



Firrhill News

February 2019

Produced by the Parent Council

Follow on Twitter @FirrhillArts

Christmas Concerts

The Christmas concerts took place on 11 & 12 December. In the concourse there were stalls with: cycle information, pots of hyacinth bulbs on sale to raise money for eco work in the school; and fund-raising for the Lesotho Girl-guiding trip. Both evenings began with festive music in the foyer, where pupils' artwork was on display. The evening featured varied performances by instrumental groups, the choir, bands and solo artists. During the interval refreshments were kindly served by the Parent Teacher Association which organised the annual raffle. Well done to all who took part!



Hyacinth bulbs, (funded by the Parent Council) planted by pupils were sold to raise money for eco work within the school.



The Environment Group provided general cycle information, maps and some free "snap straps".





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Christmas Concerts cont'd Follow on Twitter @FirrhillArts

A celebration of music and art – well done to all who took part!



Thanks to our excellent music teachers: Mrs Reid, Mr Courtney, Miss Pratt and all the instrumental music teachers who worked hard to prepare the pupils and organise such fantastic concerts! Special thanks to the sound and light team, including former pupil, Ben McCafferty.





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Our Second Green Flag Award

On 21 January, Firrhill achieved our second Eco School's Green Flag award. Sally Nicholson, our assessor from Keep Scotland Beautiful, visited on 9 January and said Firrhill presented "an outstanding application!" Our waste minimisation schemes to reuse glasses (through Vision Aid Overseas) and our twice-yearly book swap/giveaway events were commended. The high response rate for participation in the Travel Plan survey, and our work towards becoming a Cycle Friendly Secondary School impressed her! We are now embarking on our new "Green Flag journey" with Mr McCord, Eco-coordinator, and the Eco Committee – parental help would be welcome!

If any parent would like to help with eco work, please contact carolyn.hargest@btconnect.com



The Eco Committee will start by doing an Environmental Review – an assessment of our current situation, and from the results they will choose two topics to work on. Litter is an additional compulsory topic. We will need to revise our Eco Code and, over the next two years record our eco work online – which will help to simplify our next Green Flag application!



Special thanks to Firrhill parent Carolyn Hargest, Environment Group leader, for her hard work in helping the school in this process.



ABRSM Music Exam Success



Beth Moffat S3 recently passed her grade 5 tenor horn with merit – congratulations!

Thanks to Firrhill's Instrumental Instructors who teach in the school and also lead bands and ensembles at lunchtimes and after school.

Running Success

On Thursday 10 January Finlay Ross S2 competed in the "Great Stirling XC" – the inter-district cross country championships. Finlay is a member of Harmeny Athletics Club and was selected to run in the "Under 13 Boys" category for the East of Scotland against teams from the West and North. There were 15 in each team, 45 in total. Finlay won the race last year – and again this year!



Follow on Twitter @FirrhillPE

FHS PE Dept. Retweeted



HarmenyAC @HarmenyAC · Jan 13

Well done to Finlay Ross for defending his interdistrict title in Stirling yesterday @FirrhillPE #interdistrictchampionships #GreatStirlingXC

If anyone is interested in joining Harmeny AC – an ambitious and growing athletics club – please visit the website harmenyac.org where contact details can be found for the club secretary.



This was the first year the championship had been held in Stirling – as it was previously held in Edinburgh. Three members of Harmeny AC were selected to take part.



Well done to Finlay for working hard to achieve this great result!



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Bike Club

On Tuesday 4 December Kerr Sproul from Sustrans ran a puncture repair workshop. The pupils who attended were members of the pupil-run History Club. They first heard a brief history of the bicycle and then had a demonstration of how to repair a puncture. The pupils were helped with their puncture repairs by Mr Cameron, history teacher, Stella Thomson and Carolyn Hargest Environment Group members. More parent volunteers are needed for this club!



Thanks to Kerr for providing bikes and puncture repair kits for this fun event!



Cycling Scotland

Often the most practical solution is simply to carry a spare inner tube! Special puncture-resistant tyres are a good idea!



