



# Balfron Highlights

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## S1 Residential 2015, Mr MacKay

Once again the S1 Residential was hugely successful with 153 pupils enjoying taking part in a variety of outdoor activities and learning new skills.

Pupils in Campsie House visited Lochgoilhead Outdoor Centre, Endrick pupils visited Ardmay House and Lomond pupils visited Ardentinn Outdoor Centre.

The residential is an important final part of the transition to Balfron High School and the young people had the opportunity to make and establish friendships within their House groups. It was also an excellent opportunity for the young people to get to know the staff members who will be key to providing them with the support they require as they progress through Balfron High School. I am sure that the friendships and memories made on their week away will last for many years.

Thank you to all S1 parents for their willingness to finance this excursion and to the Balfron High staff who gave their time to support the young people on the residential and to make the week such a success.

## Campsie House at Lochgoilhead





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## Endrick at Ardmay House



**The ultimate Endrick selfie!**



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## Lomond House at Ardentinnay





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## Headlines

30 October 15

Dear Parents and Carers,

This edition of Balfron Highlights showcases some of the work and achievements of our young people and staff in October. In addition, I hope you enjoyed the S1 residential photos from the end of September – they didn't quite make it to the last edition!

Our senior phase pupils have mostly finished the first unit of national qualification work. I would urge them to take advantage of the supported study opportunities that are available to them. The programme is near the back of this (p33). We are keen to ensure that all of our young people are working hard, all of the time. To help with motivation and to provide strategies for study, S4 and S5 pupils attended a study skills workshop delivered by Live-N-Learn.

As a school community we are working to develop our understanding and application of growth mindset. We recognise that this is a crucial factor in supporting learning and developing resilience in our young people. The work of Live-N-Learn along with staff discussions at team meetings and assemblies, has already helped raise the profile. A group of staff, led by Mr Macquarrie are influencing improvements in this area. For those interested, growth mindset is based on the work of Carol Dweck. The video clip link below provides a useful introduction.

[https://www.ted.com/talks/carol\\_dweck\\_the\\_power\\_of\\_believing\\_that\\_you\\_can\\_improve?language=en](https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=en)

There have been some staffing changes recently. Congratulations to Mrs Henderson who secured at PT Pupil Support post at Dunblane High School. Mr McFarlane is taking over her Lomond pupil support caseload and Mrs Young her modern languages classes. Mrs MacDonald in Art and Design has left us to take up post at Glenwood High School – congratulations to her. She is replaced by Mrs MacLean.

We are working on a new website that will run through GLOW. The website plays an important role in communicating with parents and the local community. A group of staff are currently uploading up to date details. It is planned that the changeover will take place in the New Year. Staff school email addresses will also be migrating to GLOW. I will keep you apprised of this and update you when the time comes.

The Priority Based Budget Draft Report 2015-16 sets out the detailed options council officers are proposing form the basis of next year's budget. These options will provide the basis for community and stakeholder conversations prior to the final budget being set in February 2016. Here is link to document:

[http://www.stirling.gov.uk/\\_documents/2015-16-draft-budget-report-october15.pdf](http://www.stirling.gov.uk/_documents/2015-16-draft-budget-report-october15.pdf)

**Balfron Community Conversation will be on Tuesday 17th November at Balfron High School  
7.00pm till 9.00pm.**

Thank you for your continued support of our school.

Elaine Bannatyne, Head Teacher



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## Balfron 10K – Thank you!

Every year we are supported brilliantly by the Balfron 10K. The financial contribution has a huge impact day to day on our young people. We have been able to buy kits for our school teams to compete in, and resources to support activities (new and established). This contribution helps ensure that our co-curricular program is resourced and as a result it thrives.

We are extremely grateful for the generous contribution from the 10K organisers and very much enjoy supporting the event with our own 4K run.

The picture, right, shows some of our pupils, sports ambassadors and Mr Macquarrie receiving the cheque from 10K organisers, Colin Mendham. Young people in the photograph are Angus Brownlie, Megan Baker, Briagha Cook, Kieran Curtis, Jacob Bell and Niamh Doyle.



## Senior Prefects 2015-16

We are keen to maximise leadership opportunities for our young people. Here are some of our senior prefects along with the Head Prefects.

Each Home Area has two senior prefects, each house also has House Captains.

