



Balforn Highlights

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Save a Life in March

Rory Teed is the 8000th Anthony Nolan Volunteer



As part of PSE our S5/Cohort have been involved in our save a life in March Campaign. This kicked off with a presentation from the Anthony Nolan Charity on the importance of stem cell donation.

Over 50% of our S6 pupils are now on the bone marrow register and Rory Teed was the charities 8000th Volunteer. Over 80 of our S6 pupils then donated blood at the blood drive with NHS Scotland and our S5 pupils were involved in a presentation on organ donation.

Eight of our aspiring Nurses and Doctors took on the role of 'Save a life' Ambassadors and did a phenomenal job organising supporting each event.

April 2017:

Giant Heptathlon

Headlines

Our Europe

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Scottish Parliament

ARTiculation

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Literacy

Preserve Making

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Save a Life in March





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Andy Butchart presents the Balfon High S1 Squad the National Giant Heptathlon Trophy



Our S2 pupils competed at the regional and national Giant Heptathlon event in March. We were crowned National Champions for the 4th time in 6 years. What an achievement! As a result we were pleased to welcome Olympic runner Andrew Butchart to the school to present our trophy and answer some interesting questions from our S2 pupils.



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Dear Parents and Carers,

This edition of Balfon Highlights gives a flavour of some of the achievements and activities that took place in the last few months – we have probably missed some so please do let us know if you have something we could add to the next edition.

We had a busy and successful last term. Thanks to parents and friends from the community for supporting the prelims in January. Time has flown since then and it's hard to believe that we are fast approaching the SQA exams. I know that our Senior Phase students are working hard under the inevitable pressure. It has been great to see some of them make the most of the supported study sessions that have been offered by teaching staff.

Please note that the Maths Team are offering two study days in the run up to the exams for national 5 and Higher candidates. Pupils are encouraged to attend on Wednesday 3rd and/or Thursday 4th May. Lunchtime supported study for maths for S1-3 is available every lunchtime.

It has been fantastic to have some of the late buses reinstated. The parent council were a great help in influencing this decision. Thanks to those of you who have helped by avoiding parking in the turning circle. We are hoping to get some new signage to clarify the position.

Our new compact athletics track is currently being installed and we are looking forward to being able to use the new resource for athletics and as a training area for other sports. We hope that the work will be complete in the next few weeks and that we will be able to use it at the upcoming sports day.

Thanks to the Balfon Development Trust, we have also been able to purchase some bikes. We are going to pilot a 'bring your bike to school' scheme and make use of the bikes in the PE curriculum.

Please note that we have changed the Outstanding Achievement Ceremony to the 20th June. We have brought the event two days forward so that we can include our pupils who are going on the expedition to Ecuador and the Galapagos Islands. They leave on the 21st June.

I will keep you up to date through Highlights and emails. As always, thank you for your support of our school.

Elaine Bannatyne, Head Teacher





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Balforn Team win Our Europe Language Award, Freya Buchanan & Iris Gray



In December 2016 4 S3 Balforn pupils - Freya Buchanan, Iris Gray, Tessa Morrison and Sami Taylor - entered the Our Europe Languages Competition. To enter we had to create a storyboard about a short film that we would make if we made it to the final. Out of all the entries from schools across Scotland, 12 groups were accepted into the final, our group being one of them.

On the 31st January we were invited to Citizen M hotel in Glasgow to create our short film. We spent the morning learning about camera techniques and editing skills. We then went on to film our video. The theme was travel and leisure. We focused on the cultures and languages of different countries specifically Japan, France and Scotland so in our film we spoke English, French, Gaelic and Japanese. The final stage was editing, where we used the knowledge we gained in the morning to add the finishing touches to our film. Once we had finished the video it was sent through to the Our Europe Committee to be judged along with the other groups.

On the 27th March we were invited to the awards ceremony held in the Scottish Parliament in Edinburgh. We started off the afternoon by watching all the videos from all the groups, split up by talks from various guests who all specialised in different areas of film making or languages. Finally the time came to present the awards. There were many different awards including creative content, peer choice, factual content, best languages, and best edited. While the awards were being given out to various groups we were getting increasingly nervous. Finally the last award was presented - the award for best use of languages - and they presented it to Balforn High school! We were overjoyed to have won the award for best languages! We received a trophy that is now being displayed in our school and we have won language lessons for the school for any language of our choosing.



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Concerto Competition



Anna MacDonald, S4, performs Schumann



Harriet Patterson, S5, performs Rachmaninoff



Esther Ross, S5, performs Mozart's Piano Concerto No.21



Ruby Gray, S5, performs Mozart's Flute Concerto



Emma Galbraith, S6, performs Rutter



Alice Calvely, S6, performs Vivaldi's Flute Concerto



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Euroscola, Joanna Borland



After spending 5 days in Strasbourg, a beautiful city housing the European Parliament, I feel more European than ever. I won a place on the Euroscola trip, which was funded by The Rotary Club and open to pupils sitting Advanced Higher French, by submitting a CV and an essay on a European issue and having an interview. After being lucky enough to be selected, I flew to Strasbourg with 24 other Scottish pupils.

