



Weekly Heads Up!

Friday 28th August 2026

We're well into the swing of the school year now after the second full week back.

Friday breaktime is a little tight to get 630+ students through the canteen, so please can I ask for your support in ordering ahead, in general, and particularly on a Friday. S1 folks at home should have had a direct email about the fusion app and S2-6 students had an email on their glow account. If you order ahead, then it's ready as soon as the bell rings and they don't have to queue.

We're looking ahead to the Senior Awards Ceremony on Thursday which is always a brilliant event. We have a great local speaker lined up and we can't wait to celebrate the successes of our young people.

Mrs E Dickson
Headteacher



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Extra-Curricular Clubs Return!

We are delighted to welcome pupils back to our extra-curricular programme, with clubs resuming week commencing 31st August.

	Hockey S1-S2 Hockey: S3-S6 Hockey	Tuesdays, 4pm to 5pm Wednesdays, 4pm to 5pm
	Netball S1-S2 Netball: S3-S6 Netball:	Thursdays, 4pm to 5pm Thursdays, 5pm to 6pm
	Rugby S1-U16 Rugby:	Mondays, 6pm to 7.30pm at Eyemouth High School
	Badminton S1-S6 Badminton:	Mondays, 4pm to 5pm (<i>***Begins on 7th September***</i>)

New Club: We will be launching a new programme called the 'Sisters in Sport' project for S1-S3 girls starting Monday 7th September. Sessions will run every Monday from 4pm to 5pm until the end of March and will feature a range of fun fitness-based activities each week. See Rebekah Herbert (Active Schools Coordinator) for more info.

Keep an eye out for further updates on lunchtime clubs, with more details coming in the next few weeks. We look forward to seeing as many pupils as possible getting involved!

Rebekah Herbert, Active Schools Coordinator (Duns Cluster)

Home Economics Practical Lessons - Week beginning 31st August

This is what students will be making next week. Please could we ask your help in ensuring your child has the correct equipment.

Year	Making	Equipment
S1	Theory - Hob Skills	No Tub
S2	Chicken Fajitas	Tub/Container
S3 Health & Food	Chicken Stir-fry Noodles	Tub/Container

THE UN CONVENTION ON THE RIGHTS OF THE CHILD 'RIGHT OF THE WEEK'



ARTICLE 40 (juvenile justice)

A child accused or guilty of breaking the law must be treated with dignity and respect. They have the right to legal assistance and a fair trial that takes account of their age. Governments must set a minimum age for children to be tried in a criminal court and manage a justice system that enables children who have been in conflict with the law to reintegrate into society.

School Nurse Drop-In

The school nurse drop in will commence **Tuesday 1st September**. The Chathealth phone number is 07507 330509 (for confidential support and health and wellbeing advice from your school nurse).

S1 - 3	12:45 - 13:15
S4 - 6	13:15 - 13:45



Health & Social Care Virtual Work Placement

Monday 14th - Friday 18th September

Join our work placement and power up your career path into health and social care

+ Discover the huge range of services, job roles and opportunities available in the sector

+ Learn about the employability skills and core values important to employers

Our Health & Social Care Virtual Work Placement programme takes place online and in person in school.

Whether you already know which job you would like or are simply interested in working with people, this course will help you better understand how you could find a fulfilling role in health and social care.

You will hear from professionals, have a go at some practical tasks and work both independently and as part of a team, to create a presentation for the final day.

Open to all S3-S6 - email lowenson@dywborders.co.uk if interested



Support for Parents & Carers

Pre-teens & beyond...

Caring for young people is not always an easy task !!

