

## Weekly Update - 13<sup>th</sup> December

### RMPS conference Friday 6<sup>th</sup> December

The RMPS department hosted a conference last Friday for S4 students to help them explore issues around Religion and Morality in the Modern World.

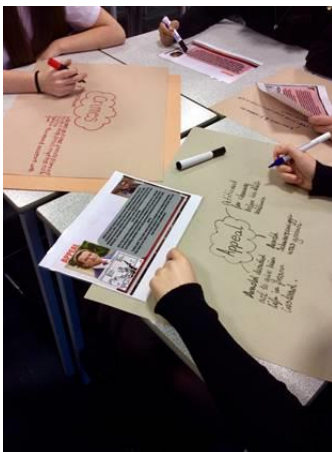
There was a key note speech by Dr Barry of Edinburgh University on Religion and Morality, and their place in the modern world. This was very well received and provided a great start to the day. Students also undertook three workshops. One was a mystery lesson on the complex issue of Euthanasia, another was on the case of Tookie Williams and the morality of the death penalty. The final workshop was debate and critical thinking skills with philosophers from Edinburgh University.

We had a lot of help from staff all around the school teaching cover lessons or taking part in the conference itself. Thanks in particular to Social Subjects teachers and Mrs Hand and Mr Pilfold from maths who taught workshops.

We have had positive feedback from the students on all areas of the conference from the survey they filled out. The students worked hard and represented Portobello very well.

Many thanks

The RMPS Department

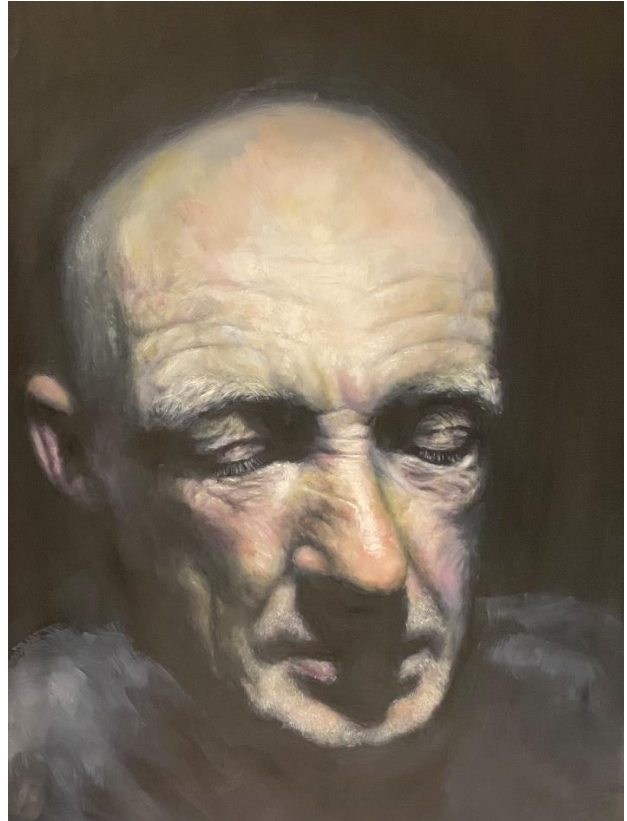


## Christmas Concert and Exhibition

A huge well done to everyone who played a part in another wonderful Christmas Concert. Special mention to those who stepped up when some of the performers were unable to take part due to illness. Feedback from the audience was very positive and it is great to see the numbers of musicians growing from year to year.

Once again, we combined our concert with an opportunity to view the work of senior students in the Art & Design Department. This has remained on display in the library to allow our younger students to see the fantastic quality of work which is produced.

A big thank you to our new Parent Council Committee members and volunteers, who raised more than £600 though a raffle and refreshments.



## Flu/Cold advice

Please see the information below, which we are sharing at the request of NHS Lothian.

### Key advice for parents and carers

**In the home the risk of catching or spreading flu/cold like illness can be reduced by:**

- Regular hand washing with liquid soap and running water
- Covering nose and mouth when coughing or sneezing
- Using a disposable paper tissue, disposed of immediately after use.
- You can teach your child to sneeze into the 'crook' of their arm rather than their hands, if they don't have a tissue. <https://www.youtube.com/watch?v=mQINuSTP1jI>
- Good general cleaning of surface that everyone touches often e.g. TV remote, light switches, door handles, toilet flushes and tap heads.
- <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/common-cold>
- <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/flu>

Children should not return to school until completely well and 48 hours after symptoms have stopped.



## Food Bank Collection

Once again, our Christmas Charity Appeal has been to collect food items and donations for our local food bank. Thanks to all who contributed to this vital service.



## Bike Security

Unfortunately, we are experiencing a spate of bike thefts in the school grounds and local community. Please remember to use locks to ensure bikes are secure while in the bike sheds. Rigid D-locks are recommended as we have had experience of cable-type locks being cut through.

## Karate

Congratulations and good luck to Daniel Lyons [3D07] and Niamh McGregor [3C10] who are travelling to Venice to represent Scotland and their Karate Club at the World Karate Federation Youth League (the WKF K1), this is the highest possible level of international competition for Youth Karate. This is a massive competition with over 3000 entries over the 3 days of the tournament.

Daniel's category is the Cadet (14-15 years) -52kg, which has 146 athletes from 37 different countries - a big challenge for Daniel as he is new to this age group at world level - but a fantastic opportunity to compete against the best in the world.

Niamh's category is the Cadette (12-13 years) – 47kg

## Basketball

Some Scottish Schools Cup Competition results:

S1 Girls – George Heriot's School 19 Portobello HS 29

S1 Boys – Portobello HS v George Heriot’s School – George Heriot’s School withdrew from competition

### **Schools Cup Competition Games for next week:**

S1 Girls – Monday 16 December - Armadale Academy v Portobello HS – Group Stage Game

Open Girls – Wednesday 18 December – Wallace HS v Portobello HS – QF Knockout Stage

Finally, congratulations to the following S4 pupils **Jude Vanneste**, **Fraser Tuffy** and **Aoife Loftus** who have been selected for 2019/20 basketballscotland National Academy: U16 Training Squads. These pupils will travel to and compete in the Tri Nations tournament in Manchester at the end of this month.

### **Extra-Curricular Clubs**

Please note that there will be no extra-curricular clubs or School of Basketball sessions running next week, all clubs will resume on Thursday 9 January 2020. The exception to this arrangement will be the Inter House Swimming Competition organised by our Sports Council and this will take place after school on Tuesday, all pupils are welcome to sign up for this event.