We spent the week interviewing the locals about Scottish culture, exploring the city and making documentaries about different aspects of the city. Although speaking French so much was sometimes challenging, it definitely made me more confident in speaking the language. After the first few days making friends and discovering the history of Strasbourg by visiting Notre Dame Cathedral, similar to that in Paris, and trying the amazing cuisine, it was time to visit the European Parliament for Euroscola. This involved young people coming together from all over the EU, to take part in a debate in which issues such as immigration, the environment and youth unemployment were discussed.

We also had the opportunity to take part in Question time with Evelyne Gebhardt, a member of the Socialists and Democrats. At the end of the day, we took part in a Euroquiz, with 3 teammates - mine were German, Polish and Bulgarian. My team managed to make it to the final and win the quiz! This resulted in us winning a medal and of course the best part, a Euroscola jumper and cap.

The whole experience was extraordinary, making lots of friends from all over Europe and learning so much more about the EU makes this an experience I will never forget and would recommend to anyone who has the opportunity to take part in the future.



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Junk Kouture, Martha Cole



When myself, Gabriella and Kate started designing our dress for Junk Kouture, we never thought we would be lucky enough to receive a place in the Grand Final. As part of the Junk Kouture club that met every Wednesday, we were so fortunate to have so many bright and keen pupils who were driven to creating dresses out of recycled materials, and so to have two entries be showcased at the Glasgow SECC was incredible.

We chose our theme 'Princess of Ice' to represent the power and regal beauty of ice and snow. We began by shaping an outfit from all the 'junk' we could find. After spending months working with the first and second years, helping them with their own amazing designs, and creating our own, we took photos of every aspect of our design to capture its quirky beauty and sent them off to Junk Kouture.

The day of the competition, we rushed to the SECC, and spent the day cramped in a small dressing room with some of the other entries, preparing hair and makeup. We were taken to the stage for a small run through in groups, so that our model, Kate, could get a feel for the stage and practice her dramatic routine, which was put together by the wonderful Mrs Shaw. This allowed us to check out all the other designs, which were all just as flamboyant, although slightly easier to walk in than ours. With the practice done, we returned to the dressing rooms to put final touches to Kate's routine, and also glue thousands of sequins to her face.

The show starts, and the SECC was packed. The judges were introduced, Louis Walsh in all his glamour, and the catwalk begins. Both Kate and Mavia were on early, and so for the rest of the show we could relax and enjoy the many other designs. I think Gabriella and I were more nervous than Kate as she walked out on stage, but her performance went flawlessly, and we could not be more proud. She looked stunning, and the combination of music, lighting and routine made her look like a true Ice Queen. She got a large cheer from all of us sitting in the front row, and the judges looked pleased.

Mavia was next, and she came out with so much contagious energy. The audience were captivated, and her vibrant design made everyone smile as she bounced around on stage. We thought Mavia would be in with a great chance of winning the Junior Prize. Hopefully she will be running the Junk Kouture club next year.

After two amazing performances by Brendan Murray, and Reggie n Bollie, the first prizes



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were announced. Sadly neither 'Princess of Ice', or 'Colours' made the cut, although we think they should have! Despite not winning, there were so many deserving entries, and both of Balforn's performances were incredible. We are so proud of our entries this year, and we hope that the club continues to be successful, and that we can hopefully see a winning design on the stage next year.



Kate



Mavia

(pic taken by the Scottish Sun)