All have made a great start to the session. We wish them well with their duties.



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## Pupil Achievements

### Catherine Eckersall, 6L2

Catherine and her parents were invited to the Modern Studies Association Conference at Glasgow University to receive a special award. Catherine achieved a perfect 100% in the Higher Modern Studies 2015 paper and was presented with an award for best performance in Scotland from Professor James Mitchell (below left). This is an outstanding academic achievement. We are all very proud of Catherine – huge congratulations from everyone at Balfion High School!



Catherine is pictured with her parents (above right) and with a Mr Sheerin, her modern studies teacher last session, and Mr MacKay, Principal Teacher in with responsibility for social subjects and Campsie 1.





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## Harry Johnson – Top mark for Advanced Higher French!



Balftron High hosted a special award ceremony this month in recognition of another outstanding academic achievement. Harry Johnson (last year's S6) achieved the top mark in Scotland in Advanced Higher French. Gerry Toner, the president of the Franco-Scottish Society along with some colleagues came to present Harry with a special award. Pupils and staff gathered to congratulate Harry and mark the occasion.

Harry is pictured with his parents, Mrs Wood (Principal Teacher in charge of Modern languages/RME and Endrick 2) and Gerry Toner, above left and with Mr Toner above right. Harry is now studying French and film studies at St Andrew's University. Congratulations to Harry from all at Balftron High School. It is wonderful to see hard work pay off. We wish him well at St Andrew's.



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## Ava Bowers, 2L3



In July 2015 my karate club, Hokushin Karate Academy, had the great honour of hosting the 2<sup>nd</sup> JSKA European Championships in Glasgow. It took eighteen months of planning and preparation to host the Europeans, which turned out to be an amazing event. Countries from all over the world competed even though they are not part of Europe, such as Namibia and Russia. Even though I wasn't part of the Scotland team I was allowed to compete due to the fact that my club were the hosts. I entered into four events: Kumite (fighting), kata (routines), team kumite and team kata. I won three gold medals and one silver medal. I got the silver in the individual kumite.

As a result of my success at the Europeans (winning three titles) I was asked by Sensei Mike McCusker, the Scottish Chief Instructor, to join the JSKA Scotland Squad. I am now going to compete in the World Championships which is being held in Namibia in 2016.

## Triathlete S1 – Isla Britton 1L1



*(left, 2015 British championships charging into transition/1<sup>st</sup> off the bike)*

I started triathlon at the age of 8. It all started because I learned how to swim that summer and entered in some swimming



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competitions (I spend the summers in Montreal, Canada and once a week, all summer, there are swim meets where different cities within a district compete against each other) and I did really well.

My father and mother were also training for the Glasgow Great Scottish ½ Marathon that summer and I would watch them go out for a run and asked if I could run too. My dad or mum would take me out and I would run around the block, taking a break half way round when I started but after a couple of goes I was able to do it and got faster each time.

Every year in our local village in Montreal there is a triathlon and when posters went up to promote the event I asked my parents if I could do it, some of my friends were going to do it, but I could not as I had to come back to Scotland for school. My mum said, maybe there are some events in Scotland so we looked it up and it turned out there was an Aquathlon (swimming and running) event in Milngavie the week after we got back from Montreal. I had no idea what I was doing but did it and came in 2<sup>nd</sup> and then went on to do more races in the series that year (there are about 14 races throughout the season). The rest is history!

My achievements for races are below, which I am proud of and I always walk into a race with the view to win but I am learning that the winning is only a bonus; through training, I have met so many great friends, I have learned to challenge myself and that having a bad day is okay. I also have great people around me who give me fantastic support and advice; my coach, my parents and Catriona Morrison (my mother's business partner and 4 time world duathlon champion)- the night before the British Triathlon Championships this year she sent me a text, which included "Control what you can and the rest will fall into place".

My ambition is to be a professional triathlete and to be World Champion one day; I think I have the ability and know I have the courage and determination to achieve this; it is a long road ahead before I get there and look forward to all the learning, which will come with this journey.

## Results

### 2014

11-12 year old Scottish Triathlon Champion (first year in age category)

11-12 year old Scottish Aquathlon Series Champion

Under 12 Quebec Triathlon Champion

Represented Scotland in the British Championship – 22<sup>nd</sup> place (chain fell off bike and lost 2 mins)

### 2015

P7-Stirling Cross Country Primary Schools Champion

P7-Forth Valley Cross Country schools Champion

P7-National Cross Country Primary Schools Silver Medal Winner

11-12 year old Strathclyde Triathlon Winner (Qualifier for Scottish team)

Under 13 Quebec Triathlon Champion – first year in age category.

