

Weekly Update – 6th September

S5 / 6 Further and Higher Information Evening

We had a great turnout at this event yesterday evening with some 250 parents and young people coming along to find out more about the increasing range of options for next steps after school. A big thanks to our partners from Napier, Edinburgh and Queen Margaret Universities, Student Award Agency Scotland, Lothian Equal Access Programme for Schools, Skills Development Scotland and Edinburgh College for running so many workshops. Anyone who was not able to attend and would like information should contact their Pupil Support Leader in the first instance.

S1 Instrumental Music Demonstration

A big thanks to our Music Instrumental Staff who held a demonstration morning for all our new S1 pupils on Wednesday 4th September during periods 1 & 2. It was a lovely opportunity for our new pupils to see what musical opportunities they could access during their time with us. We are keen to ensure that all our young people have access to the fantastic opportunities on offer in Portobello!

Spurtle Folk Band

Portobello High's very own Spurtle Folk Band showed their talent last Sunday at Portobello Village Show with great success. It was lovely to see some last year's S6 leaver pupils returning to the group too, as this was their final performance before they start University start next week. What a great show, well done everyone!



RNLI Swim Safe Portobello

Please find attached invite letter for FREE water safety sessions delivered by Swim Safe in conjunction with Active Schools Edinburgh at Portobello Beach. 17th September 2019.

Dear Edinburgh Schools,

We are excited to invite you to take part in Swim Safe during September 2019. Active Schools Edinburgh have partnered with the Royal National Lifeboat Institute (RNLI) and Swim England (the national governing body for swimming in England) to deliver their Swim Safe programme.

Swim Safe offers **FREE to access** practical water safety session, using qualified instructors and lifeguards at open water locations around the UK. The programme was created to give young people experience of open water environments that are vastly different from the swimming pool they have learned to swim in. Teaching them the dangers of cold, moving water and how to self-rescue and call for help. The 1 hour-long sessions are tailored specifically to meet the following elements of Key stage 2:

- Perform safe self-rescue in different water-based situations.
- Take part in outdoor and adventurous activity challenges both individually and within a team.

The sessions are aimed at pupils who are already able to swim 25 metres unaided. Swim Safe builds on their ability and teaches pupils the essential techniques to enable them to be safe in and around open water.

If you would like to book your school to take part in a FREE Swim Safe session we will be delivering at Edinburgh, Portobello Beach from 09:30-11:00, 11:00-12:30, 12:30-14:00 Monday-Friday 16th-20th September 2019. Please contact either Swim Safe Co-ordinators Martin McQueenie or Iona Hamilton.

Martin McQueenie

Iona Hamilton

Phone 07796 561615

Phone 07710 785408

Email martin_mcqueenie@rnli.org.uk

Email iona.hamilton@virgin.net

We look forward to welcoming you and your school to Swim Safe at Portobello Beach.

Kind Regards,

Active Schools Edinburgh and Swim Safe Scotland

Pea and sweet potato puffs made by National 5 Hospitality

