

Weekly Update – 24th November 2017

Christmas Concert - Thursday 7th December 2017 - 7.00pm

Tickets for the Music Department Christmas Concert on are now on sale and available for purchase via your Parent Pay account. Tickets are priced at Full Price £6/ Concessions £3



All tickets must be purchased in advance, as ticket sales at the door are no longer available. We look forward to seeing as many of you as possible – tickets do sell fast, so be quick!

Baden Powell Award

Molly Mavor from S4 has achieved the Baden Powell award, which is the highest achievement that you can gain as a Guide. She will be presented with this on the 27th November at an award ceremony at the Girl Guiding HQ.

She is now part of the Rangers group, and has also been fund raising with the Rickshaw challenge for Children in Need and met Matt Baker from Countryfile and saw him at Edinburgh Castle with the other Rangers on the 16th November. Well done Molly!

Katherine McMahon Visit

Last Friday we welcomed Katherine McMahon who joined a few members of Porty's Pride and Unprejudice group to give us a spoken word poetry performance and run a creative writing workshop. Katherine believes that creative reading and writing can be therapeutic and help us deal with difficult emotions.

She says:

"It's important to give young people a space to talk about their identities and experiences creatively, which helps with confidence and self-esteem (as well as supporting their writing). This is particularly important for young LGBTQ+ people because they're already fighting against prejudice and under-representation! At a time when they're figuring out their identities, it's really important that they have safe spaces to play and explore. It would also give them new ways to talk about social issues."

We had a great time, with lots of wonderful writing as well as a great laugh. The imagination and creativity that our young people have, and their courage in sharing their creations was really impressive.

Here's what some of them had to say about their experience:

"I liked being able to write freely and express myself. It was really fun and I'd happily do it again."

"I enjoyed having the freedom to write whatever I wanted without any pressure."

"I liked being able to write whatever without feeling like I had to share anything I didn't want to share. It was really interesting and I would do it again."

Sports

Football

U13s: Portobello 5 – 6 Firrhill

U14s: Portobello 2 – 6 Boroughmuir

U15s: Portobello 4 – 3 Forrester

U16s: Portobello 3 – 3 Currie

Basketball

S1 Girls: Portobello 26 – 24 Dunbar

Rugby

For the first time in many years Portobello HS managed to put out four rugby teams last weekend.

A team of ten players comprising of seven S1 and three S2 players entered a local U14 tournament, which was held at Broughton HS last Friday afternoon. Despite being the smallest and youngest team, they managed to win six games out of six. A fantastic performance by all.

The U18 team combined with Musselburgh (12 Porty boys and 5 Musselburgh) to play Ross HS under Musselburgh rugby club flood lights last Friday evening and were narrowly beaten 10- 17.

An U15 team turned out sat morning at Duddingston playing Clifton Hall School, it was a very high scoring game, with Clifton Hall School winning 41 – 70 .

The U16 team played away to Forrester HS and won convincingly by 52 – 12.

Achievements

A huge well done to everyone who represented Portobello in the Edinburgh Schools Swimming Championships on Sunday! A special mention to Megan McIntyre (S5) who came 1st in the 100m Freestyle for her age group and to Niamh Macintosh (S3) who came 1st in the 100m Freestyle and 4th in the 200m Backstroke for her age group. Well done to everyone involved!

Congratulations to Aidan McFarlane (S3) who has been selected for the SYFA (Scottish Youth Football Association) U15 National Squad! This is a fantastic achievement and very well deserved!

Winter Weather

A reminder that now we are moving further into the winter weather all pupils must bring appropriate kit when working outdoors. We would encourage all pupils to bring a hoodie/ jumper to stay warm outside- but not their school jacket as this is not practical for participating in our activities. Thank you for your support!

Alex Laird – SQA Award

Following on from Alex's recognition at the SQA Star of the Year Awards, please follow the link for a lovely feature from the Evening News.

<http://www.edinburghnews.scotsman.com/news/edinburgh-stars-shine-at-sqa-awards-1-4620401>

S3 Immunisation

S3 Immunisation consent forms will be issued to pupils next week. Please complete and return to school by Friday 15th December.

S4 – S6 pupils who missed their vaccinations in 3rd year, will also receive a consent form.

Immunisation takes place in school in Feb 2018.



App of the Week

This week I'm recommending a new language app called "memrise: learn languages" which is a great way of revamping the way you learn languages. Instead of sitting copying out verb tables and conjugating you can use memrise to have fun while learning! There is games and videos from native speakers to jazz up your studying and it's also an amazing way to learn the basics of another language such as Japanese or Russian. It's a famous app in the software community as it won Best App of 2017 in the Google Play Awards

You can find Memrise on the App Store and it's free, which is even better.

Rose Tully

Stress solutions

It's that time of year when everyone is beginning to prepare for prelims. Prelims are an unavoidable part of school life and can be a stressful time. Stress is a natural emotion when it comes to highly pressurised things but there are always solutions, strategies you can use to combat stress and make prelim revision time more relaxing.



One way to reduce stress is to socialise. Cutting yourself off from friends and family won't help. Hanging out with friends can take your mind off prelims and reduce your stress levels.