British Championships Silver Medal Winner

Scottish Aquathlon Series Winner



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**Meghan Davis, 5C3** continues as a member of the Scottish Regional Alpine Academy, and she was selected for the Great Britain Alpine Development Group at U16 this year. She has been selected to race for Scotland at the World Schools' Ski Championships in Italy in February 2016. Racers are selected from the GB Alpine Development Group for a series of international youth races throughout the season. Meghan has also been selected to attend a coaching camp in Canada. We wish her well and look forward to hearing all about it!

Congratulations to **James Forrest** (right) in 2E1 who received the SQA SCQF Level 5 in Scottish Bagpipes. James had to complete a theory and solo performance assessment before being presented with his award. Well done James!



**Lucy Malloch** (left) in 1C3 attends Forth Valley Gymnastics Club in Falkirk. She entered her first TeamGym gymnastics competition on Sunday 11th October. Her team (4 gymnasts in total) came in 2nd place and won a silver medal.

Congratulations to Lucy!

**Lachlan Reynolds** in 2C2 (right) competed in the Scottish area qualifying for the American golf junior championships. He was successful and qualified for the national under 18 junior championship finals at Gainsborough in England. He competed at the highest level and did well in the final. Sky sports covered this event and it will be broadcast soon. Well done Lachlan!





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## European Day of Languages



On Friday 25th September, Balftron High School celebrated European Day of Languages. There was a host of fun activities throughout the day, including quizzes, language games and an opportunity to find out how many different languages are spoken by our staff and pupils. The highlight of the day was lunchtime, where the canteen had prepared a variety of delicious European dishes including paella and flammkeuche. There was even some entertainment - we were treated by some of our S4/5 linguists to a performance of a dance routine to a well known French song. Formidable!





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## Balftron High Open Afternoon

Balftron High School Open Afternoon  
Monday 5th October 2015  
3.45 - 5.15

Join us for an informal opportunity to:

- Tour the school
- \* View some of the fantastic co-curricular activities on offer
- \* Meet current pupils
- \* Meet with teaching staff & members of the Leadership Team

P6 and P7 pupils and their parents and carers were invited to visit Balftron High School on the 5<sup>th</sup> October. This marks the start of the transition process for future S1 pupils.

It was great to have so many visitors to the school who were shown around by enthusiastic prefects and got to watch and, in some cases, take part in the after school co-curricular activities that are offered at Balftron High School.

Every team and curricular area showcased their work. There was a debate to watch, art and science clubs, creative writing, French, German and Spanish as well as information on the French Exchange. Supported Study was running in many areas. Pupils were working on music technology in creative arts. The Young Ambassadors outlined the co-curricular sports that are on offer.

Highlights included performances by Liam Cassidy on piano and on xylophone in the atrium.





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Some pictures from the open afternoon



The photos were taken in modern languages, creative writing, art and science during the open afternoon.



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## Stirling Volunteer Awards – Sarah Oswald, 6C2



Last September back in 2014 a group of S6 pupils went on a week's residential to Callander to be trained up as peer educators. The week involved us taking part in a number of activities to improve our team working skills and to help us build our confidence more. The purpose of the week was for us to work with a voluntary group called Street Sense to talk and learn about issues that could affect us for example alcohol and drugs then we could talk to other school years and warn them of the dangers of these issues. Throughout the week we were also completing the John Muir Discovery award which we were awarded with from people within the John Muir Foundation. As a result of this week and all the extra work we have done. Elaine Cochrane from Street Sense nominated us for volunteer team of the year and we were successfully put through to the short list. Stirlingshire Voluntary Enterprise invited us to the awards in Stirling last month, it was a great evening but we unfortunately just lost out on the award...next time!

## Astronomy Club - Lois Millar, 6L2

This year Astronomy Club has taken off with a bang. So far we have had some fantastic presentations on pulsars, dwarf planets, the ISS and gravity. This term we are looking forward to learning about constellations in the night sky, hopefully viewing some sun spots and making our very own spectroscopes! New members are always welcome to join us on a Tuesday lunchtime in Mr Cameron's room (C15) to discover some of the many wonders of the universe.





