

## Weekly Update 21<sup>st</sup> February

### Mental Health Assembly

The tragic circumstances around the death of Caroline Flack were a major talking point for our young people this week. In response to this and learner voice, Mrs McKay focussed on the topic of mental health in this week's assemblies. She had three main messages: be kind; it's ok to ask for help; look out for each other. We also watched a short film produced by the charity Mind, in which young people speak about their mental health, what has helped them and pass on advice to others. Within our society, there is still a great deal of stigma attached to mental health issues. By talking about mental health, sharing strategies for how to stay well and where to get help, we can help to overcome this. The film can be found at the following link:

<https://www.youtube.com/watch?v=y97VF5UJcc>



### Cyber Scotland Week 2020 – How to Steal a Pizza

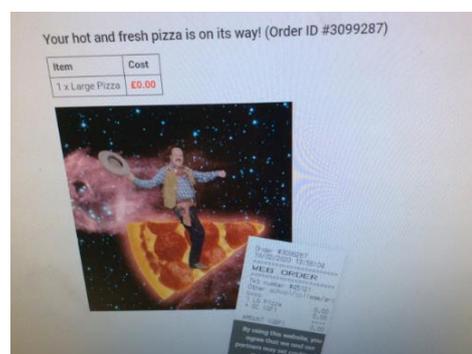
Some ethical hacking was happening this week in the Computing Science department as students became cyber security consultants and helped a new business test the security of its website.

Auld Lang Slice, a pizza restaurant, was about to launch a website that let customers make orders online. Our students were asked to perform an investigation of this website to help spot security issues.

First, they investigated the public facing side of the website and gathered intelligence about the new company.

Then, they investigated the software and tools the website was using.

Finally, using the information they had gathered, they tried to find a security vulnerability and use it to break the website and get a free pizza!



Please be assured that it was a fictional company, so they were not actually breaking anything - but it gave them valuable insight into how a business can protect itself from cyber attacks.

## Portobello High School, Feeder Primaries and Portobello District Rotary Club Quiz

On Tuesday we welcomed teams representing each of our feeder primaries to the district final of our annual Rotary Quiz. After great competition, Parson's Green came out on top and now will go onto the next round. Well done to all and good luck to those moving forward.



## FTT Valentines Pop Up Craft

Some pupils from S1 to S4 have been busy at Miss Hulson's Valentines Pop up Club making beautiful felt lanterns to gift to their Valentine. Thanks to Miss Hulson's creativity some lovely people will have had a nice surprise on Valentine's day.



## National 5 Health and Food Technology

The National 5 Health and Food Technology class (S4) have been developing dishes to meet the briefs for their assignments. The recipes they developed were all cooked this week and they worked really hard to produce dishes which were either low in salt or a one pot potato dish. Their food tasters all agreed that the food made was great.





## WAKO Kickboxing Championships



Maisie Ross (S1) travelled to Nottingham last weekend with the Wolfpack Martial Arts Squad to compete in the WAKO Kickboxing Championships. After many tough fights she came away as the new WAKO P.F British Champion (in two categories -37 & -42kgs). Another great achievement. Well done Maisie!

## Basketball

The S1 Boys Basketball team have a quarter-final game on **Tuesday 25 February** against Perth Grammar, it's a 4.30pm tip off at Portobello HS – Good luck boys!

Congratulations to the **U15 Boys Basketball** team who now progress to Semi – Final stage of the Scottish Schools Cup Competition, arrangements for the Boys semi – finals are as follows:

**DATE:** Thursday 12 March 2020

**VENUE:** Dundee Regional Performance Centre, 32 Kingsway, Dundee DD4 7DE

**FIXTURES:** U15 Boys – 11.30am Tip Off – Holy Rood HS/Park Mains v Portobello HS

Basketballscotland have also confirmed the following arrangements for the Scottish Cup Semi Final games, Portobello HS have representation in all 3 categories of the Girls competition

**DATE:** Wednesday 11 March 2020

**VENUE:** Dundee Regional Performance Centre, 32 Kingsway, Dundee DD4 7DE

**FIXTURES:** S1 Girls – 10.00am Tip Off - Millburn Academy v Portobello HS

U15 Girls – 11.30am Tip Off – Portobello HS v St Maurice's HS/ Perth Grammar

Open Girls – 15.00pm Tip Off – Portobello HS v St Maurice's HS/Arbroath HS

## **Diving**

Congratulations to Eddie Gladstone Wallace 4B08 who was competing in the Armada Cup 2020 diving competition in Plymouth Life Centre last weekend, Eddie achieved 2<sup>nd</sup> place in the 3 metre event and 3<sup>rd</sup> place in the 1 metre event. Well done Eddie!

## **Karate**

Good luck to Daniel Lyons Daniel who is attending another international Karate Competition this weekend, it's the Ishoj Karate Cup in Denmark. Daniel has won Gold at this event for the last 2 years running, so we are hopeful he can make it a hat-trick! A great challenge for him and wish him luck!