The Bike Club welcomes new members/parent helpers – please see Mr Denvir.



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The Cooking Show

for First Year PSE classes – by Beth Moffat and Lucy Flockhart 3B2

At the start of December teams of two S3 ASSIST-trained pupils gave a novel Tobacco Education lesson to S1 classes during PSE. Under the guise of a cookery show, we mixed up a few of the ingredients in a cigarette. We started by mixing up different flavourings including sugar, honey, liquorice, cocoa and vanilla. The younger pupils were asked to guess what we were making – the S1 pupils thought we were making cakes or flavoured biscuits, but they were not told the real answer. We then put on rubber gloves and safety glasses to add nail varnish remover, toilet cleaner, batteries, rat poison and bug spray – some of the S1 pupils became very interested and guessed that we were making some sort of drug.



When the final ingredient was added – tar – they all worked out that it was a CIGARETTE. We explained that there are over 4,000 chemicals in tobacco, including strong flavourings to make the tobacco taste nice. The S1 pupils were very surprised at some of chemicals present. We also told them that 200 of the chemicals can cause cancer.

The S1 classes seemed to really enjoy the lesson and gave us a round of applause! We really enjoyed talking to the younger pupils about such an important matter. The lesson could help make them make healthy lifestyle choices in future.

Well done to the S3 ASSIST-trained pupils who delivered this fun Tobacco Education lesson.

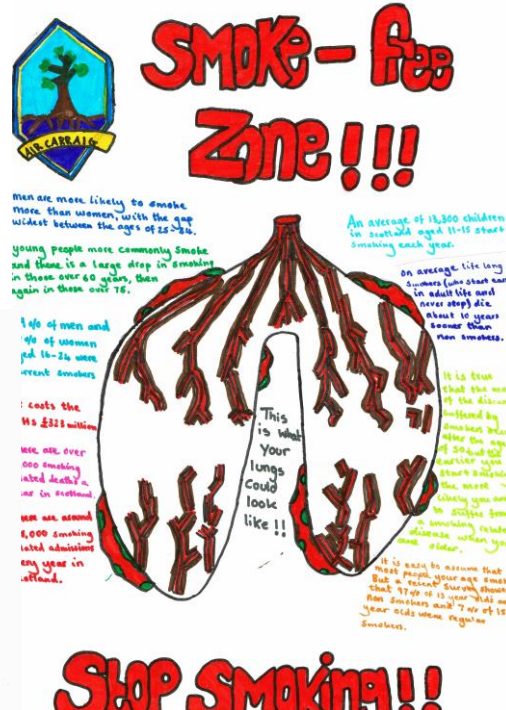
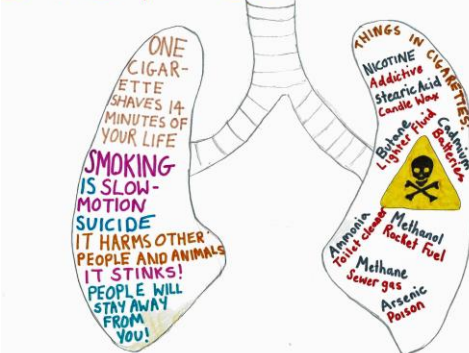
The S1 pupils achieved two key learning aims:

1. I know the names of some of the main ingredients used in cigarettes.
2. I can give reasons why poisonous chemicals are found in cigarettes.

Anti-smoking Posters

Last January Mr Denvir's S3 PSE pupils made some great anti-smoking posters which, along with anti-littering posters, have been laminated – thanks to the Environment Group – and put on display in the school!

STOP SMOKING





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Rights Respecting Schools Award

From 3 to 14 December the RRSA pupils collected donations of food such as: cereal, soup, pasta, tea, coffee and rice; and essential non-food items including: deodorant, shower gel, soap, baby supplies, feminine products, washing-up liquid and shampoo. Thanks to many generous donations, Firrhill was able to make a significant contribution to the excellent work of the Trussell Trust, which organise UK foodbanks.



