

## Weekly Update 10<sup>th</sup> June 2022

### Portobello Sports Personality of the Year 2022

Wednesday evening saw the return of our Sports Personality of the Year awards evening after a two-year hiatus. In the fifth edition of the awards, we celebrated the fantastic sporting achievements of our pupils within our extra-curricular sports programme and their own activities out of school. To finish the evening, we awarded our Young Sports Personality of the Year and our Sports Personality of the Year awards to two very deserving recipients; Etta Edwards (Taekwondo) and Nye Ulferts Kilpatrick (Fencing). A huge thanks to all for attending the evening and a massive well done to all our young athletes. For a full list of winners, please see the end of this update.



### Three Day Transition Visit for P7

It was great to welcome the parents and carers of next year's S1 cohort last night ahead of the three-day transition visit next week and look forward to working with our new families. As advised earlier, all other year groups have a slightly delayed start (8.50am) to the school day on Tuesday 14 June in order to allow us to welcome our P7s and get them settled at the start of the day. We would also like to say a big thank you to some of our new S6s who came in yesterday evening to help with our parent event and then did an amazing job of making up the packs which will be given out to P7 next week – as you can see from the photo, they were very happy workers!



## Mental Health and Wellbeing

Friday 2nd June was World Eating Disorder Action Day and we wanted to acknowledge this by highlighting some important links to information connected to eating disorders. The purpose of the action day is for more policy action taken by governments and leaders to ensure caregivers receive support, health care workers are properly trained, and that affected people and families get immediate, evidence-based treatment.

<https://www.beateatingdisorders.org.uk/https://www.samh.org.uk/about-mental-health/mental-health-problems/eating-disordershttps://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/>

## English

### Book Returns

We are still waiting for quite a few pupils to return the class texts for English that they were given over the 2021-22 session. Please help us save money, and the environment, by returning your text! Please return all books to class teachers from last term.

### Book Amnesty

Have you found any old English department books lurking at home? Maybe your older siblings have been having a clear out and found a copy of Macbeth gathering dust under their bed, or Of Mice and Men hiding amongst old magazines... A Book Amnesty box will be in the English Base (LG50) until the end of term and any long-forgotten books from previous years can be returned anonymously, no questions asked! Thank you!

## Duke of Edinburgh Award Update

Firstly, a reminder to all parents of participants to make sure that all kit has been returned to the kit store. It is really important that kit is returned clean and on time, as we have other expeditions going out.

Secondly, a huge well done to our Curriculum group who, by the time you read this, will have completed their Bronze Expedition! They had a very wet day on Wednesday walking from Hillend up Allermuir and over to Bonaly in the Pentlands! The emergency shelter was used as a useful dry lunch spot! Huge thanks to Ms Gallagher and Sarah and Robert from FOTA for supporting our young people during this challenging expedition!



Next week, our S4 (new S5) are also over at Bonaly to do their expedition training, followed by their qualifier the following week. This year group were not able to do their Bronze award in S3 due to the pandemic, so this year we have had to fit their award around their exams. The training and qualifier are being run by CEC Sports and Outdoor Learning unit. Good luck to all involved!

Any pupil still to finish off their sections/award from previous years should come and see Ms Taylor in G40 to get advice on how to get finished off!

And finally, on Thursday 23<sup>rd</sup> of June we will have a small gathering in the hall at breaktime for our S3 (new S4) Bronze DofE participants. Those who have completed all of their sections and had everything signed off should be able to receive their awards and badges, and we look forward to seeing the photos/videos that were taken during the expedition!

## FTT

S1 have been peer assessing each other's practical skills over the last two weeks. They have prepared, and cooked Nasi Goreng and our cooks and assessors have taken their jobs very seriously.



The senior bake and cake classes have hit the ground running this week looking at different methods of cake making. They have made great scones using the rubbing in method. And swirly Swiss rolls using the whisking method.





Samuel



Amy



Alice



Ella



Ella



Ella



Naomi



Zoe



Molly



Harry



# **Sports Personality of the Year 2022**



## **ATHLETICS**

<b>Ella Nicholson</b>	Selected for East of Scotland team for Inter District Cross Country championships.
<b>Elsa McGregor</b>	Placed 7 <sup>th</sup> at Scottish Schools Cross Country Championships.  Selected to represent Scotland in the SIAB Cross Country International Event 2022.  Junior SPOTY Nominee.
<b>Flora Henry</b>	Scottish U20 5000m champion.  SPOTY Nominee.
<b>Joe Smith</b>	Selected for the East of Scotland Cross Country team.
<b>Omar Bajo</b>	Second in the East District Championships and is now ranked 3 <sup>rd</sup> in Scotland under 17's for both 100 and 200 metres.
<b>Layla Magee</b>	Team East Lothian Athlete.
<b>S1-3 Athlete of the Year Nominee</b>	Sandy Henry Elsa McGregor - winner Joe Smith
<b>S4-6 Athlete of the Year Nominee</b>	Flora Henry - winner Eily Sinclair Jamie Smith
<b>S1-3 Coaches Athlete of the Year</b>	Anna Thomson
<b>S4-6 Coaches Athlete of the Year</b>	Robert Mylne

