

Weekly Update – 8th December 2017

Christmas Concert

Congratulations and thanks to all those involved in another superb Christmas Concert last night. The event was a sold out and a packed hall enjoyed a wide range of musical talent as well as some truly corny seasonal jokes!

S1 Christmas Disco

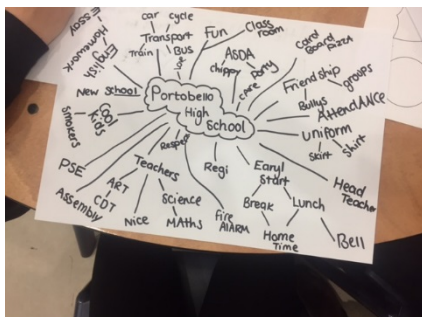
The S3 Business Management classes have been working hard on the S1 Christmas disco which will take place on Friday 22nd December between 11am and 12.30pm. Tickets cost £3 and will be on sale from Tuesday 12th December. As well as the disco, there will also be games and prizes up for grabs. The S3 Business Management classes look forward to seeing as many S1 there as possible.

Foodbank Collections

We will be participating in foodbank collections for the Trussell Trust this Christmas. Each of our Key Adult classes have been issued with information on how they can get involved and help to contribute to this very worthwhile cause, which has been coordinated by Miss Scott (Chemistry) and the Charities Committee. Dry and tinned food, pastas, rice, cereals and hygiene products are among the items that are all very welcome. These will be collected over the next week and delivered to the local foodbank on behalf of the pupils of Portobello High School on Friday 15th December, so as to be available for those in need over the festive season.

S3 Art and Design Creative Workshop

On Monday this week our S3 Art and Design learners participated in a pilot workshop run by Edinburgh College and the Edinburgh based creative agency, Whitespace called “PE for the Brain”. The two-hour session was aimed at building confidence through promoting creativity and generating many ideas in very quick succession. Although this particular workshop targeted Art and Design, the transferable life skills were applicable and invaluable to a number of curricular areas. The kids had a ball, approached the challenges with enthusiasm and did the school proud!



Participants are now taking part in a live online design challenge involving many schools across the council. The top twenty submissions will be awarded a place on a week long course at Edinburgh College and a unique chance to experience college life, meet employers, visit Scotland’s leading Design agencies and participate in a number of workshops across different design disciplines in our Art and Design Departments.



Porty Does Strictly – Parent Council Raffle

The Portobello High School Parent Council will be holding a raffle at Porty Does Strictly next week. We have some fab prizes to win donated by local businesses:

- Hibernian Football Club have donated 2 tickets for the Hibs vs Ross County game on 23 December worth £44
- A beautiful bouquet of flowers from The Wild Flower Shop worth £25
- A family pass to a United Sk8s roller disco worth £20
- £15 voucher for The Skylark
- £10 voucher for the Two Sisters

Tickets will cost £1. Please buy a ticket or two on the night and support the school!

Huge thanks to everyone that bought raffle tickets and participated in the tombola at the Christmas Concert on Thursday evening. We raised an amazing £351.99!

Please like @PortyHighParents on Facebook to keep informed with what the PHS Parent Council is up to.

PE Weekly Update

Football

U13s: Portobello 1 – 2 Boroughmuir

U15s: Portobello 1 - 1 Lasswade

U16s: Portobello 1 – 4 Lasswade

Basketball

S1 Boys: Portobello 32 – 13 Hawick

Rugby

Well done to our S1 team who played a 10-aside development game against Musselburgh. The boys played very well and came away with a comfortable win!

U15s: Portobello 30 – 0 Musselburgh

U16s: Portobello 20 – 0 Musselburgh

Achievements

Good luck to Andrew Mackay (S5) who has been selected to trial for the Scottish Schools U18s Football Team. Well done Andrew on this fantastic achievement!

Congratulations to Jenny Lynch (S3) who recently represented her team, Lismore, in the SRU U15s Scotland Girls Rugby Final. Well done Jenny!

Good luck to Jay Stewart (S2) who competes in the U15s Boys 4k event at the East District Cross County Championships in Livingston on Saturday!

Welcome to our new librarian!



This week, Emma Smith joined Party. She's looking forward to meeting everyone and welcoming them into the library. It is a great space for relaxing, socialising and expanding your knowledge. Emma's main aim is to encourage more people to read and use the library. She has an open door policy, making the library accessible to everyone. In just one week she has seen an increase in the number of pupils coming to find books. Another one of Emma's aims is to work closely with key adult groups and bring them together to encourage reading, especially during key adult morning reading times. So far, Emma has decorated the library to brighten up the space and make it more enchanting and welcoming. Finally, another aim of Emma's is to bring in more clubs and run more competitions, helping to motivate learners to make regular use of the resources, and make it a fun and friendly space for learning. If you have any ideas about ways of developing the library, pop in and say hello!

by Christy and Issy



Spotlight on Sport

by Gregor Turner



Name: Peter Ritch

Age: 12 yrs

Sport: Gymnastics

Who or what is your inspiration in playing your sport?

The people who inspire me are Nile Wilson and Max Whitlock but also my coaches as they have always believed in me.

How often do you train and what does it involve?

My training schedule is 21 hours a week within 5 days. Mon: 5-9, Wed: 5-9, Thurs: 4:30-8:30, Fri: 4-7, Sat: 10-4(pm). Each session involves warm up stretching then conditioning then apparatus which is ring, pommel, floor, vault, p-bars and, high bar sometimes. I do weight training too.

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

Representing Scotland, in grade finals each year; representing my club and Scotland at the British Championships in Birmingham; and finishing top Scottish boy for my age. I'm also 1 of 8 selected to follow the performance pathway training in South Essex with high level coaches, working alongside my inspiration Max Whitlock.

Have there been any challenging moments in your time of doing this sport If so what were they?

I am not naturally flexible and always had to work extra hard to overcome this, working on lots of the extra stretching by myself and coaches. I never gave up and the hard work has paid off as I have now been noticed by Scottish gymnastics.

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

To hopefully be selected to represent Scotland at the Celtic Cup and/or compete in Portugal. My long-term plan is to compete at the Commonwealth Games.

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

To join a club, never give up, work hard, train hard but most of all enjoy it. I have made many great friends through gymnastics. Follow your dreams!