



Produced by the Environment Group

Firrhill News

October 2014

Job Fair

On Friday 29th August the 4th Firrhill "Parent's Job Fair" took place. It was organised by the FHS Parent Council Business & Enterprise Group and is aimed at S5-S6 students. Parents and friends of the school, from a variety of working backgrounds, talk to groups of pupils, on an informal basis and discuss various aspects of their work, to help the pupils make informed decisions about which career paths they may wish to follow.



If you would like to help out and take part in next years' job fair, we would be delighted to have you share your experiences with our pupils – please contact fhsjobfair@yahoo.co.uk

A big thank you to all who took part in this very successful event





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Berlin Trip by Katie Horsburgh

On 12th May, forty S2 pupils left Firrhill very early in the morning to fly to Berlin for five days. It was great fun and a fantastic experience! We went to many places including the Berliner Dom, the Reichstag, the TV Tower, the Olympic Stadium, Sachsenhausen Concentration Camp, Checkpoint Charlie Museum, the (huge) Chocolate Shop and bowling.



Whilst in Berlin we got to see some beautiful buildings. One of those was the Berliner Dom; a gorgeous cathedral with a very detailed, ornate ceiling. We also went to see the TV Tower, which was really cool. I felt very small looking up at it from the bottom, but the views from the top were *incredible*; we could see everything and it was funny when people tried to spot where we'd been so far. Also we went to the Reichstag (the German Parliament Building). The outside looked very grand and old fashioned whereas inside it was all glass and mirrors. Afterwards we went onto the grass outside and played the Annual Berlin Trip Football Game.

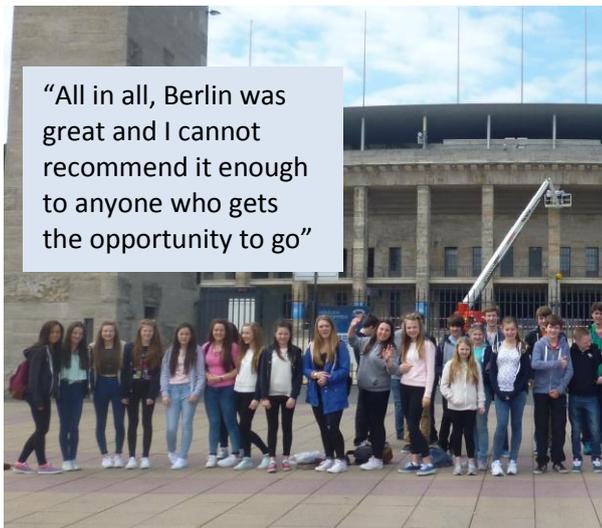
While in Berlin we made sure to see the historical sights too. In 1961 a wall was built to separate the (British/French/American) west from the communist (Russian) east. Many people tried to escape from their strictly controlled lives in the east to the freer west. The Checkpoint Charlie Museum is mainly about the inventive, weird and wonderful ways in which people attempted to escape. These include special suitcases, shopping trolleys and even tiny homemade planes; it was really fascinating! We also went to Sachsenhausen Concentration Camp which helped us all to really understand the horrors that Jews and others faced during WW2.



I'm sure that most pupils on the trip will agree with me when I say that the Chocolate Shop was amazing - just the smell made our mouths water! And the meter-long chocolate sculptures were very, very cool. On one of the evenings we went bowling which was great fun.



"All in all, Berlin was great and I cannot recommend it enough to anyone who gets the opportunity to go"





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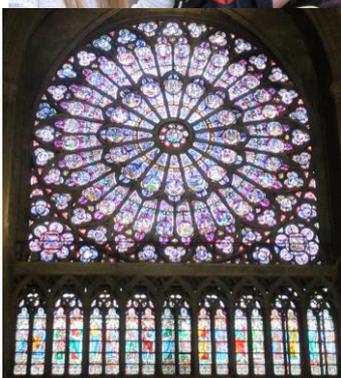
S1 Paris Trip 2014 by Hugh Dawson and Gavin Wells (2C1)

In May 2014, 40 S1 pupils and 5 members of staff went on a school trip to Paris. When we arrived at the airport we instantly felt the air was full of excitement! We got through security with no hassle and boarded our plane to Paris. Our flight was about 2 hours long and was extremely entertaining because of Mr McLean's wonderful jokes! We got off the plane and straight on to our train to take us to central Paris. The train journey was not as good as the plane journey because of the lack of seats!