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## Science Club, Miss Collins

Science Club is a fun and interactive club open to S1 and S2 pupils. We meet every Wednesday lunchtime to explore exciting and hands-on Science. We have chosen to explore a different theme every half term, beginning with 'Things That Go Bang!' which was a big hit with everyone that came along. We looked at the science behind fuels such as methane and ethanol and in the process lit bubbles on fire and set off some ethanol fuelled rockets! Between the October break and Christmas the theme will be 'Colour' and we kicked things off by investigating the science behind the colours in fireworks! Follow us on Twitter @BalftronSciClub to see what we get up to!

Here's what are member have to say,

"Science Club is EXCITING!!" - Alex, S1

"We discover so much every week" - Finn, S1

Some of our personal highlights are:

"Elephant's Toothpaste" - Joshua, S1

"Ethanol Rockets" - Finlay, S1

"Methane Bubbles" - William, S1





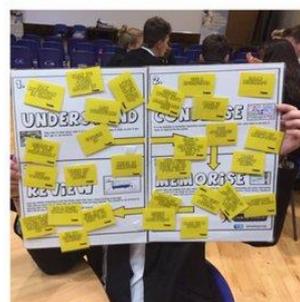
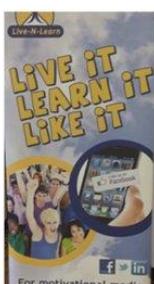
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## Live N Learn Exam Prep for S4, S5 and Parents

Live and Learn were out delivering workshops to both S4 and S5 last week. Live and learn promote a strong message “that if you want to succeed in life, you need to take personal responsibility, and make things happen for yourself.” The workshops are aimed to promote a growth mind set; believing that intelligence, abilities, talents and personality are not simply fixed traits that cannot be altered. On the contrary, we advocate that all our qualities and skills can be developed through hard graft, effort and practice.

Interactive presentations took place that inspired students to take responsibility for their own learning and decision making. Through a combination of fun activities and hard hitting messages, students are encouraged to reflect on their own strengths with confidence. Students left the workshop with renewed enthusiasm and practical advice on how to achieve their full potential and make informed decisions.





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## RSNO Project – To Absent Friends, Oliver Patterson 1E1

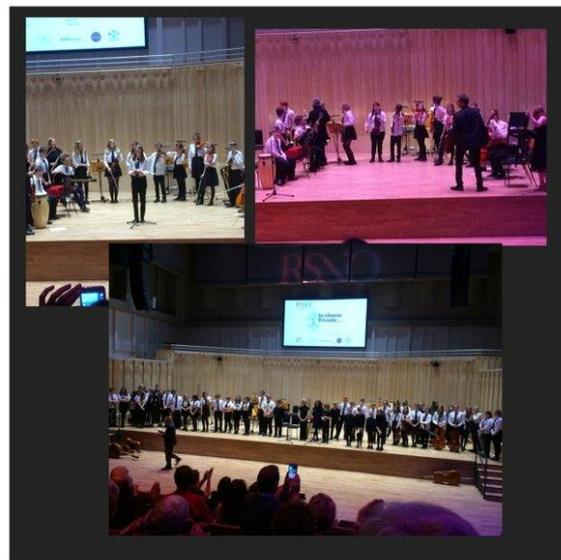
Several schools from around Scotland (including Balfion High School) were invited to take part in a creative project called 'To Absent Friends'. The project is aimed at helping people deal with loss and death through music and writing. Pupils from ages 11 to 16 have worked with writers and musicians to create a piece of music to perform at the new home of the RSNO. At the beginning of October, Christine Cather (writer), Helen Brew (flautist) and William Chandler (violinist) came in to experiment with the different writing and getting peoples' creative juices flowing for the following few sessions that were to come.

The plan was to write about people we had lost which made it powerful as we had all experienced loss of some description, and everyone had something to say. We chose several pieces of writing that were the most heartfelt to use as part of the performance.

20 young people from Balfion took part in the event, 16 of them being musicians so there was a lot of musical talent. We composed a piece of music between us to express our feelings. Every session we edited the music or the writing and we came up with new ideas for our performance. Everyone's suggestions were involved in the creation of the piece and it turned out to be a very powerful message that we had always wanted it to be. There were several instruments including violin, cellos, a guitar, a clarinet, bagpipes, a trumpet and percussion.

