

# Health and Wellbeing Newsletter

| Courage Compassion High Standards Solidarity |

## Broad General Education

Pupils in the BGE continue to work through a range of experiences and outcomes in PE and Home Economics.

Pupils are working hard to develop through their CFE levels.

## Senior Phase

With the senior phase courses well underway we are beginning to turn our attention towards coursework and assessments.

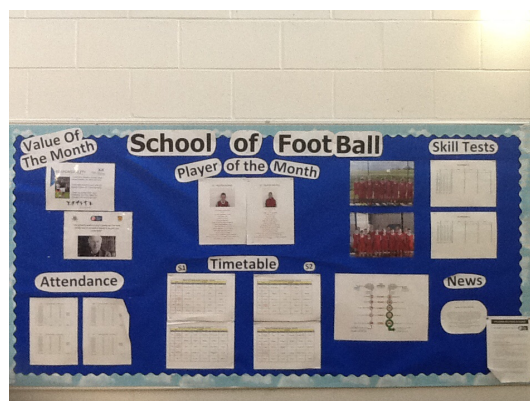
All pupils are tracking their progress to gain insight into how well they are progressing in their learning. It is important that all pupils know their working grades, target levels as well as next steps. Any pupils unsure of this information should see their teacher as soon as possible.



## 2015-2016

Last academic year both the Home Economics and PE enjoyed increased attainment across the subjects we offer. This year we continue to work with pupils, parents and careers and partners to ensure a positive trend whilst also offering pupils enjoyable and motivating experiences.

Alongside our focus of improving attainment we also strive to; improve pupils attitudes towards physical activity and healthy lifestyles, improve pupils Mental, Emotional, Social and Physical wellbeing and enhance pupils skills for life, learning and work.





**MVP's**

Each term the PE department nominates the Most Valuable Players from each year group. This is a selection of pupils who have been working hard to progress in class.

The following pupils are our MVPs for term one;

**S1-** Murron Campbell, Josh Currie, Joey Chan, Anna Ferenc.

**S2-** Chris Bell, Craig Sinclair, Lee Hughes, Shona Gair, Rikki Bateman, Kaitlin Carter.

**S3-** Kalem Cambell, Ellis Reynolds, Bradin Sharpe, Finya Mackay, Annie Cheung.

**S4-** Francesca Orumwense, Cerys Laidlaw, Callum Morrison, Raewyn Murphy, Ryan Moore, Chelsea Blackie.

**S5-** Josh Campbell, Charles Vallance.

**S6-** Samuel Nhamburo, Terry Pearson.

**WELL DONE ALL OUR MVPS!**

# Celebrating Success

## Achievement in Sport Award-

*The achievement in Sport Award is given to any pupils who is excelling in Sport and physical activity outside school.*

### Michaela Makes International Debut-

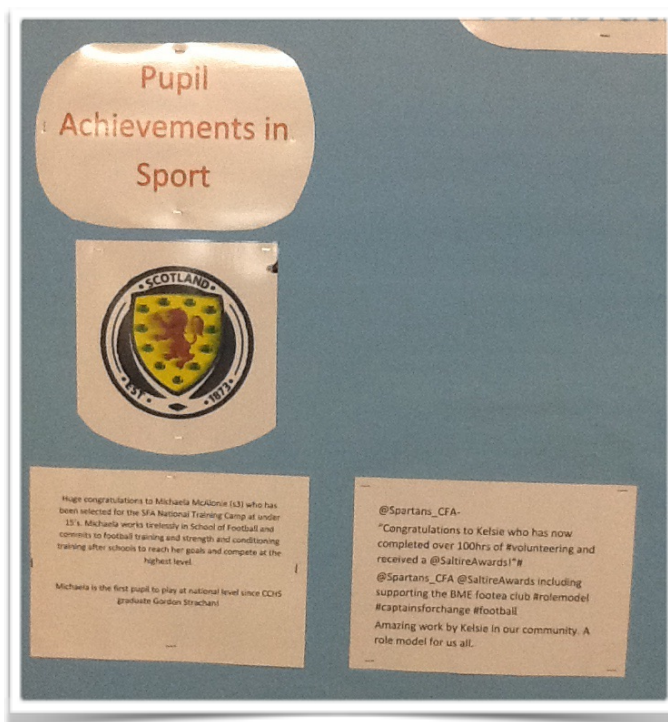
Huge congratulations to Michaela McAlonie who has been selected for the SFA national training camp at under 15's. Michaela works tirelessly in School of Football and commits to football training and strength and conditioning after school to reach her goals and compete at the highest level.