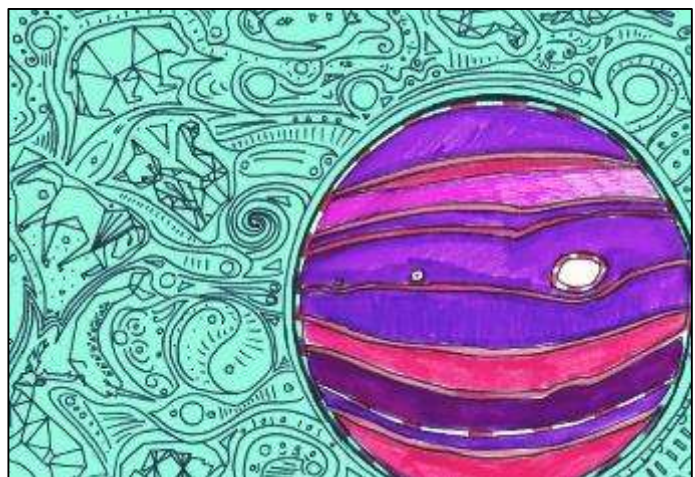
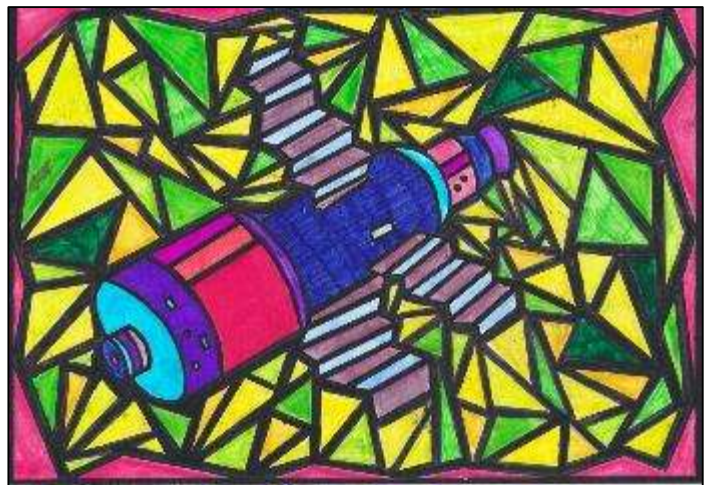
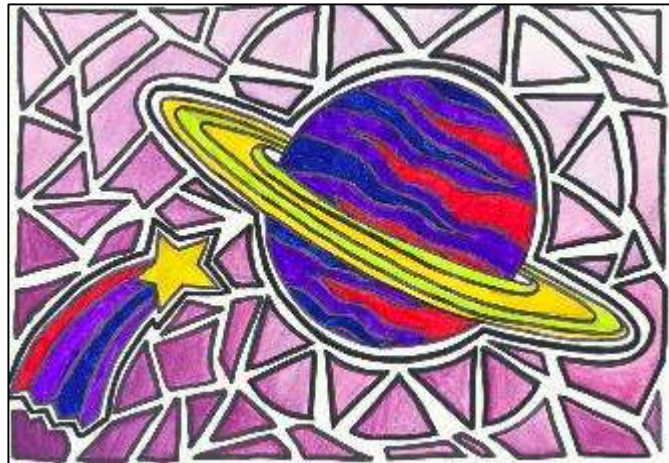
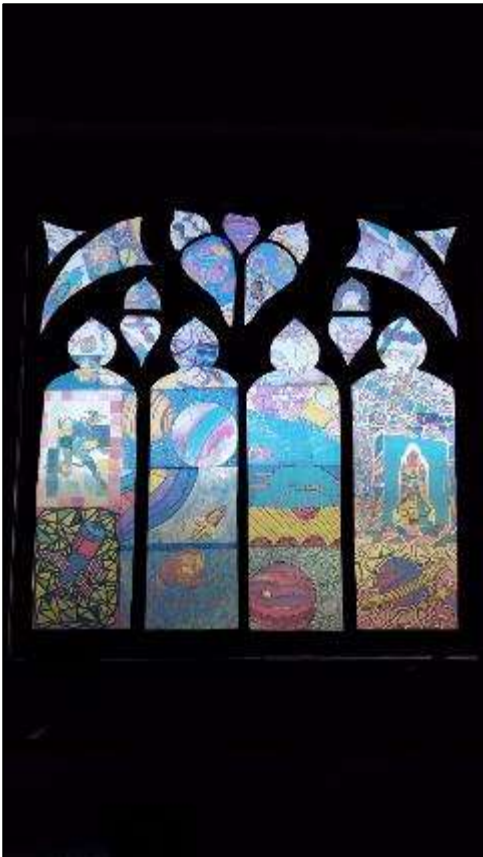


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S3 Stained Glass Window Designs

This is a selection of stained glass work created in response to a brief from the Glasgow Science Centre. The pupils were challenged to design a project for a panel in the Science Centre. The top left design shows what a completed panel might look like.





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STEM – CREST Award for Nadia Skabara



In the summer I did a Nuffield Research placement at The University of Strathclyde. This was a four week project in which I synthesised crystals which had possible metal conductivity, so could potentially be used in the screens of devices e.g. phones, computer screens or even televisions. I also learnt how to use origin (a program used to manipulate and present data), a UV spectrometer, and the general way a Chemistry research lab was run. At the end of my placement I wrote up a lab report that enabled me to apply for and receive a Gold CREST award.

Chemistry behind the experiment:

Oligothiophenes functionalised by a fused dithiole-thione functionality have a dual role. Firstly, they are organic semiconductors by nature of the conjugated chain (the series of thiophenes). Secondly, the thiocarbonyl functionality can bind through non-covalent interactions with halogens such as iodine to form adducts that self-assemble into highly ordered materials. The latter has been observed in simple molecules that don't react further with the halogen. This is where the novelty and really exciting nature of this project comes through- halogens should oxidise the oligothiophene to give a crystalline material with potentially metallic conductivity. The materials will be of high interest as components in organic electronic devices.

