

Weekly Update – 1st December 2017

Portobello Parent Council Fundraising

Portobello Parent Council presented the school with a cheque for over £7000 on St Andrew's Day. The funds are to be spent on a range of equipment and improvements to the school as well as a donation to the school's Inclusion Fund. Many thanks to all those who contributed – we will post information about what the funds have been used for as our new kit arrives! Pictured is Parent Council Chair Michael McTernan presenting the cheque to pupils Fergal Herron, S6, and Mhairi Klein, S1.



Prelim Timetable

It appears that a draft prelim timetable intended for staff is circulating amongst students. Please note this timetable should be treated with caution and is still subject to change. All students sitting their prelims this year will be issued with a personalised timetable during the last week of term along with a letter providing important information about the prelims and the timing of exam booster sessions.

S2 CITB Construction and the Built Environment



Last week a group of 10 S2 pupils attended one of the first round heats in the Construction and the Built Environment challenge at Heriot Watt University. This is an annual competition run by the Construction Industry Training Board and challenges the pupils to work as a team in solving various tasks relating to the construction industry. This year the pupils got to experiment in the sound labs looking into ways of reducing sound pollution, got hands on with some plumbing work and did an energy audit using infra-red cameras. No win this year but everyone had a great day out. Maybe next year!



Recipe Book Design!

Well done to Rachael Atkinson 5D02 and Catriona Fraser 5D11 (Higher Graphic Communication students) who designed the front cover of a recipe book for a charity trying to raise funds for the repair of Prestongrange Church roof.

The committee were delighted with the front cover and rewarded both girls with a copy of the book plus a small token of their appreciation.

Both girls pictured showing off their just rewards for a job well done.

S. Roy

Scientific Calculators

Scientific Calculators are available to purchase using ParentPay for the cost of £4.50. These can be used by any pupil in S1-6 and are acceptable for use in SQA examinations. To purchase, please login to your ParentPay account and process for payment. We will run payment reports in school and calculators will be given to pupils during their KA time.

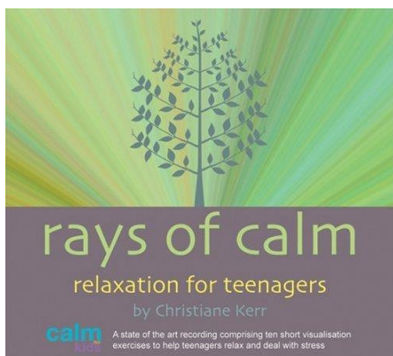
Cody's Xmas Toy Box

Please consider supporting Cody Mcmanus – a future PHS pupil, currently at Duddingston PS – who is undertaking a fundraising cycle this weekend to help raise money to buy bikes for children affected by financial hardship. Happy pedalling and well done, Cody!

<https://www.google.co.uk/amp/www.edinburghnews.scotsman.com/our-region/edinburgh/nine-year-old-in-bid-to-raise-3-000-with-36-mile-ride-1-4618042/amp>



App of the Week



Issy Butt

Today's app of the week is an app specifically designed for teenagers and children to help them deal with stress. However, adults have also found it extremely useful. It has been recommended by psychologists and deals with helping teens sleep better and longer. It is called "Rays of Calm" and includes recordings of the author's voice with nature sounds in the background between three and eight minutes long. The intended result is a visual picture in the listener's head of calming scenarios and places. It was created by Christiane Kerr who specialises in relaxation and stress relief. The recordings help to calm teenagers both mentally and physically in order that they can deal with stress, especially during exam times. They also help to improve focus and concentration. The visualisation exercises have had fantastic reviews and work extremely well in combating sleep deprivation. It is £3.99 on the App Store and is definitely worth the money.

Stories Nourish Mind and Body!

To celebrate Book Week Scotland, the library hosted a Nourish Challenge. The library prefects challenged competitors to transform food into favourite characters from stories, to win points for their House as part of the Reading Challenge. #portyreadswell. Here are our favourite entries so far...