There were four schools there on the day all from different parts of Scotland: Craigie HS, Glasgow Junior School, Portobello HS, Walker PS and Balfion HS. There was a range of talent from playing to writing to singing. We were very privileged to play in the small auditorium at the Glasgow Royal Concert Hall, to about 300 people. We enjoyed listening to the performances from the other schools and we were very happy with our own.

On behalf of the pupils who took part we thank the teachers at Balfion for their help and dedication to the project and also to Christine for her incredible writing skills and Helen Brew and William Chandler for their spectacular playing and support.





## Work Experience Case Studies

### Kirsty MacDonald, 4E1

I completed my work experience at Look Opticians in Erskine and I very much enjoyed my week. The owners and staff were very friendly and made me feel very welcome. I managed



to successfully accomplish a variety of tasks that were asked of me from filing patients' cards to cleaning customers' glasses and I even got to meet the rep and pick a few new frames. Throughout the week I sat in on many appointments and saw many interesting and very rare problems in some patients' eyes. I was able to look at the back of some patients' eyes and studied the pictures with the optometrists. I learnt a lot about the human eye and the career path that I would like to follow in the future. I met the patients and employees who were all very interested in my choice of career and had many questions to ask me. They all wished me good luck with my goal. Before work experience I only had a slight idea that I wanted to be an optician but now I am fully aware of what is required for the course. I definitely know that optometry is my chosen future career.

### Work experience at The Macroberts Art Centre, Molly Schutten 4E3

When I arrived at the Macroberts Art Centre it was very daunting but Vanessa (my work experience contact) and her co-workers made me feel very welcome. Throughout the week I worked on teachers' resources and fliers for the play "My name is". I also started developing an Easter workshop from scratch. I decided to make a film and drama collaboration workshop. Vanessa said that she would maybe work off of my idea and the one from Sylvan (another pupil doing work experience there) to create an actual Easter workshop that the Macroberts Art Centre will put on. I also helped at a variety of other workshops which included a drama workshop for people with learning difficulties, an "Over 65s" dance workshop and a p 5/6 art workshop.



Another experience was that I got to usher for a showing of "Miss America". During my work experience I talked to many people about their work in the Macroberts so I have learnt about lots of different jobs not just one. Overall I would say that this was an amazing experience and would recommend for anyone trying to find a placement to try and get something you want to do or something that you are interested in.



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## Work Experience at HCS, Courtney Trotter 4L3



On my week of work experience in September, I was with a company called HCS group in Glasgow. I was mainly working in the finance department where I was working with different people and learning new things about what they do and what happens in their part of the company.

I moved around to see different departments and worked with them. This included the sales department and customer services. I was learning new things every day and doing tasks for the company – even the bosses. I was filing documents away into big boxes to get put away for storage, scanning and photocopying orders and projects, sorting and writing tasks for projects, typing invoices into the computer and printing them and made one or two phone calls.

On the Friday of my work experience I was really sad as it was my last day but they gave me a thank you card and a gift voucher for all of my hard work. I also got offered a job! They thought I was older and were going to give me a full time job but as I am still at school, they have offered me a part-time job. I really enjoyed my work experience at the HCS Group as I got to work with different people and do different tasks. I am looking forward to working with them part-time.

Well done to all of our young people who successfully completed work experience with fantastic feedback. Here is Jamie (right) sanding a window ledge. Jamie had a great work experience week with Stirling Low Carbon Futures.



Scott and Louise were working hard at Green Routes developing horticultural skills.



If you would be willing to be an employer partner with Balfron High School, please contact Tracey Patrick, [patrickt01s@stirling.gov.uk](mailto:patrickt01s@stirling.gov.uk)



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## Norwegian Visitors

Working in partnership with Glasgow University, Balftron High hosted two visits from colleagues in Norway. The visitors were representatives from Norwegian National Centres and the Directorate for Education and Training. They were very interested in learning about Curriculum for Excellence and seeing it in action.

Our young people and staff met with guests and discussed approaches to developing literacy, inter-disciplinary learning and leading and managing change. Some of our young people performed musical items, gave presentations and took guests on a tour of the school. Our hospitality group did an outstanding job in planning and organising lunch for our guests. They took great pride in serving lunch very professionally.