New Staff Appointments

Just before the holidays we were fortunate to be able to appoint some new teachers who will be joining us in August. As part of the selection process for permanent posts,



candidates had to present to a group of S3 pupils about what they would bring to the school. The picture below shows some of 3C1- Mairi, Lochlann, Archie and Sarah – preparing for being on the panel to select a Modern Studies teacher.



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Charity Work



3E1 with their certificate from Save the Children UK. The class organised a whole school Christmas Jumper day in December to raise money for the charity. A total of £455 was raised – well done 3E1 and Miss Vickers!

Trip to the Scottish Parliament



On Thursday 9th February our National 5 and Higher Modern Studies pupils took part in an extremely useful and successful excursion to the Scottish Parliament. Our visit began with an excellent tour of Parliament by our former Head Girl, Erin McKee, who now works part time for our local MSP, Bruce Crawford, whilst completing her studies at Edinburgh University. We then watched a fiery First Minister's Question Time, which heavily focused on the subject of educational attainment. Our day finished with lunch in one of the Parliament's committee rooms and a fantastic question and answer session with Bruce Crawford.



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Kirsty makes it to the ARTiculation Finals at Stirling University

Taking part in Articulation was a great experience, and a fantastic opportunity to really study a piece of chosen artwork. It gave everyone competing the chance to focus on why their chosen piece was unique to them, and allowed us to speak openly about the techniques that makes art so incredible. Personally, I found creating a speech describing how film has influenced my future beneficial, and would definitely recommend anyone taking part next year!



Ben Edwards, 5E3, elected one of Stirling MSYPs

The Scottish Youth Parliament represents Scotland's young people. Our vision for Scotland is of a nation that actively listens to and values the meaningful participation of its children and young people. My goal as a member of the Scottish Youth Parliament is to make this vision a reality, in order to ensure Scotland is the best place in the world to grow up.

After being elected, myself and my colleague Angus MacDonald have decided to focus our attention on youth participation and public transport. In the coming weeks and months, we plan on setting up a Stirling Youth Forum to allow people to easily voice their opinion on matters which affect them. We shall also be setting up an independent transport committee that would create a regular point of contact between youth representatives and spokespersons from public transport companies across Stirling.





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China Immersion Trip

Ten S5 pupils will be travelling to China in July with Mr Allan for a three week immersion course. In preparation they have been learning Mandarin and preparing for life in China.

Hanban teacher, Song, has been meeting with the group every week to get them up to speed for the visit. As well as learning Mandarin, the group have been doing Chinese crafts and sampling food. The biggest challenge to date has been in mastering chop-sticks!

Their trip will take them to Tianjin, Beijing and the Shandong Province where they will take language classes, learn Chinese crafts and take part in cultural visits. Watch this space!

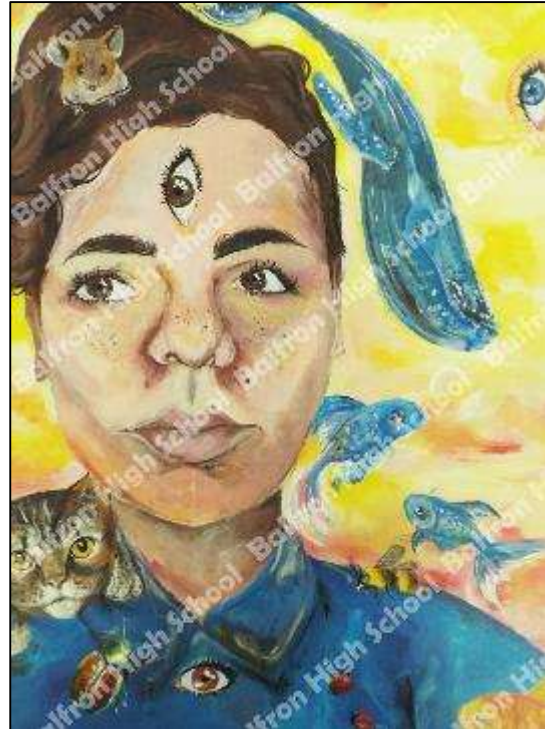
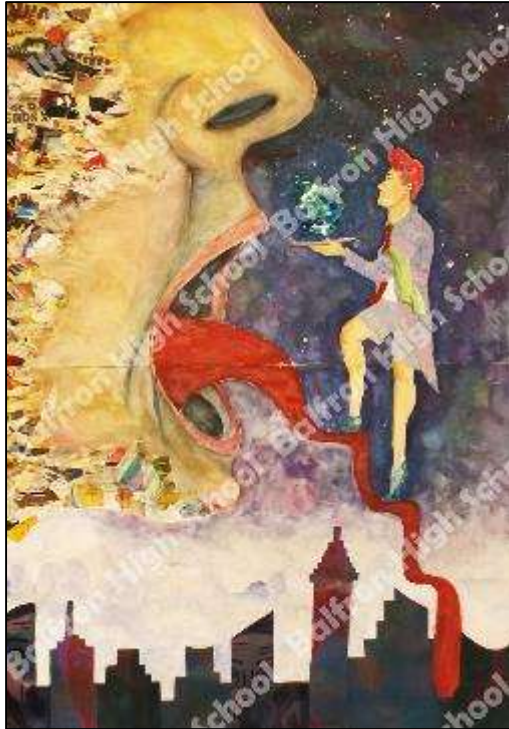




