m, coming 4th in the final. Rebekah Cowan also made the semi-finals, coming 5th. Rachael Methven came 5th in shot putt, with Laura Mackenzie in 10th place. Elizabeth Thompson came 2nd in her heat of the 800m. Jenna Clark came 9th in high jump, with Laura Mackenzie in 21st place.

In the over 16 age group, Esther Ross made the semi of her 60m. Will Price (200m) and Alan Murray (60m) were the fastest qualifiers not to make their semi-finals.

As a result of these performances, Anna Cameron, Rebekah Cowan, Matt Chandler and Matthew Meredith have been selected to take part in the Scottish Schools Coaching Day in March. Well done to all who competed!

Scottish Hockey Youth Umpire Award

This month a group of Balford pupils started the Scottish Hockey Youth Umpire Award, which is a course aimed at enabling young people to umpire youth Hockey games. The pupils have been learning the rules of the game and taking the opportunity to practice



umpiring with each other. To complete the course, they will need to pass an assessment on knowledge of the rules and be assessed practically during a game.

The course continues this month and the pupils involved

hope to be able to umpire inter-house Hockey and after-school games once they pass the course. The pupils involved are; Lucy Aitken, Kirsty Kay, Emelia Conner (S6), Katie Biggart, Liam Cassidy, Alasdair Mitchell (S5), Callum Adolphus, Christina Begg, Niamh Doyle, Orla Reid, Jemma Whyte (S4), Eva Mailer (S3) and Emma Wilkes (S1).



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S1/2 Boys Rugby



The Rugby teams have a busy month ahead, as well as their weekend fixtures with Strathendrick the teams are also involved in the Central Schools Cup. The U18s have qualified for the Plate competition and the U16 are in the Cup final. Good luck to both teams.

The S1/2 continue their strong season and there are 7's competitions coming up for them in March and April.

U13 Football Success

A huge congratulations to our Under 13 (S1) football team who have now completed all their matches in their first year of competing in the Forth Valley Schools league. Captained by Kieran Curtis (1E3), the team finished a respectable 3rd in the league which qualified them for the knockout rounds.



Unfortunately the team where drawn against a strong side from Braes High School in Falkirk and where narrowly defeated away from home. The team also had great success in the League Cup where they reached the quarter-finals.

Overall, the team should be extremely proud of their achievements in their first year of playing football for the school. Well Done Team!



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Hockey Update, Mr Perman



Balftron High hosted a hockey tournament this month for schools in Stirling. Teams from Wallace High, McLaren High, Stirling High and Dunblane High Schools all played in a fantastic evening of hockey for juniors and seniors respectively.

A strong McLaren High School team won the senior event while Balftron High won the junior tournament. Well done to everyone that took part. Player of the tournament was Rachel Cairns 5E3 (pictured above).



Balford Highlights

www.balfordhigh.org.uk

Supported Study

Subject	Day	When	What level
English	Monday	Lunchtime	National 5/ Higher
	Tuesday	Lunchtime	National 5
	Thursday	After school Lunchtime/After school	Higher National 5/Higher (after school only)
		Students can always arrange a meeting with their teacher	Specific times cover specific topics
Maths	Tuesday	Lunchtime	National 5
	Tuesday	After school	Advanced Higher
	Wednesday	Lunchtime	Homework/Revision (BGE)
	Wednesday	After school	Higher
	Everyday	After school (by appointment with Mr Shields)	All levels
Creative Arts Music	Monday	Lunchtime (and other days after school by arrangement)	Advanced Higher
	Tuesday	After School (and Thursday by arrangement)	Higher
	Every Day	Lunchtime or after school (by arrangement)	All levels
	Thursday	Lunchtime	All levels
Music, Music Technology		Students can always arrange a meeting with their teacher	
Art & Design		After school	
Health PE	Tuesday	After school	National 5
	Wednesday	After school	National 5
	Thursday	After school	Higher
Health and Food Tech Hospitality	Monday	Lunchtime	National 5/Higher
	Wednesday	After school	National 5
Science- Biology	Any day	Lunchtime	Higher
	Thursday	Lunchtime	National 5
Chemistry	Any day	Lunchtime	Any Biology support
	Monday	After school	Higher/Advanced Higher
	Wednesday	After school	National 5
	Any day	Lunch/After school	Higher
Physics	Wednesday	After school	National 5
	Thursday	After school	Higher
Modern Languages, RME Spanish	Any day	Lunchtime	All Levels
	Wednesday	After school	Higher
		Lunchtime- every other Wednesday	National 4/5
Social Subjects History Geography Modern Studies Sociology	Monday	After school	All Levels
	Tuesday	After school	All Levels
	Thursday	After school	All Levels
	Mon/Friday	Lunchtime	Advanced Higher
	Mon/Friday	Lunchtime	Higher
Design and Technology Accounting Business Management Graphic Communication Design & Manufacture Design & Manufacture Practical Woodworking Business Management Graphic Communication	Wednesday	Lunchtime	National 5
	Thursday	After school	Higher
	Thursday	After school	Higher
	Thursday	After school	Higher
	Thursday	After school	Higher
	Monday	After school	Higher
	Wednesday	After school	National 5
	Thursday	After school	National 5
	Thursday	After school	National 5
	Monday	Lunchtime	National 5



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Dates for your Diary

14-15 March	Music Performing Exams
16 March	Parent Council Primary Rotary Quiz
23 March	Question Time Event, 7pm Theatre.
24 March	Easter Assemblies
25 March	Holiday Parent Council Spring Fayre
28 March	Holiday
29 March	School open
30 March	Apprenticeship Event
4 April	Spring Holidays begin

If you are interested in having a flavour of the day in the life of the school, why not follow us on twitter - [@balfonhigh](https://twitter.com/balfonhigh)

Thanks to Miss McPhee for setting up this photo at the BBC Alba Awards.

#wearebalfon

...just saying....