Follow on Twitter @firrhillsra @TrussellTrust



Firrhill RRSA @firrhillsra · 28 Nov 2018

Firrhill Festive Foodbank 🎄 launches on Monday 3rd Dec - Friday 14th Dec. All donations gratefully received at the school foyer to our RRS reps, during registration time. @TrussellTrust #UNCRC #RRSA #UNICEF Article 6 - all young people should be supported to live and grow. 🌍

United Nations Convention on the Rights of the Child, Article 6

“All young people should be supported to live and grow – the right to life, survival & development”.



A big “thank you” to all who donated so generously to this very worthy cause!





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Rag Bag recycling unit

The school is delighted to have a new Rag Bag unit located at the rear of the school, which will raise funds for eco work by recycling textiles, shoes, handbags and belts. Please place suitable items in the unit – no pillows or duvets, thanks!

Please help the school by recycling your clothes, paired shoes, handbags and belts in the Rag Bag unit!



Yes ✓

- wearable clothes
- handbags
- belts

No ✗

- pillows
- duvets



Although there will be specific weeks allocated to certain classes to encourage pupils to bring recycling items to school, we would welcome donations at any time. So please start to place recycling in the Rag Bag unit!

The Environment Group are pleased that the school has a Rag Bag unit and hope it will be well used.

Parent Teacher Association Funds the Newspaper Committee!

The Parent Teacher Association (PTA) is a group of parents and teachers who organise fundraising events and serve refreshments at school parent evenings, concerts and similar events. The main fund-raisers are the annual Christmas raffle, the Christmas Market (which doesn't take place every year), and donations for serving refreshments. They run a pop-up Thrift Shop for badged uniform items including blazers. The PTA, by raising money, funds many "extras" to enhance school life. Recently some funding applications have been assessed – but not all funding requests are granted.

The PTA would love to have more members or helpers for occasions. Please contact Jon Buglass, PTA Chair: ptafirrhill@gmail.com if you would like to help.

The School Newspaper Committee (photo right), led by Mr Hollis, produce *A View to a Hill* – a magazine written by pupils for pupils. It received £150 for a print run and was also encouraged to use digital distribution. The newspaper is produced each term and is always a very good read!

The next PTA meeting is on 25 February in the school library 7.00 – 9.00 pm please come along! The other Parent Council working groups will also be meeting at this time and would welcome new members too!



The PTA Facebook page would appreciate some likes: <https://www.facebook.com/pages/category/Community/Firrhill-PTA-120907988576391/>



Firrhill has a wonderful PTA, whose fundraising has benefited many groups and clubs over the years. We are very grateful to them and appreciate all their hard work – thanks PTA!



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Planting bulbs in the Anne Frank Garden

On Thursday 20 December two S6 pupils helped Mrs Hargest, Environment Group leader, to plant 20 dwarf Iris and 18 Narcissi bulbs in the Anne Frank Garden. The bulbs (donated by Tesco) were naturalised in the grass and earth around the Silver Birch, planted in honour of Zigi Shipper, Holocaust survivor. Zigi spoke at the 2016 Edinburgh schools' Holocaust Memorial Day event held at Firrhill, organised by teacher Mrs Watson.

A tool called a "dibber" was used to dig a hole for the bulbs to go in, some soil was then added on top and they were watered (but as the weather was a little wet there was already plenty of moisture in the ground). More mulch was added to suppress weeds around the base of the tree. Mrs Hargest did a quick litter pick to tidy up the garden.

The Anne Frank Garden looks great in the spring with a lot of naturalised bulbs already planted. We are looking forward to an even more impressive show in 2019. Squirrels can be a problem as they dig up the bulbs to eat, but hopefully some of the bulbs will flower.

If you would like to help with gardening or any other eco work, please contact Carolyn.hargest@btconnect.com



The plaque beneath Zigi's Silver Birch tree is inscribed with the words, "Do not hate. Hate will ruin your life".