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Art Work



AH Work by Emma Pretorius and Martha Cole



HN Unit printmaking – 3 final intaglio prints by Storm Brown



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Excellence in Literacy at Balfon High

Some S1-3 pupils have embarked on the Accelerated reader programme and are doing really well. It has been great to see so many getting perfect scores in the accelerated reader quizzes. Massive well done to Kieran, Arvin, Chloe, Ryan and Ross, all pictured.





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Preserve Making Masterclass



Local volunteer, Rae Wilson came to Balfon High School to run a masterclass in the art of preserve making. Rae took the pupils through all the different steps in making lemon curd from scratch. She shared all the hints and tips needed to make the ultimate lemon curd.

The masterclass was set up as part of the Royal Voluntary Service. It was great to have Rae working with our pupils in HE. Rae organises the local lunch club in Balfon, a Royal Voluntary Service initiative for older people, encouraging them to maintain a healthy social life. Recently Balfon Church Lunch Club reached its 10th anniversary and honorary guests included members of Stirling Council and the local Community Councillor of Balfon who attended a celebratory lunch.

Edinburgh Fringe Exhibition

We have 4 pupils (Gabriella, Eilidh, Tess and Katie) from our lunchtime club that have been successful in having their work displayed at the Fringe Exhibition this year. We are very proud and pleased for them all.





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World Book Day, Blair Munro



On Thursday March 2nd Balforn High School gave the opportunity to 2nd and 3rd year to hear four celebrities talk about why English is important in school. I personally think this was amazing because it gave young kids the opportunity to look up to people who are successful in life and understand how they have to be good at school to have a good job.

The first celebrity to speak was a professional mountain biker, Kerry McPhee. She has a sister in the school called Miss McPhee who is a PE teacher. Kerry trained to be a PE teacher but then she fell in love with mountain biking. When Kerry was younger in school she didn't really like English but now she thinks that she should have tried harder. As a mountain biker Kerry trains very hard (from 1 to 5 hours a day.) she is trying to qualify for the next Commonwealth Games. English is important for her because she has to get sponsors, she has to tell her boss how her day has been and also do things like writing reports.



The next celebrity to talk to us was an author called Alex grey. Alex wrote fourteen books in one series and she has even won awards for her writing. She said one of her favourite books she wrote was 'The Riverman', that book was based on a murder which took place by the river Clyde. She writes books on crime so that means she often goes with the police to see crime



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scenes. She does that to get facts about crimes and then write about them. Alex's favourite book is by J.R.R Tolkien, (The Lord of the Rings.)

Our third celebrity was Lorna Robb. She is a local business woman and the director of Fraser dc jobs. She is in charge of all the finances and all of the buying and selling. They are a very successful company, who rarely gets any complaints from their customers. They have eighteen workers. When she was younger, Lorna didn't like English and didn't really pay that much attention to the English classes. She dropped out of school in 5th year because her mum and dad had the business and she went to work for them. She has been working there ever since. Lorna doesn't really read a lot but loves to listen to audio books while in the car on the way to work.

The last celebrity we interviewed was Rhona McLeod a well-known sports presenter for BBC Scotland. She gets to work at 10 o'clock in the morning and finishes at 10 o'clock in the evening. As soon as she gets in to work she has to write articles, decide what stories will need to be aired, and then she presents them to thousands of people watching the 6 o'clock news. When she was younger she wanted to become a lawyer, but when she was about to take her exams, she got very badly sick.

That meant that she couldn't go to university to study Law anymore. It was after that she decided she wanted to do something around sport. Rhona was a great athlete beforehand, she probably could have been a runner but after studying Media in the USA, decided that she wanted to be a presenter instead. One of the reasons for Rhona's success, is that she did well in English and she got good marks. Rhona needs to be confident in her use of English because she has to speak on television to thousands of people!





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STEM Ambassador Visit

On Friday the 10th of March, Elaine Coffey from Syngenta was one of our guests in the Science Cafe. Elaine is an Operations Manager in Syngenta, a global biotechnology company which produces agrochemicals and seeds to sustain the world's rising population. Elaine came in to speak to the pupils about her career and how she progressed from school to her current role in one of the world's largest agrochemical companies.