Our guests spent the afternoon visiting lessons across the school. The feedback was excellent. Pupils and staff did a fantastic job showcasing our school. There was much to learn from the different ways Norway delivers the curriculum and organises learning. We have been invited to Norway to exchange ideas. Watch this space!





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## Poly Tunnel Grand Opening



Our official opening ceremony of the Balftron High Polytunnel took place in October. ConneXions pupils Robyn Horsburgh, Scott Burr, Louise Oswald and Aaron Alsiran were present to cut the ribbon alongside Amanda from Stirling Low Carbon Futures. Our young people enjoyed showing guests the work they have been doing and the produce they have grown. Our tomatoes, herbs, salads, potatoes, peppers, aubergines and strawberries have been doing well and the pupils have been cooking with the produce in Home Economics.

The ConneXions course is planned around making curricular connections, making the connections between what we eat and how it grows, connections with local producers and related businesses and also connections with the environment in relation to low carbon activity, up-cycling to reduce waste and the consumers' connections to local produce and sustainability. All of this is done in partnership with our own Eco-Schools group and Bellrock, who manage the campus facilities, including the kitchen.



## Duke of Edinburgh Award

Our S4 pupils have been working on completing the Duke of Edinburgh Bronze Award. Now that the expeditions are complete, it's time to ensure that skills and volunteering are up to date. Using the library iPads, young people were uploading relevant information to their EDofE profiles. Our internal school deadline for this is January 2016. Updates of individual progress are included in S4 reports.



## S4 Leadership – Fun Athletics, Neil Thomson (Active Schools Coordinator)

To date S4 sports leaders have been working on planning sessions and how to plan an event.



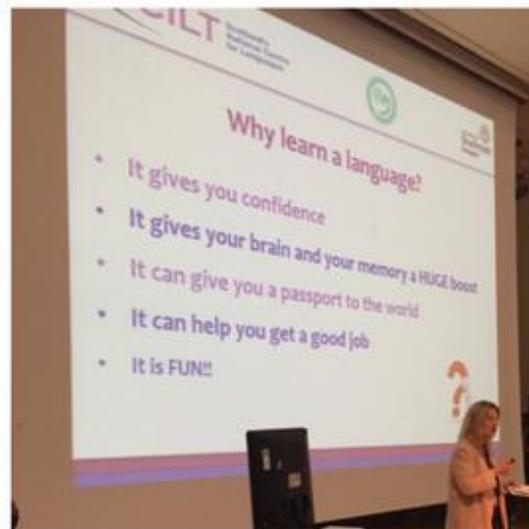
For the next 5 weeks the S4s will be planning and delivering coaching sessions to all Primary 6 and 7 pupils from Balftron Primary School. These sessions will be based around four sports: Hockey, Football, Athletics and Rugby. At the end of 4 weeks of coaching, the Sports leaders will plan an event which will incorporate all four sports.

S4 sports leaders have also had the opportunity to assist at the cluster Fun In Athletics event (left) which was based in the high school for all primary 5 pupils in the learning community. There were twenty S4 sports leaders who were involved, they were training by the Athletics Development Officer and from the two weeks of training they will then lead specific events at the Festival.



## Languages Day

On Friday 9th October, Balfron High School hosted a Languages for Business Day for all pupils in S3 and all pupils in S4-6 who study at least one foreign language, almost 300 pupils. Various businesses and individuals who use a foreign language in their industry and value employees with knowledge of a foreign language were represented. There was such a response from businesses wanting to participate that pupils could only take part in 4 or 5 workshops. The response from the pupils was extremely positive with many of them making contacts for the future and collecting lots of business cards!





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Pupils learned about the benefits of learning languages with Andrea Wieler from the Goethe-Institute, Brand Ambassador Ken Lindsay, from Pernod Ricard, The Scottish Tourist Guide Association and many others. Thanks to our prefects (top right) who helped with the smooth running of the event.



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## The STV Appeal



*(picture left to right  
Eva Brownlie, Amy  
Kenn, Emma Wilson,  
Ellie Johnstone, Anna  
Warren and Callum  
Cummine)*

One of our current S3 pupils, Callum Cummine, initially proposed to the Senior Leadership Team, the idea of taking helping with the STV appeal. The STV appeal is a children's charity aimed to help those living in poverty.