Another way to reduce stress is taking gaps in between studying. Constantly studying without a break won't help you retain information but it will tire you out. Having an hour break in between sessions could do you the world of good, giving you time to unwind and focus on something else.

Furthermore exercising is a very beneficial thing. Many pupils think the key to revising is sitting with a textbook and a poised pen revising for hours. Exercise can help distract, and it exercising helps minimise stress as it boots your energy. High intense workouts pump blood around your body and are fun. You can work out outdoors or indoors, in whichever environment you are comfortable with!

Using these tips will make prelim time so much less stressful, and that's how it should be. Being uptight and stressed won't help you achieve what you're aiming for. So remember to relax and be positive and follow these tips and you will do fine in your prelims!

Christy Graham

	<p>Can you solve this riddle, to identify another couple?</p> <p>Maths meet together, adding something better, then subtract away and get ready for strictly!</p>	
<p>Who is this?</p>	<p><i>Christy Graham</i></p>	

<p>Spotlight on Sport</p> <p><i>by Gregor Turner</i></p>		<p>Name: Esme McGregor</p> <p>Age: 17 yrs</p> <p>Sport: Water Polo</p>
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This is going to be the first of hopefully many player profiles, featuring one of our many talented athletes. Esme McGregor plays water polo, a fantastic sport that has also given me many opportunities.

Who or what is your inspiration in playing your sport?

There was no inspiration as such. I found out about it from my swimming teacher and went along and the coach encouraged me to continue with the sport.

What drives you to play?

Getting better and be able to play at a higher standard against new teams.

How often do you train and what does it involve?

Mondays Tuesdays Wednesdays weekly and most weekends for different teams, it involves trying out different tactics and lots of ball handling skills and shooting under pressure and fitness for swimming.

What has been the highlight of your playing career so far?

Playing for the senior ladies' team in Czech Republic for the EU Nations last summer and scoring my first senior international penalty.

What are your aspirations for the future for you in your sport?

To keep training and improve my skills and tactics more so I can use them in my games and become a better player.

Finally, what advice would you give to someone interested in taking up that sport?

Enjoy it and don't get put off by how physical it can get.

Christmas is Coming!

As Christmas approaches so does the excitement of all the events tied to this festive season. Musical pupils in the school will all feel the anticipation of the Christmas looming over them and, like myself, will be desperately trying to fit in extra time for practice.

Rehearsals give me cause to reflect on what's great about our new space. Those who performed in the old school will remember the cramped, hot and sweaty high aisle and the sweltering heat on stage. Now we relax and warm up in the cool, open Maths classrooms, refreshed and stage ready. In our old building, parents would crane their necks, desperate to see a glimpse of their talented children. Now they can recline on cushioned seats and get a lovely view of the whole stage. Rich, red curtains frame the performances and the crystal clear sound system echoes around the hall. Bright, shining lights beam down on the nervous pupils as they take their place on the open stage. I spoke to some Music teachers and instrumental instructors and they whole heartedly agreed. Of course, the old school had its charm, (of sorts) but here the luxury is endless. The new equipment is dazzling. The high ceilings of the hall create rich, beautiful sounds. All in all, when the Christmas concert rolls around, we definitely have something to be thankful for: School.

Tickets to this year's Christmas concert are on sale now and can be bought via Parent Pay.

Rose Tully

Rock Trust Sleepout 2017

This week, a group of fourth and fifth year pupils will fight through the extreme cold of Scotland's winter nights to raise money for the charity The Rock Trust. I spoke to one of the brave pupils Ella Johnstone to gather information about the event they are taking part in.



So, we know that this charity is one that you are keen to help out and raise money for, but what exactly is The Rock Trust?

The Rock Trust are a charity that support young homeless people in Edinburgh. They provide an emergency advice service, group programmes, employability work, volunteering and work experience. They also offer a respite space for those who need it. They organise lots of events throughout the year to raise money, but main one is The Rock trust under 18's Sleepout which I, and a few other pupils are taking part in.

That sounds like a great cause! What exactly is the Sleepout? And how does it raise money?

The Sleepout takes place on George Street in Edinburgh and entails spending a night sleeping on cardboard in a sleeping bag to raise money and awareness of youth homelessness. However, unlike what many homeless people experience, there are free meals, hot water bottles, a magician and a silent disco. So really it is a fun event to raise money rather than to "experience" what homeless people go through as we could never even begin to imagine what their lives are like.

To participate, you have to raise a minimum of £50 per person or £350 for a group through whatever fundraising strategies you wish.

How much money have you raised this year?

So far, this year we have raised £387 at last count. However, we have gone round the Duddingston and Brunstane key adult classes today and collected any donations. Tomorrow we will go around the Abercorn and Crichton classes, so if you want to bring in any donations they will be very much appreciated.

Congratulations! I'm sure The Rock Trust will appreciate your efforts. How many people from Portobello High School are participating this year?

This year many people are doing sleepout from all over Edinburg and from the school there are seven people taking part.

What interested you in the charity and the event?

I was made aware of the Sleepout by my friend Etta Watters who has taken part for the past few years. It sounded like a really worthwhile charity that I wanted to support in any way I could and I am looking forward to taking part this year for the second year in a row.

If any parents wish to donate any money to this great cause please contact Miss Urquhart in the Biology department.

Issy Butt