## **BASKETBALL**

<b>Aoife Loftus</b>	Part time contract with Caledonia Pride.  Represented Scotland at U18 level.  Selected for U18 National Academy Erasmus Programme.  SPOTY Nominee.
<b>Fleur Gamal</b>	U16 Regional Academy.

	<p>Represented Scotland in Junior NBA Europe and Middle East.</p> <p>Selected for Global Junior NBA Championships. Selected for Scotland U14 squad.</p> <p>Selected for U16 National Academy Erasmus Programme.</p> <p>Junior SPOTY Nominee.</p>
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**Jude Vanneste**

Scotland International since U12 age group.

	<p>Part time contract with Caledonia Pride</p> <p>Represented Scotland at U16 level.</p> <p>Selected for U16 National Academy Erasmus Programme.</p> <p>SPOTY Nominee.</p>
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**Zoe Sharpe**

**S1 Boys Basketball Nominees**

Hamish Johnstone - winner  
Zach Paterson  
Leandro Forno

**Open Boys Basketball Nominees**

Alex Vipond  
Nathan Koffi - winner  
Shayne Wilson

**S1 Girls Basketball Nominees**

Lydia Psarologou  
Ava Ellis  
Indiana D'Alton - winner

**Open Girls Basketball Nominees**

Eilidh Smith - winner  
Zoe Sharpe  
Leila Gamal

**S1 Boys Coaches Player of the Year**

Bobby Noble

**S1 Girls Coaches Player of the Year**

Indiana D'Alton

**Open Boys Coaches Player of the Year**

Hari Bhandari

**Open Girls Coaches Player of the Year**

Idun Curran

**Open Girls Basketball**

**Scottish Cup Winners 2022**



## DANCE

**Christina Carlin**

Captain of Phelan Dance School team who represented Scotland at the Dance World Cup.

Junior SPOTY Nominee.

## DIVING

**Jessica Nearn**

2<sup>nd</sup> on 1m at SASA Level 3 event.

4<sup>th</sup> on 1m, 3<sup>rd</sup> on 3m, 1<sup>st</sup> on platform at Scottish National Age Group event.

5<sup>th</sup> in Synchro.

**Chloe Sinclair**

Scottish 1m and 3m Springboard Champion.

**Poppy Reid**

5<sup>th</sup> on 1m, 1<sup>st</sup> on 3m, 6<sup>th</sup> on platform at Scottish National Age Group event.

5<sup>th</sup> in Synchro.

**Zara Saines**

13<sup>th</sup> Place at first age group G-Star competition, two top 10 finishes.

## FENCING

**Nye Ulferts Kilpatrick**

Ranked 4<sup>th</sup> in GB, Alpharetta Ranking of 28<sup>th</sup> in Europe.

Team Silver Medallist at U17 European Championships.

Individual and Team medal for Scotland U17s and U20s.

Scottish Commonwealth Games training squad member.

SPOTY Nominee.

## FOOTBALL

**Amber Cadger**

City of Edinburgh Football Academy.

**Jay Mill**

Heart of Midlothian U16s.

<b>Lily Graham</b>	Scotland U17 International. SPOTY Nominee
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<b>Brodie Watt</b>	Scottish Schools U18 International. Hibernian U18s. SPOTY Nominee.
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<b>Cayden Shek</b>	Heart of Midlothian U14s.
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<b>Luke Davidson</b>	Hibernian U14s.
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<b>Girls Football Nominees</b>	Milly Rutherford Zoe Walker - winner Kyra Paul Rachel Fleming
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<b>Girls Football Coaches Player of the Year</b>	Milly Rutherford
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## **GAELIC FOOTBALL**

<b>Darcy Robertson</b>	Scotland U14 International.  Dunedin Óg regional team – U14 Northern Games GAA winners.
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<b>Laila Koita</b>	Dunedin Óg regional team – U14 Northern Games GAA winners.
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<b>Euan Perry</b>	U15 Northern Games Plate Competition winner.
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<b>Thomas Carlton</b>	U15 Northern Games Plate Competition winner.
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## **GYMNASTICS**

<b>Grace Hanlon</b>	National squad member.
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<b>Holly Girvan</b>	U14 Scottish Vault Champion.  8 <sup>th</sup> overall at Scottish Championships.  3 <sup>rd</sup> overall at National Gymnastics competition - qualifying for Scotland Team.  Junior SPOTY Nominee.
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## **KARATE**

**Ryan Thinn**

2<sup>nd</sup> Dan Black Belt in Wado-Kai Karate.