The fundraising activities included teacher" take me out" and the penny collection; collecting one pence pieces to spell out STV appeal in the atrium.

Callum and a team of pupils alongside Miss Vickers were invited along to the live broadcast of the appeal on Friday the 16<sup>th</sup> of October. They had an opportunity to present their cheque on live TV for the £286 raised during these activities.



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## Balftron High School Library Update



Balftron High School library is always a busy place, offering a wide range of exciting activities and support for learners.

Earlier this month a group of first year pupils (above right), along with Mrs Mailer met together during lunch in the library to discuss a novel they had read, *Wonder*, by RJ Palacio. The book generated meaningful discussion about topics relevant to school life and friendship.

The library hosted a **book fair** this past week (above left). Many pupils took advantage of the opportunity to browse at the fair, and purchased books for their home libraries. This helped to earn a few free books for the school library. In addition, each day there was a lucky draw; five lucky pupils enjoyed selecting a free book for themselves.



Promoting literacy, Mr Blair's English class became super competitive playing word games (above).



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The library provides a quiet and comfortable place for S6 buddies to work with younger pupils .



Advanced Higher Spanish students (below left) use iPads to access Scholar revision material. S2 pupils use library resources to investigate famous scientists (below right).



The bridge club meet with Mr Knox (left) on a Wednesday after school in the library. We are looking for new members to join the group.



# Balftron Highlights

[www.balftronhigh.org.uk](http://www.balftronhigh.org.uk)

## Sports Leaders - Neil Thomson, Active Schools Coordinator



To date the S6 sports leaders have done many Fundamental coaching courses these included:

- Early Years Training
- Positive Coaching Scotland
- Rugby Fundamentals
- Football Fundamentals
- Multi-Sport Fundamental
- Club Golf

Following on from these training course the S6 sports leaders have been for a visit to each of the

local primary schools. Each of the four classes have two primary schools they will work with throughout the year, all eight feeder primary schools now have lunchtime activity, planned and delivered by S6 Sports Leaders these activities will continue for the next five weeks.

The S6 sports leaders have also had the opportunity to help at a Rugby Event which was at Strathendrick RFC, there was 14 Sports Leaders in attendance and there role was to support a group of kids from one of the feeder primary school, warm the teams up, explain touch rugby rules and help within the game situation.

Each day of the week there is also a S6 sports leader who is out in the community with myself or another Active Stirling member of staff helping within the local primary schools or community classes.



## Inter-house Swimming Gala



On Friday the 9<sup>th</sup> of October the school hosted our annual swimming gala which is a multi-event swimming competition including front crawl, back crawl, breast stroke and a medley relay across all year groups. The final race was crucial in deciding the winner between our three houses: Campsie, Endrick and Lomond.

The final results for house points were Campsie 101, Endrick 73 and Lomond 100 points.

Aaron Weidmann, our Campsie house captain, described the result as “amazing” although Endrick house are still overall leaders in the inter-house competition.

The inter-house programme is a huge part of our school and contributes to a very positive ethos. It is very tightly contended. Points are gained from the merit system and the many activities that take place on a Tuesday – Thursday lunchtime. It is nearly time for the song contest! The scores so far are:

**Campsie**      **460**

**Endrick**      **480**

**Lomond**      **450**

**Your House needs you!**



# Balfron Highlights

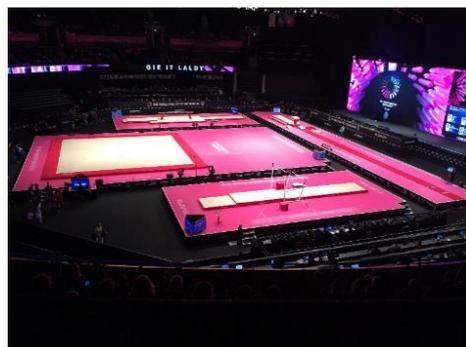
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## World Championship Gymnastics - Anna Warren, 3L3



On Friday morning it was an early start as we were off to the SSE HYDRO to watch the 2015 World Gymnastics Championships. We were all very excited!

As we arrived at the Hydro the competition was just beginning, we had brilliant seats and could see every piece of apparatus. It was such an amazing day out and definitely worth getting out of bed so early! We got to see some of the world's greatest gymnastics in action, which was so inspiring! We even got to meet the Women's GB team and many other gymnasts. Overall it was a fantastic day!





