



Firrhill News

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June 2019

“Match the Miles” Challenge

From 13 to 17 May Firrhill took part in The Adventure Syndicate’s “Match the Miles” Challenge. Last year it was purely a cycling challenge, but this year the organisers broadened it to be an activity challenge where any physical activity counted, 10 minutes of physical activity were taken to be equivalent to 1 mile, and any miles walked were doubled! Firrhill’s Interdepartmental Learning (IDL) week combined perfectly to enable lots of pupils and staff to participate in the “Match the Miles” challenge. The challenge encourages pupils to be more active and aims to help them adopt a healthier lifestyle – encouraging walking instead of catching the bus, using Fitbit apps to promote physical exercise and going on an outdoors adventure, such as the Duke of Edinburgh Award. Everyone at Firrhill enjoyed the challenge, and it was great to be outdoors in lovely weather! Contributions to Firrhill’s impressive final total of miles included: football, walking, running, parkour, hockey & cycling. A big thank you to all who took part in our success in winning the challenge!

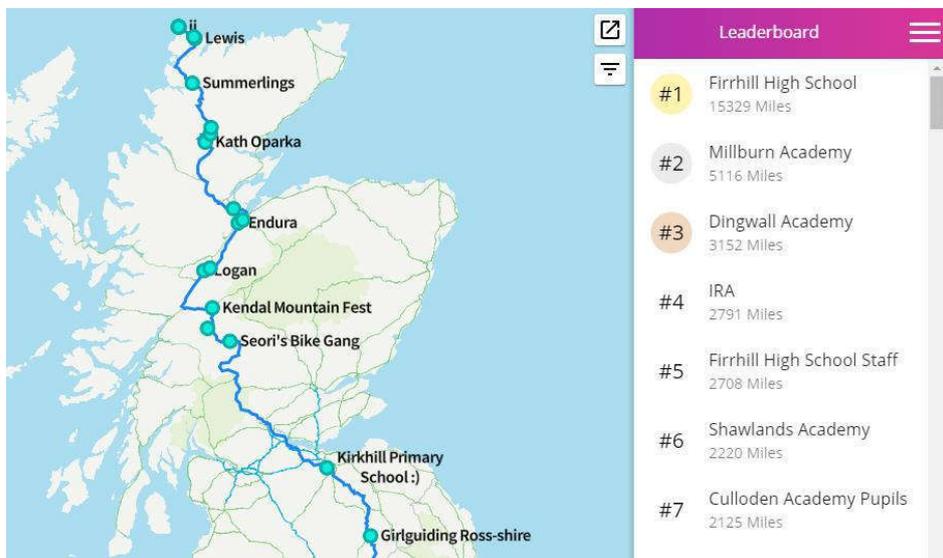
SCHOOLS CATEGORY

1. Firrhill High: 15,329 miles
2. Millburn Academy: 5116 miles
3. Dingwall Academy: 3152 miles

WORKPLACES (of over 15 participants)

1. Firrhill High Staff: 2708 miles
2. SEPA Dingwall: 1116 miles
3. SASA: 654 miles

Congratulations to all the pupils and staff who contributed to Firrhill’s 15,329 miles total for pupils and an impressive 2,708 miles for the staff team! An outstanding result and a dedicated team effort by all – very well done!



Every year Adventure Syndicate directors Lee and Jenny ride south in a straight line for five days #southbound and encourage schools, workplaces and individuals to “Match the Miles”. This year, from 13 to 17 May, they were riding 500 off-road miles, from Cape Wrath (the most north-westerly point of the UK) to the English border. Although Lee and Jenny focused on encouraging 10 schools across Scotland (which they were working with prior to the challenge), to increase their levels of active travel to and from school, this year they also opened up the challenge to workplaces, clubs and individuals.

The Pipe Band Club

The Firrhill Pipe Band Club meets after school every Monday in the hall at Firrhill High School. Pupils from the cluster schools and Firrhill come together to learn chanter and bagpipes with our piping tutor Mike Pretsell. In previous years, the school has entered the Scottish Schools Pipe Band Competition, and our pupils play at various school and community events.



Well done to the pipers who are working hard and progressing!

We are always on the lookout for new members, so if you are interested in learning to play the chanter and pipes, please contact Dawn Alsop (Chairperson) on 07719568951.