Gold medallist in team event at Swedish Karate Open.

**Lujayn Elshawi**

Gold medallist in North and East Open.

Silver medallist at Scottish Nationals.

Silver medallist at Scottish National Open.

Junior SPOTY Nominee.

**Daniel Lyons**

Selected to represent Scotland at Junior European Championships.

Gold medallist in team event and bronze in individual event at Swedish Karate Open.

Team gold in Penrith Open.

SPOTY Nominee.

## **NETBALL**

**Idun Curran**

Selected for Edinburgh District U19 Team.

**S1-3 Netball Nominees**

Emma Foster  
Lois Gray - winner  
Grace Wooten

**S4-6 Netball Nominees**

Anna Campbell  
Alice Milsome  
Idun Curran - winner

**S1-3 Coaches Player of the Year**

Ellie Lorimer

**S4-6 Coaches Player of the Year**

Amy Longstaff

## **RUGBY**

**Aidan Barry**

Selected for Edinburgh U17 Team.

**Jamie Regan**

Selected for Edinburgh U16 Team.

**Murray McCowan**

Selected for Edinburgh U16 Team.

<b>Rio Volpe</b>	Selected for Edinburgh U17 Team.
<b>U14 Coaches Player of the Year</b>	Sam Thomas
<b>U16 Coaches Player of the Year</b>	Zach Lumsden
<b>U18 Coaches Player of the Year</b>	Aidan Barry
<b>Girls Rugby Coaches Player of the Year</b>	India Myles

## **SWIMMING**

<b>Sophie Richardson</b>	Qualified for Scottish National Age Group Championships in 2022.  Finalist in 50m Fly at East District age Groups.
<b>Coaches Swimmer of the Year</b>	Irene Smiles

## **TAEKWONDO**

<b>Etta Edwards</b>	Scottish, Welsh and British Champion at Lightweight Category.  Junior SPOTY Nominee.
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## **TENNIS**

<b>Cesc Xargoyo-Costa</b>	East of Scotland Squad.
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## **VOLLEYBALL**

<b>Coaches Player of the Year</b>	Hubert Malon
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## **WATER POLO**

<b>Frankton Bell</b>	Scotland U16 Men's Team.
<b>Will Hurd</b>	Scotland U16 Men's Team.
<b>Joe Mathieson</b>	Scotland U16 Men's Team.

**Lorcan McNally**

Scotland U16 Men's Team.

**Esther Robinson**

Scotland U16 Women's Team.

**Alex De Gaetano**

Scotland U18 Men's Team.

**Sam Molloy**

Scotland U19 Men's Team.

**Coaches Player of the Year**

Joe Mathieson

## **JUNIOR SPOTY NOMINEES**

**Holly Girvan**

Gymnastics

**Elsa McGregor**

Athletics

**Lujayn Elshawi**

Karate

**Christina Carlin**

Dance

**Etta Edwards**

Taekwondo

**WINNER**

**Fleur Gamal**

Basketball

## **SENIOR SPOTY NOMINEES**

**Flora Henry**

Athletics

**Daniel Lyons**

Karate

**Nye Ulferts Kilpatrick**

Fencing

**WINNER**

**Lily Graham**

Football

**Zoe Sharpe**

Basketball

**Aoife Loftus**

Basketball

**Brodie Watt**

Football

## **VOLUNTEERS**

**Rob Henry  
Paul Slifer  
Flora Henry  
Robert Mylne  
Ella Nicholson  
Sandy Henry  
Stella McGregor**

Athletics

**Tiegan Gibb  
Mckayla Harris  
Alyssa Hallett**

Primary Autism Club

**Mhairi Klein  
Jason Hogg  
Jack Gardner**

Badminton

**Ellis Gray  
Rachel Fleming**

Football

**Idun Curran  
Eva Beveridge  
Aisha Rana**

Netball

**Kieran McGuckin**

Swimming

**Aitana Verdu**

Volleyball

## **SPONSORS**

**Edinburgh Beach Volleyball**

**Highland Fling Nursery and  
Afterschool Club**

**Crumbs of Portobello**

**Kawa Coffees**

**Portobello Rugby**

**Portobello Mortgage Centre**

**Oils in Bloom**

**Podia Podiatry/Chiropody**

**Home Instead**

**Ciara Webb**

**Bellfield**

**Butternut Squash**

