



Berwickshire High School

Daily Bulletin Thursday 17th September 2026

NOTICES FOR STAFF, STUDENTS AND PARENTS

HOUSE CHALLENGE SCORES

	Douglas	Home	Scott
PE Activity Champions	60	85	50
Chess Chums	21	48	28
Running totals:	984	765	1026

SENIOR PREFECTS - THURSDAY

Evie Gregory	Max Pearson	Isla Gourlay	Mitchell Ovili
Benji Pereira	Lexi Carruthers	Julia Jedras	Amelia Bloszko

Fact of the week

When you're reading - even silently - the muscles of your mouth, tongue and larynx activate. This process is called 'subvocalisation'. We're sounding out the words in our heads to decode them, even when we're not speaking out loud.

Quotation of the week

"The more that you read, the more things you will know, the more that you learn, the more places you'll go" Dr. Seuss

Word of the week

Immutable: not capable of or susceptible to change.

Study Tip of the week

Use the 'reminders' function on your iPad or set a series of alarms to remind you to both start *and* stop revising.

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



ARTICLE 38 (war and armed conflicts)

Governments must not allow children under the age of 15 to take part in war or join the armed forces. Governments must do everything they can to protect and care for children affected by war and armed conflicts.

GENERAL NOTICES

🔥 **THE BIG BAKE SALE!** 🔥

🍪 **THURSDAY 17TH SEPTEMBER — AT BREAK!** 🍪

Feeling hungry? Come and grab some delicious cakes.

📍 Lockers opposite the office

👤 Hosted by: Logan • Bedirhan • Eli • Luis

💰 **ALL PROCEEDS GO TOWARDS OUR YOUNG ENTERPRISE FUNDRAISING!** 💰

🎉 Grab a treat, support our team & make your break time sweeter! 🎉

🔔 **DON'T MISS OUT — GET THERE BEFORE IT'S ALL GONE!** 🔔

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: Tuesdays, 4pm to 5pm

S3-S6 Hockey: Wednesdays, 4pm to 5pm

Netball

S1-S2 Netball: Thursdays, 4pm to 5pm

S3-S6 Netball: 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

***Please note that Badminton will begin on 7th September.

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!

BEFORE THE BELL BASKETBALL

Start your Wednesday with some basketball before registration!

 **Where:** Games Hall

 **When:** Wednesday mornings

 **Doors open:** 8:20am until the registration warning bell

- Trainers must be worn in the hall.
- **No PE kit is needed.**
- No sign-up required.
- Simply turn up and play!

If you have any questions, please come and see Mr Chalmers in PE.

LOWER SCHOOL

ALL

LUNCHTIME FOOTBALL - S1-S3

Fancy playing some football at lunchtime? Come along and join in!

 **When:** Every Thursday lunchtime

 **Where:** Astro

 **Who:** S1-S3

- You must arrive before 12:50pm to play.
- Trainers must be worn.
- No PE kit or change of clothes is needed.
- No sign-up required.
- No commitment each week – simply turn up and play!

Come along, get active and enjoy a game of football! 

If you have any questions, please see Mr Chalmers in PE.

HOUSE BASKETBALL COMPETITION - S1 & 2S1

The House Basketball Competition will take place on **Monday 28 September**.

Students taking part will be **released from P4 at 12:20pm** to get changed. Please **collect your lunch when the bell goes at 12:25pm**. The first match will start at **12:35pm** in the **Games Hall**, so please make sure you are ready to play.

Please note:

- Bring your **PE kit**.
- Ideally, wear a **T-shirt in the colour of your House** so that you won't need to wear a bib:
 - **Douglas - Blue**
 - **Home - Green**
 - **Scott - Red**
 - **No food is allowed in the Games Hall.**
 - If you aren't currently in a team but would like to join one, please see **Mrs Morrison before the end of Friday 18 September**.

Good luck and enjoy the competition! 🏀

DOUGLAS	HOME	SCOTT
Team A Oscar Millar Henry Page Aaron Hall Jack Dixon Ollie Martin Logan Scott	Team A Blair Rodger Kai Knox Jed Butler George Paxton-Burton Kodi Blake Laird Ross-Williams	Team A Finn Hamilton Arya Garton Max Murphy Daniel Spalding Cole Morrison Noah Wilson
Team B Freddie McNally Edward Whitcombe Ivan Fenton Chris Gibson Lydia Ross Mia Madrak-Hughes	Team B Christina Forbes Layla Donaldson Sophie McMackin Abigail Barrowman Angus Kelly Callum Miller	Team B Cameron White Maisie Douglas Keith Douglas Sophie Brown Alex Irvine Zak Anderson-Napier
Team C Lewis Scott Leona Hughes Amora MacPherson Emily Owen Georgie Baxter Ella Wood		Team C Sophie Baxter Bea Adams William Watts Ava Johnston Jakob Burton Kitty Lamont
		Team D Mia Miller Max Home-Robertson Flo Beal Oliver Kozik Quinn McGrory Maiklas Prosceviaus

S3

3S1 & 3S2 - THURSDAY CORE PE

A reminder to all girls in 3S1 and 3S2: we will be down at the tennis courts during Period 4, over lunch, until Period 5B.

You will need to either:

- Order a Grab & Go.
- Bring lunch with you.
- Plan to go into town for lunch.

IF ORDERING A GRAB & GO:

1. It needs to be ordered in the morning.
2. Please choose cold food only (rolls, wraps, paninis, etc.).
3. It MUST be collected at break time and brought to PE with you.
4. Please make sure you put your full name and "Tennis - collect at break" on the bag.