Spotlight on Sport

by Gregor Turner



Name: Daniel Lyons

Age: 12 yrs

Sport: Karate

Who or what is your inspiration in playing your sport?

My inspiration and motivation is Rafael Aghayev because he's been doing the sport for years and he's still winning European and World titles every single year now. What drives me is the support of all the people there and just the support itself as it teaches you a lot of discipline.

How did you end up doing the sport?

I did a lot of Tae Kwon Do but never really found a club I liked, then in primary 1 my coach Chris Ewen came to do a tester and said that I should try a proper class and I did and I really liked it after that.

How often do you train and what does it involve?

I train up to 7 times a week, usually 6, but through 3 weeks there's a team pull which is for a selected amount of people and I used to do fitness on a Tuesday but that now on a Saturday.

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

Not sure! There's been quite a few. One of the titles I'm most proud of is the British International because I beat someone who had only lost twice before me, and one of those times was by me like years back so it didn't really matter then. Also the Europeans because it's a European title and UKC which was an open weight category. Someone who had literally won everything that year also put a photo on Instagram of all his titles and said "Imagine if I win this next one" and then I won it! It was quite a big thing for me and quite a big loss for him.

Have there been any challenging moments?

Probably when I get injured because I want to keep going but I can't and sometimes when there are team events I feel like I'm letting them down if I'm unable to do it.

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

I'd like to keep on doing it until the 2024 Olympics as I would like to take part in that I'm able to and if not I keep on going with the way it is and hopefully start my own club one day.

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

I'd definitely say to give it a shot cause it's a bit different. It's not like boxing where you're trying to knock somebody out as it teaches you about discipline. Again, I'd just tell people to give it a shot!

PE Weekly Update

Results

S1 Girls Basketball: North Berwick 40 – 10 Portobello

Achievements

We are pleased to share so many success stories with you this week and recognise our pupils' fantastic sporting achievements outside of school!

Congratulations to Daniel Lyons (S2) who came first in his age category (Age 12-13) at the UK Ultimate Karate Championships in October! Well done Daniel!

Well done to Caitlyn Lonie (S6) who is representing her karate club in Portugal this weekend. Caitlyn is the only Scottish representative in her category and will fight on Saturday! Good luck Caitlyn!

Mario Duric (S3) and Nye Ulferts Kilpatrick (S1) both participated in the Scottish Schools Individual Fencing Championships last weekend and both achieved great success! Well done to Nye who achieved 3rd place in the foil. Congratulations to Mario who secured 2nd place in the Epee and Foil and 3rd in the Sabre. Mario also won the U16s Boys Master of Arms. Well done boys!

A special mention to Seamus Russel (S6) who has been selected for the SYFA U17s Squad. Seamus played his first match for the Scotland Youth Team against Melbourne last weekend! Well done Seamus on this fantastic achievement!

Well done to Jacob Tweedie (S5) who has been selected for the Scotland U18s Men's Squad who are preparing for the European Championships in Cardiff in July 2018! This is a great achievement and very well deserved!

Thank-you!

A huge thank you to the Parent Council for our new Boom Blaster! This makes a massive difference to our fitness and dance classes during school and extra-curricular. It is also a great asset, which we can use for whole school events and activities. We really appreciate it!



School immunisation programme

Immunisation helps protect our communities from a wide range of illnesses. Thanks to immunisation, diseases such as polio have disappeared in the UK. However, these diseases could come back as they are still seen in many countries throughout the world - which is why it's so important to get your jabs.

The NHS Lothian Community Vaccination Team carries out an annual immunisation programme. The vaccinations will be given in spring term 2018. Consent packs are being issued now. Please discuss the consent pack at home and return the completed and signed consent form to school as soon as you can.

The teenage booster to ensure protection from tetanus, diphtheria and polio will be offered to pupils in S3. This completes the programme, begun in infancy, to give life-long protection. Any pupils in S4 – S6 who have not yet received this vaccination will also be offered this.

In addition all S3 pupils are recommended a meningitis vaccine (ACWY). This protects against several strains of meningitis. Any pupils in S4 – S6 who have not yet received this vaccination will also be offered this.