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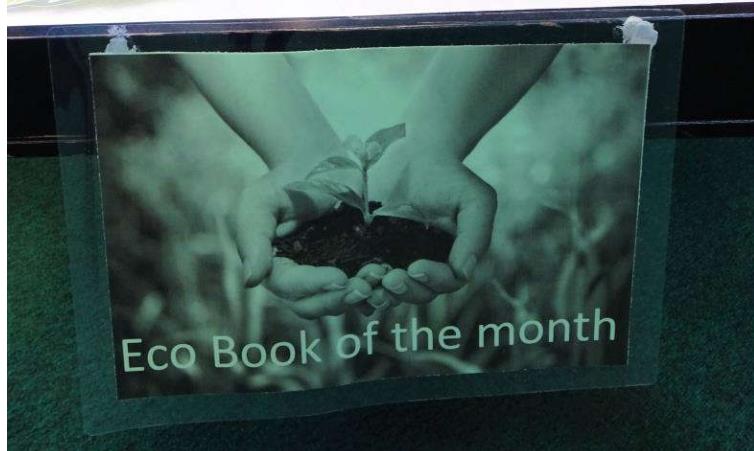
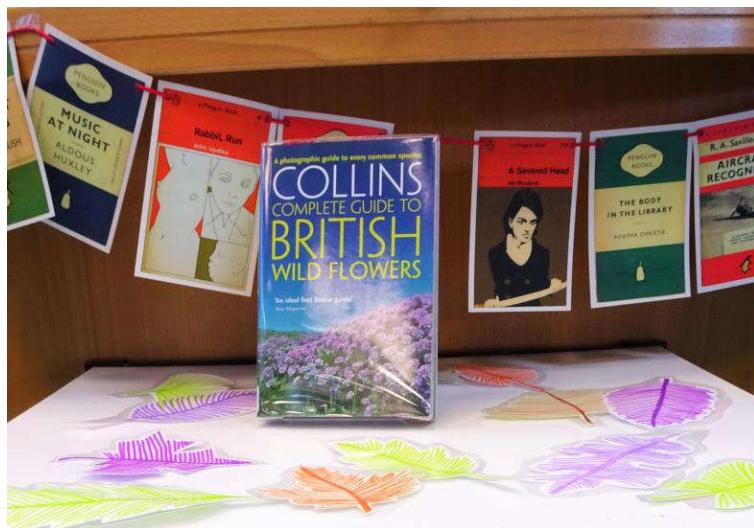
Firrhill News

October 2018

Eco Book of the Month

Why not take a look at the Eco Book of the Month and learn more about wild flowers, or ask our school librarian Mr McCann for further recommendations?

Thanks to school librarian Mr Declan McCann, who is continuing to present the Eco Book of the Month.



20's Plenty



Follow on Twitter @JRSO_Edin

Lorna Henderson, Road Safety Officer, City of Edinburgh Council helped to present cycling-related careers at the school's recent Job Fair, and then asked some of our senior pupils if they would take part in a photo opportunity tweet to promote the City of Edinburgh Council's "Life is better at 20 mph" campaign. Many of these pupils had been Junior Road Safety Officers at primary school and were keen to help Lorna with her request. Lorna tweeted:

RoadSafety Edinburgh @JRSO_edin · Jun 15

Thanks @FirrhillHS For having us along to speak about all the opportunities in transport. Great to meet all you ex JRSOs too. @safetymagicshow memories! #20mph @Edinburgh_CC

Firrhill has just updated its school travel plan and is working towards becoming a Cycle Friendly Secondary School we would like to start offering cycle training to any interested pupils!

Glasses case Give-away

Please take a free glasses case and help to reduce waste!



The Environment Group has placed a box of used glasses cases in the library that are free to take away. This is part of the school's efforts towards waste minimisation – one of the school's chosen topics for the Eco Schools Green Flag interim application. Glasses cases can be given to family members, too!





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Cycling at Firrhill

A sports information evening was held on 6 September, with information, prizes, stalls and taster sessions. The PE Department tweeted about the event, to help promote cycling at school. Follow the dropdown menu on the school website, select "Eco Schools" and then "Cycle Friendly Secondary School Award" to view the [Firrhill High School Travel Plan](#) and cycling information, including "The Wheel Deal" [cycle leaflet](#) and YouTube videos of Bikeability training. <http://firrhillhigh.org/information/eco-schools/cycle-friendly-secondary-school-award>

Members of the Environment Group Stella Thomson and Carolyn Hargest are offering led rides to parents and their children, to demonstrate routes to high school from Firrhill's cluster primary schools. These routes can be found in Appendix 1 of the [Firrhill High School Travel Plan](#) and use quieter roads and mixed-use paths, where possible. A revised version of the Travel Plan will soon be available. For more information, or to arrange to go on a led ride, please contact carolyn.hargest@btconnect.com. We would like to start offering cycle training to any interested pupils. A new Bike Club will start soon. Simon Fagan, Edinburgh Road Club, is pictured here with Stella Thomson, Environment Group member.

Schools Innovation Competition

Edinburgh Napier University and the Mountain Bike Centre of Scotland have launched a new competition to encourage school children to be creative and describe what riding their bike means to them. The competition winners will be announced at the Scottish Mountain Bike Awards on 23 November, in Aviemore.

There are two categories:

Primary School children – design an A4 poster

Secondary School pupils – submit a short film of up to 30 seconds

They want to know in your own words:

Why do you like riding your bike?

Tell us what the benefits are – physical and mental health, meeting your friends, having fun, being in the countryside – whatever makes you get on your bike. The competition is open to all young people of school age in Scotland.

For secondary school children the first prize is a Trek Marlin 5 bike described as "a trail-worthy daily rider that's perfectly suited for everyday adventures, on and off the trail". There are plenty of great runner-up prizes too!



[FHS PE Dept.](#) @FirrhillPE · Sep 8

FHS work towards becoming a Cycle Friendly Secondary School. Would any Firrhill pupils like to have cycle training or go on led rides? Would any pupils like to join a Bike Club? We can offer bike maintenance and cycling skills training and lots more!



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Firrhill has just updated its School Travel Plan and is working towards becoming a Cycle Friendly Secondary School. It would be great if some pupils would enter this competition.

The closing date is midnight on 4 November.

If you have any questions regarding the competition, contact mtb@napier.ac.uk



Follow this link <https://mtbcos.co.uk/competition-2018> for more information, to download the entry forms and to view an example of the type of short film they are wanting pupils to create. Good luck and be inspired to cycle!