Michaela is the first pupil to represent Craigroyston at national level since CCHS graduate Gordon Strachan!

### Saltire Award for Kelsie-

Spartans CFA volunteer Kelsie Imrie has now completed over 100 hours of volunteering. Kelsie has received a Saltire Award to reward her hard work and commitment.

Amazing work by Kelsie in our community.



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## Partnerships

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Craigroyston Community High School is committed to enhancing our pupils skills for life, learning and work. Our very own Mrs Gray has recently been appointed our Developing Young Workforce Officer and has been working tirelessly to build relationships with local businesses who can offer employment opportunities and experiences.

Within this area the PE Department has been meeting with representatives from a leading Sports Tours Operator. Both Transworld Soccer and CCHS hope to form a working partnership which will provide pupils with opportunities to gain an insight into the skills for work required to work in the sport and recreation industry.

### Case Study-

Transworld Soccer are a leading Sports Tour operator with bases here in the UK, Spain and Dubai. They are a "unique, values-led, sports tour operator that gives football fans the opportunity to experience life as a superstar footballer in the biggest leagues in the world."

They have recently signed a deal with Puma Sportswear and Arsenal FC captain Mikael Arteta who is an ambassador of the company.

<http://www.twsoccer.com>



**Any pupil who is interested in work opportunities with TWS should see Mr Nicolson**

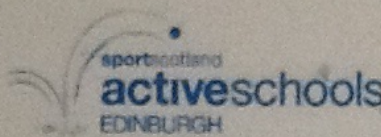
### Extra Curricular Programme

Our Extra Curricular programme is now well under way thanks to the hard work of our Active Schools Coordinator Alisha Wilson and Young Sport ambassadors Ryan Taylor and Samuel Nhamburo.



Samuel and Ryan encourage all our students to get involved in at least one activity. Find out times and venues below;

**Active schools Programme for November / December**



TUESDAY	LUNCH DANCE CLUB *NEW*	1.10-1.40pm	S1-5	GYM HALL
WEDNESDAY	LUNCH BASKETBALL CLUB	1.10-1.40pm	S1-5	GAMES HALL
THURSDAY	SWIMMING CLUB	3.30-4.45pm	S1-6	POOL
FRIDAY	FOOTBALL CLUB *NEW* (starts 6 <sup>th</sup> November)	1-2.30pm	S1-3	GAMES HALL

It is easy to register onto an activity, just come along with your friends at the beginning of the session and give your name to the coach!!!

If you would like to sign up today please speak to me during lunch in the dining hall or find me in the community office.

Alisa Wilson – Active Schools Co-ordinator

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## ICT In HWB

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Staff are committed to improving the learning experiences of pupils and have been undergoing some intense ICT training to improve the use of ICT for teaching and learning.

Mr Nicolson the HWB ICT coordinator said, "all staff at Craigroyston are currently being up skilled in the use of their own iPads and we now have a class set which can be booked out by any member of staff. I think that increased use of ICT will improve pupil engagement in our lessons, strengthen knowledge and understanding as well as improve pupils digital skills."

We Have been using the Idoceo app to track and monitor our pupils learning, hudl app to analyse performance and explain everything to showcase pupils knowledge and understanding. We hope this has a positive impact on pupils attainment as well as enjoyment of our lessons

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## Curriculum Developments

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Over the last year we have been motivated to add to the subjects we offer to give pupils a broad and dynamic range of opportunities which caters for all. We currently offer;

-BGE- Physical Education and Home Economics.

-Electives- School of Football, Fitness, Health and Exercise, Fast Track PE and Sports Leader Level One.

-Senior Phase- National 3/4/5 and Higher PE, National 4/5 Sport and Recreation, Sports Leader Level Two, Practical Cake Craft, Home Economics and Child Care.

We are proud of the range of opportunities we offer our pupils and hope to continue developing in the future. Mr Nicolson is currently meeting with representatives from the SFA, Spartans FC and Transworld Soccer to extend our fantastic School of Football Programme onto the senior Phase!

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## Fitness Elective

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S2/3 have been working together to learn new skills and knowledge through the Fitness, Health and Exercise elective introduced at the start of the school year. Pupils are gaining valuable skills associated with life and work such as leadership, communication, cooperation and problem solving to expand their learning throughout the course. Some of the units covered include; Fitness Instruction and Programme Design, Leadership in Sport and Fitness, First Aid and Nutrition for Health and Sport.