Pipe Band Championships



The Balftron High School Pipe Band is now officially up and running and competed at the Scottish Schools Pipe Band Championships on Sunday 12th March for the first time. We were delighted to come 4th of 9 entries in our competition class, with the quality of piping being listed as 2nd of the 9! A really encouraging start for the band; great effort!

Balftron High Ceilidh Band

The school Ceilidh Band were absolutely outstanding in their performance at Innis Sherwood-Thompson's ceilidh in Blanefield on Saturday 4th March! 6 young performers, accompanied by Mrs McEwan and Mr Ratcliff, played for 2 one-hour sets including the Dashing White Sergeant, Gay Gordons and Strip the Willow. The entire evening was a huge success and the band have had wonderful feedback since. Great job to the following pupils: Katy McEwan (fiddle, S6), Sarah Kellie (fiddle, S6), Jenny Gray (fiddle, S5), Hamish Finn (piano, S4), Rory Teed (drumkit, S6) and Lewis Forbes (guitar, S5)!



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Inter-House

And the winner of the 2016-17 Inter-house competition is.... **ENDRICK HOUSE!**



The inter-house programme at Balfon High has been phenomenal! It is so successful due to the massive number of people who invest in it – providing a range of activities that suit everyone. The House Captains have done a fantastic job supporting all of the events and encouraging loads of people from their Houses to take part.

This year there have been a huge number of events:

- 17 sporting events
- 6 academic events (this year 1st ever Numeracy Ninja)
- 6 creative events – (1st ever drama comp)
- 10 match events

These have been great fun for those taking part and those watching – there's some great evidence on twitter!



One of the last events, the Apache Relay was so close, it ended with a photo finish!

As well as the winning House, Mr Watson announced the House Captain of the Year. Well done to Kirsty Maitland (campsite House) who won this vote. We had a chance to thank Mr Watson for driving and coordinating the House Captains and inter-house. We wish him well when he takes up his new post as faculty Head at Dunblane High in August.



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Campsie House were all invited to a special celebration in the atrium at the end of the day where they enjoyed some cake and juice in celebration of their fantastic effort.



A look back at inter-house...





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Sensory Garden



ConneXions course pupils have been busy planting willow as part of a project to create a sensory area in the school grounds. This will provide a quiet, sheltered space that will include a range of plants grown for colour, scent and textures. There will also be a seating area along with bird feeders, chimes and banners.



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Apprenticeship Event, Mrs Patrick



A group of senior pupils attended the GTG Apprenticeship Open Day at GTG's training facility in Glasgow on 10th March. They had the opportunity to attend a talk on the application process, speak with current apprentices, try the practical tests used as part of the aptitude test and tour the facilities.

All of the young people who attended feedback that they found it very useful opportunity to see the training centre and ask questions about the range of apprenticeships on offer.



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Library Update, Mrs O'Donnell

Beginning in March, as part of the English curriculum's whole school literacy initiative, most primary seven classes from associated primary schools visited the library to gather information for their investigations across a range of curricular areas and develop information handling skills. An excellent range of resources was prepared for their visits by the school librarian who worked with Mrs Murphy, Community Librarian for Balforn Library, to provide nearly one hundred additional resources.

Pupils were also able to observe the manner in which pupils moved between classes along corridors and also how break and lunch queues formed.

Some pupils were also able to observe activities in the Home Economics and Physical Education areas of the school. Mr McIntyre delivered an excellent presentation for Killearn Primary School pupils on the wide range of opportunities for participation, performance and development of technical skills within the Music Department.



Drymen & Buchanan Primary Schools



Balforn Primary School



Killearn Primary School



Strathblane Primary School



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Fintry Primary School



Buchlyvie Primary School



It was great to see old and new pupils from Buchanan Primary together during the visit (left).

The library is a hive of activity at breaks and lunchtimes with pupils reading and choosing books, playing chess and maths games on the iPads.





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Wider Achievements



Congratulations to Lewis Stewart who was part of the Team Sprint European medalists. This is Lewis and teammate receiving certificates from Magnus Backstedt at the prestigious British Cycling Awards.



Congratulations to Ava Bowers who recently won a gold medal for kata and silver for fighting in Karate. Next stop is Hungary for the European Championships – good luck from all of us at Balfon High!



Congratulations to Emma Wilkes who won Gold in the English Open Judo competition and Bronze in the Sportif International Judo competition in April.



Congratulations to Harriet Patterson who won the Cello Open Solos at the Glasgow music festival; 2nd in young musician heat



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Well done to Sian Wallace who competed in the Forth Valley Disability Sport Swimming competition. She took silver in the 50m Breaststroke – well done!