When we walked in to the youth hostel our first thought was that the lobby was massive and really fancy. We found our rooms and instantly felt at home. Our rooms had between two and six beds and there was a lot of space to put our stuff. Later on that night we went to a local bowling alley. It was very enjoyable with lots of great banter!



On Tuesday we woke up nice and early, first we arrived at Notre Dame Cathedral after a good bus ride. Unfortunately we were not able to climb the tower but, after looking round the cathedral, we decided to head to the padlock bridge. It was good to see all the thousands of padlocks with love notes on them. After arriving at the Eiffel Tower, we took the lift right to the top! The Eiffel Tower was one of the best attractions of the trip. In the evening we had our dinner in the youth hostel. The burgers were cooked French-style and were a bit too pink for us! That night we went on a boat cruise down the river Seine. There were a lot of great sights on the boat trip including the Eiffel Tower!





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Paris Trip (continued)

The third day was brilliant. We started by going to the Stade de France which is the French national stadium. We looked through every nook and cranny in the whole stadium. We also went to the Sacré Coeur and the Louvre, which is the most famous art gallery in the world. That evening we went to the Hard Rock Café which was the best meal of the trip!



On Thursday we went to Euro Disney. The queue to get in was surprisingly not that long! When we got through the gates the atmosphere was terrific – everyone was so excited to go on the rides. The first ride we went on was Space Mountain, the first time it was quite scary but we went on it another 3 times. After that we used our Fast Pass for Thunder Mountain. We did lots of exploring and went to lots of souvenir shops. The last ride we went on was Indiana Jones.



On the final day, we had a picnic in the Jardin du Luxembourg before heading to Charles de Gaulle airport for our flight home. Overall, our trip to Paris was amazing and we enjoyed all of it! We will remember it for the rest of our lives.



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Art in the Park



On 31st August a number of Firrhill High School pupils took part in Art in the Park, an annual Colinton Village Event featuring dance, music, craft, food stalls and lots more. It was a glorious sunny day and everyone enjoyed themselves. Some Firrhill pupils who are Colinton scouts sold refreshments and others- some Braveheart Explorer Scouts were fund raising for their forthcoming trip to Iceland by making & selling loom band bracelets. Many pupils performed as part of the Angela Watson School of Dance and ex Firrhill pupil, singer/songwriter Roseanne Reid was amazing.





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DECIPHer-ASSIST (A Stop Smoking in Schools Trial)

Thirty five S2 pupils have been trained as peer supporters in a highly effective campaign called DECIPHer-ASSIST which is proven to reduce smoking in secondary school pupils. The peer supporter pupils at Firrhill are learning a lot about smoking and also how to discuss smoking related issues in a helpful, informal manner with their peers. They keep diaries have and regular follow up sessions to monitor progress.

DECIPHer

Development and Evaluation of Complex Interventions for Public Health Improvement
A UKCRC Public Health Research Centre of Excellence

In September the S2 peer supporter pupils had two days of training at the County Hotel, Dalkeith and they also enjoyed excellent meals and snacks!

ASSIST is an exciting peer-supporter programme based on the findings of a research project funded which was by the Medical Research Council in 2001 – 2005 and undertaken by the Universities of Cardiff, Bristol and Swansea where fifty-nine schools in South Wales and Bristol were randomly allocated either to continue with their normal smoking education programme, or to do so with additional peer supporter training. Students were followed up for two years to see whether smoking prevalence in the intervention schools was lower than that in the schools which did not receive the training. The project DECIPHer-ASSIST was shown to be effective and is now being delivered in schools, to reduce smoking across the UK.

- The research showed it is possible to train influential students to informally promote a smoke-free culture.
- Peer nomination enables a broad range of peer supporters to be recruited.
- Using outside trainers eases the burden on schools and ensures consistent implementation
- This school-based, peer-led intervention is effective in reducing adolescent smoking 😊



Environmental Facts:



- Cigarette butts take 12 years to break down
 - 5 million hectares of forest are destroyed each year to provide the trees to dry tobacco
 - One cigarette will pollute 500 litres of water
- www.ash.org.uk



S2 peer supporter pupils receiving training - the course (delivered by outside trainers), was both interesting and fun.