# Balfion Highlights

[www.balfionhigh.org.uk](http://www.balfionhigh.org.uk)

## Some BHS Team Update



U13s 5-4 against Lornshill Academy



S2 won 6-4 against Wallace



S2 beat Coltness High 7-2 in Scottish Cup



Rugby: Balfion V Alva



S1/2 played Stirling High



Senior mixed hockey came 3<sup>rd</sup> at Alva tournament



# Balftron Highlights

[www.balftronhigh.org.uk](http://www.balftronhigh.org.uk)

## Girls Rugby, Mr Dalziel

The Girls Rugby at the school has been getting increasingly popular and this year we have around 40 girls from S1-S6 attending training every Thursday afternoon after school. We have a number of experienced players returning, along with a lot of girls who have never played the sport and the teams are starting to train together well with their skills developing every week. The girls are being supported at training by Mr Dalziel and the schools Rugby Modern Apprentice, Ciera Campbell. We now have enough numbers to enter both an Under 15's and Under 18's team into the National Girls Cup competition which will be commencing soon. The teams will be led by the newly appointed captains and vice captains which were voted for by the girls. For the U15 team we have Lorna Farquhar (3C1) as captain and Alex Clark (2E1) as vice captain. For the U18 team we have Tallulah Armstrong (5C2) as captain with Izzy Gray (6E1) and Anna McCallum (6L2) as vice captains. We now have a number of girls attending club rugby at West of Scotland Rugby Club on a Monday evening which will hopefully further the girls progress as rugby players. Here's to an enjoyable season.



## Ski Success!

Having won the regional competition at Bearsden Ski Club, S1 Novice Skiers took silver medals in team slalom at the national schools skiing event at Snowfactor.

Congratulations to the team! We look forward to following their progress.





# Balftron Highlights

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## Supported Study for National Qualifications

Subject	Day	When	What level
<b>English</b>	Vary according to student needs- they need to arrange a day with teacher		
<b>Maths</b>	Tuesday	3:30- 4:30pm	Advanced Higher
	Tuesday	Lunchtime	National 5
	Thursday	3:30-4:30pm	National 5
	Wednesday	3:30-4:30pm	Higher
	Wednesday	Lunchtime	Homework/Revision
<b>Creative Arts</b> Music, Music Technology & Art & Design	Any day	Lunchtime or after school	All levels and subjects
<b>Health</b> <b>PE</b>	Tuesday	After school	National 5- PE
	Thursday	After school	Higher- PE
<b>Biology</b>	Any day	Lunchtime	Higher
	Thursday	Lunchtime	National 5
	Any day	Lunchtime	Any Biology support
<b>Chemistry</b>	Monday	3:30pm onwards	Higher and A Higher
	Wednesday	3:30pm onwards	National 5
	Any day	Lunch/After school	Higher
<b>Physics</b>	Wednesday	After school	National 5
	Thursday	After school	Higher



# Balfon Highlights

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<b>Modern Languages and RME</b>	Any day	Lunchtime	All
<b>Social Subjects</b>			
<b>History</b>	Monday	After school	Higher
<b>Geography</b>	Tuesday	After school	All Levels
<b>Modern Studies</b>	Thursday	After school	After school
<b>Design and Technology</b>			
<b>Accounting (H)</b>	Monday/ Wednesday	After school	Higher
<b>Business Management (H)</b>	Thursday	After school	Higher
<b>Graphic Communication (H)</b>	Thursday	After school	Higher
<b>Design &amp; Manufacture (H)</b>	Monday	After school	Higher
<b>Design &amp; Manufacture (N5)</b>	Wednesday	After school	N5
<b>Practical Woodworking (N5)</b>	Thursday	After school	N5
<b>Business Management (N5)</b>	Thursday	After school	N5
<b>Graphic Communication (N5)</b>	Monday	lunchtime	N5

## Dates for your Diary

10 November	Leadership Team Meeting
11 November	Pupil Council
14 November	Rural Schools Concert (Sat, 7.30pm)
17 November	S1 Literacy & Numeracy Evening PBB Community Conversation
20 November	S6 Health Day
24 November	S2 Parents' Meeting
25 November	Parent Drop-in
26 November	In-service Day 2
27 November	In-service Day 3

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)