Congratulations to Isla Britton who won the 14-15 category at round 1 of the ITU world triathlon series in Abu Dhabi.



Congratulations to Anna Warren who won a silver medal for her vault at the national gymnastics competition.



Charlotte Schmutz 1L2 has been shortlisted for the Poppies Scotland Letters Home competition. There were over 1000 entries so this is something of which we are very proud. Well done!



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Sports Round-up

Great success for Balftron High at the Stirling Schools Cross Country Championships



Congratulations to our S3/4 team (Rosie, Abby and Elizabeth) who won the team event. Isla Britton won the S1/2 girls race. Madeleine Woods came 2nd in the S5/6 race.





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Gymnastics - School Championships



Gymnastics continues to go from strength to strength at Balftron High.

This year we held our third annual Gymnastics Club Championships. The competition allowed for the school's gymnasts to display the skills they had been working on at gymnastics club to their parents or carers. It also allowed some of them to practice their competition routines in a competition setting in preparation for the Scottish Schools Gymnastics Finals in Perth.

The Championships was set out over three levels, level 1, level 2 and level 3 which allowed each gymnast to display their own ability. Overall, the Club Championships was successful with Anna Milne winning gold at level 1, Luke MacDonald winning at level 2 and Anna Warren winning at level 3.

Several of our Gymnasts went on to impress at the Scottish finals where Anna Warren picked up a silver medal in the individual category for her Vault.



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Athletics – Scottish Relay Championships



We are lucky to have some really talented athletes in the school competing for different clubs. They all had a very successful time at the Scottish Relay Championships. In total 8 of our school athletes won medals. Katie Burr and Lisha Carruth won bronze in the 4X 300m U15 event representing Victoria Park.

The U15 Central 4x100m team including Briagha Cook, Mia Glen and Coirilidh Cook won the silver medal, beaten by only 2/100ths of a second by Edinburgh AC.

Amy Kirkpatrick was in great form anchoring her Victoria Park Glasgow team for the silver medal in the U15 3x800m team and finally in the U17 Anna Cameron and Elizabeth Thompson won silver in the 4x100m with Central AC, very narrowly beaten by Dundee.

Well done to all our athletes.



Netball

Congratulations to our S1 netball team who reached the semi-final of the Gold section of the Scottish Schools Netball Championships. Although they didn't progress to the final the girls played well and did make it into Scotland's top 4 – well done!



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Hockey

Our junior and senior hockey teams had another successful month at hockey. We had a home advantage this month, with our junior team winning the Balforn tournament, undefeated, against McLaren and Dunblane. Our seniors also had a fantastic game to win against McLaren.





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Sports Leadership



Our S6 Sports Leaders have completed their course and this term were out, once again, supporting lunchtime physical activity sessions at our local primary schools. We are very proud of how they have done this year and hope that they will continue to volunteer at clubs to encourage participation for all young people.

The latest two classes to complete the S3 Sports Leadership course worked with Active Stirling and Scottish Athletics to run a Sporthall event for our P6 pupils and everyone had a great time. Thanks must go to Alison Gray who supported the event and led training for the classes.





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Balfon High Hosts Stirling Schools Badminton Championships



The Central Schools Badminton Association hold an annual Quaich or team badminton competition each year with this years event hosted by Balfon High School. The event took place over two subsequent Thursdays with a junior event followed by the Senior category. Pupils from Balfon participated against 7 other schools from the Forth Valley area. Each match comprised of a boys singles, girls singles, boys doubles, girls doubles and mixed doubles with matches played in pools. Teams then played the team in the same position in the other pool to determine their final standing in the Quaich. Balfon pupils acquitted themselves well with senior pupils managing to organise their own team themselves as well as balancing their parents evening appointments while Mr Davidson ran the event. The event is increasing next year to four evenings spread throughout the year for each age group with the Stirling Badminton Championships the first event next session. Badminton club takes place on a Wednesday after school and continues between now and the summer holidays.

Balfon took a large contingent of pupils to the Stirling Schools Cross Country Championships at Queen Victoria School. Some great performances on the day so a number of pupils progress to the Forth Valley Cross Country Championships in Bo'ness. Alongside some great individual performances each areas top runners placing were put together to decide which area (Clacks/Falkirk or Stirling) won that particular age group. Some great runs from a number of pupils resulted in Stirling winning a few of the different categories. Well done to all the pupils who took part.



Balforn Highlights

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Forth Valley Cross Country Championships



1st Place for Rosie Eckersley



2nd place for Angus Brownlie



Abby, Elizabeth and Rosie part of the winning Stirling girls team and Jamie is part of the Stirling winning boys team. Well done!