P6 to S6s are in a period of rapid development and change, both inside and out

It can feel like you are alone with your young person's moods and attitudes that neither you nor they, can recognise

Join us for practical information, on how to relate to that emerging person and their developing brain

Access the information and reduce the stress for the whole family

Tuesday 29 September
6pm - 7.30pm
Duns Primary School Hall

Quotes from other parents who have been to the session:

'Having an insight into how their brains work, makes you re-consider your actions'

Very educational and insightful'

'Worth doing and makes you think differently'

'It is worth it and a bit of an eye-opener into how the growing child's brain works and how each part controls their emotions, behaviours and decision making'

Any further questions and to book your seat:

e: Amanda.Dempsey@scotborders.gov.uk

m: 07776 116936

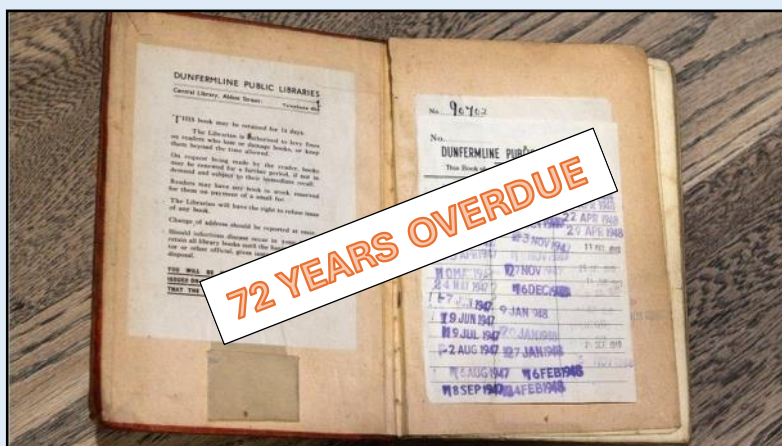
Community Learning & Development - Scottish Borders Council

BHS LIBRARY BOOK AMNESTY

Between now and the beginning of the December holidays we are giving students and ex-students the opportunity to return any books which they may have forgotten to return or find under a long-forgotten pile in your house.

These books may be 72 years overdue but be assured that any books you return will incur no late fees!

Mr Bain, Librarian



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Parent Council



Our AGM is on September the 16th at 6.00pm. Mrs Dickson, head teacher will be there along with myself and your year group parent reps. We would love to see you there.

Advertising for our m'inted sale has started to go out. If you see it on social media we would be very grateful if you could share it for us please.

Any donations that you have, please could you bring them to the school office.

We will be having a raffle on the night, if you are able to donate a raffle prize please let us know at parentcouncilberwickshirehs@gmail.com.

Finally your year group parent reps are below, please feel free to contact them with any questions you may have.

Sally Kitchen, Chair of the Parent Council

Parent Representatives



Chair - Sally Kitchen



S1 – Marianne Hodge



S2 – Sandra Dewar



S3 – Kirsty Binnie



S4 – Jude Reid



S5 – Jo Mabon



S6 – Clare Stewart

BERWICKSHIRE HIGH SCHOOL

PARENT COUNCIL

AGM



16TH SEPTEMBER



6PM



AT BHS

BERWICKSHIRE HIGH SCHOOL

GET INVOLVED. MAKE A DIFFERENCE.
SUPPORT OUR SCHOOL COMMUNITY.

m'inted



pre loved sale



GOOD FOR YOU,
GOOD FOR THE PLANET



CLOTHES • SHOES • ACCESSORIES • BOOKS • BRIC A BRAC

at
**BERWICKSHIRE
HIGH SCHOOL**

1ST OCT

6PM – 7.30PM

EVERY ITEM
50p

ALL SCHOOL
UNIFORM
FREE!



REFRESHMENTS



TOMBOLA



RAFFLE



We would really appreciate any donations
of the above items.
Please bring them to the school office.



**PRE LOVED
NOT PRETENTIOUS**
Quality items for
amazing prices.



**SUSTAINABLE
SHOPPING**
Great for your wallet,
better for the planet.



**SUPPORT OUR
SCHOOL COMMUNITY**
All proceeds go towards
school initiatives.

SHOP SMART. SHOP M'INTED.



SEE YOU THERE!



Any questions or queries please contact the Parent Council at
parentcouncilberwickshirehs@gmail.com

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