Balfon Highlights

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Aquathlon



Friday 21st April saw 9 Balfon High pupils compete at the Scottish Schools Aquathlon Championships (swim and run). The event took place at Stirling University, with Beaconsfield School partnering up with Triathlon Scotland to organise and run the event. The majority of the team had never competed in a multi-sport event before and did themselves proud. The team also included some seasoned athletes with Isla Britton and Callum Byrne taking 1st and 2nd respectively in the S1/2 competition. Rory Strachan finished strongly amidst a tough field of athletes in the individual event, and also finished the last leg of the relay event holding the team in 4th, 13 seconds off the podium. Special mention to Abby Rowley for stepping in to the relay event at such short notice. Congratulations to the team for all their effort on the day.

Full squad list: Sophia Kalmijn S1, Anna Milne S1, Callum Byrne S2, Gabriel Nicolson S2, Isla Britton S2, Callum Robertson S4, Gregor McArthur S4, Abby Rowley S4, Rory Strachan S6.



Balforn Highlights

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Balforn 4K

A massive well done to all of our runners who competed in the recent 4K event.



It was another spectacular day for the 4K and 10K. The event was a great success with many entrants from the school. The boys winner was Jon Bell 2nd was Finlay Hand and third was Stanley Mottram.

The girls event was won by Rosie Eckersley with Kate Findlay 2nd and Tess Hand third. Well done to all the pupils who completed the run. A huge thank you must go to the 10K committee for all their efforts and for the support they offer to the 4K.



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Sky Sport Living For Sport, Miss Hinchliffe

We had a fantastic day of swimming, Boccia and indoor curling for our Sky Sports Inclusion event. We welcomed Olympic and Commonwealth games swimmer, Caitlin McClatchey who delivered an inspirational Growth Mindset assembly to S1.

A group of S6 Sports Leaders enjoyed a teamwork and communication session with Caitlin where their problem solving and reactions were put to the test! We look forward to another visit from Caitlin in June!





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Rugby



The rugby teams continue their successful season. The U16 team won the Central Schools Sevens competition and finished in third place in the Lathallan Sevens competition. The S1, S2 and U15 girls team remaining undefeated in the Scottish Power Glasgow Warriors championships. They have now qualified for the final having beaten Douglas Ewart in the semi-final and now face Shawlands in the final. This game will be played on the 6th May before the Glasgow v Edinburgh Pro 12 game. This is a great achievement for all involved, well done.

We also have a number of girls who are involved in the National Cup finals with Balforn High players representing Stirling County RFC and Hillhead/Jordanhill. Good luck to all of them.





Balforn Highlights

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S1 Basketball Tournament

The S1 classes have been getting a period of week of Basketball and have been competing with their form classes with the winning team going on to represent their form class in an afternoon Basketball festival. The S1 pupils had a great afternoon supporting their house and spectating the event. The S6 Sports Leaders did a great job of supporting the event by refereeing, score keeping and coaching their teams. Thanks to all of them for their support.





Balfron Highlights

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Forth Valley Dance Competition



This was another very successful year for the Balfron High School Dance Troupe in the Forth Valley Schools Dance Competition 2017. Over 500 dancers both male and female, from 15 secondary schools within the Forth valley competed in the junior and senior categories in the competition at the MacRoberts Centre in Stirling.

The ethos of the competition embraces the creative ideas and choreography of the pupils. Balfron entered 6 teams of which the ideas for choreography included Spanish culture, emoji, a lion hunt, a journey in life, jazz and contemporary dance.

This year our dancers won 2nd place in the Senior Large category and 1st place in the Senior Small category and opened the show as the overall winners of FVSDC 2016. All of our dancers are so enthusiastic and committed to the dance club and are a joy to work with. In particular, the following S6 pupils have worked together as a dance troupe from S1 and in their final competition they have realised their potential. Well done to Lucy Evans, Orla Gerrard, Helen Barrett, Abbie Thomson and Alice Ferguson.

Sports Awards June 28th

A date for your diary, the Annual Sports Awards take place on the 28th June this year, and the event is building up to be even bigger and better. We are very keen to celebrate the achievements of all our pupils, including those outwith school clubs. We try really hard to capture all the information but if you have a young person who is competing to a high level in sport please pass this on to Mr Macquarrie - macquarrien01s@glow.sch.uk. All pupils who have competed for a school team this year will receive an invitation to the Awards night and pupils who are receiving a specific award will be invited with one parent.



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Dates for your Diary

2 May	SQA Exams
11 May	French Exchange
18 May	Parent Drop-in
5 June	New timetable begins
13 – 15 June	P7 Induction
16 June	Sports Day
20 June	Outstanding Achievement Ceremony * note new date
27 June	Summer Concert
28 June	Sports Awards

If you are interested in having a flavour of the day in the life of the school, why not follow us on twitter - **@balfornhigh**



Our U16s Sevens Rugby Team took third place in the Lathallan Sevens – congratulations!