ALL

HOME ECONOMICS - FOR W/C MONDAY 14th SEPTEMBER

YEAR GROUP	COOKING	TUB
S1	Scones Demonstration	No
S2	Vegetable Couscous	Yes
S3	French Cheese and Tomato Pinwheels French Apple Pudding	Yes Yes

S1/2

🍌 U14 GIRLS RUGBY - FESTIVAL OPPORTUNITY!

Are you an S1 or S2 girl (U14s) interested in playing rugby for BHS?

We are looking for pupils interested in attending the **East Emerging Schools Series Rugby Festival**:

📅 Wednesday 7th October

📍 Meggetland Sports Complex, Edinburgh

🕒 10:30am-2:00pm

If you would like to attend, give your name to any member of the PE staff in the PE Department.

Places are limited, so please let us know if you are interested.

Mr Chalmers

UPPER SCHOOL

ALL

CAREERS APPOINTMENTS

The following students are to report to the Careers Adviser's office in the Library at the date/time shown for a careers appointment.

Thursday 17th September		
Period	Name	Adviser
1	Maisie Scott	Fiona
2	Luis Palmero-Iglesias	
3	Lexi Carruthers	
4	Amelia Bloszko	
5	Leo Kunhithodika	
6	India Jackson	

S5/6

S5 & S6 HALLOWEEN BALL - 31st OCTOBER

31st OCTOBER - Get ready for our **Halloween Charity Ball**, strictly for **S5 & S6!**   The event will be held at **Allanton Village Hall** from **6:30pm-11:00pm**, with all proceeds going towards charity. 

Tickets: £12

- Cash payments: available from the **school office**
- Card payments: details can be found on our Instagram **@charitycommittee20267** (PLEASE FOLLOW THE RULES OF THIS)

 **Formal attire preferred** – suits, formal dresses! 

 **IMPORTANT:** Strict rules will be posted on our Instagram and **must be followed throughout the event**. Failure to follow the rules may result in a **permanent ban from future charity balls**, and any purposeful damage caused may result in **the cost of repairs being charged to those responsible**.

 If you're interested in coming, please ****follow our Instagram @charitycommittee20267** ****so we can keep track of numbers and provide you with all the latest updates.**

****NOT OFFICIATED WITH THE SCHOOL IN ANY WAY SHAPE OR FORM**, this is created by students raising money for charity  ******

 **Any questions?** DM us on Instagram! **@charitycommittee20267**

We can't wait to see you there!   

ALL

BHS S4-6 FOOTBALL LEAGUE

Entries are now open for the **BHS S4-6 5-a-Side Football League!** The league will run from the **October Break** until the **Easter Break**, with matches taking place on **Wednesday and Thursday lunchtimes** (you won't play every week).

Teams can have up to **6 players** (**5 players + 1 substitute**) and can be made up of a mixture of **S4-S6 pupils and houses**.

 **Deadline for entries:** **Friday 4th October**

 Visit the **Teams page (Code: 857e2y2)** to access the entry form and submit your team.

 Gather your teammates, get signed up, and compete to be crowned **BHS champions!**



ALL

COACHING VOLUNTEER OPPORTUNITY

Chirnside United FC are looking for **senior students** to help support younger age groups with coaching sessions.

 **Thursdays**

 **5.45-7.00pm**

 **Comrades Football Pitch, Chirnside**

This is a great opportunity to gain coaching experience and support younger players in the local community.

Anyone interested in volunteering should **speak to Mrs Morrison in PE.**

ALL

ART & DESIGN FOLIOS

Any senior student who would like their **Art & Design folio** from last year returned from **Qualifications Scotland** should pay **£3.91** on **ParentPay**. **THE DEADLINE FOR THIS IS THURSDAY 24th SEPTEMBER.**

Heads Down - Upcoming Student Assessments (September)				
Subject	Level	Teacher	Assessment	Date
Computing	Higher	Mrs Marchand	SDD Part 1	Thursday 17th
Computing	S3	Mrs Marchand	Databases	Tuesday 22nd
Modern Studies	N5	Mrs Hoggan-Nisbet	Crime and Law End of Unit	Tuesday 22nd
Computing	S3	Mrs Darling	Databases	Tuesday 22nd
Business	S3 - 3F	Mrs Hill	Understanding Business	Thursday 24th
Business	S3	Miss Brotherston	Understanding Business	Friday 25th
Business	N5	Miss Brotherston	UB Part 1	Monday 28th

THURSDAY - CANTEEN MENU		
LENTIL SOUP <u>MAIN MEALS</u> BBQ CHICKEN BURGER ROLL WITH CHIPS & PEAS FISH, CHIPS & PEAS VEGGIE BURGER ROLL WITH CHIPS & PEAS - GLUTEN/ DAIRY FREE CHICKEN GOUJONS WITH CHIPS & PEAS - <u>BAKED POTATOES</u> CHOICE OF ANY COLD FILLING BEANS <u>PIZZA</u> CHEESE	<u>SANDWICHES/ROLLS (GLUTEN FREE CHOICES AVAILABLE)</u> CIABATTA ~ BAGUETTE BAGEL ~ WRAP <u>COLD FILLINGS</u> CORONATION CHICKEN CHICKEN MAYO SWEET CHILLI CHICKEN TUNA MAYO EGG MAYO CHICKEN SLICE CHEESE CHEESE SAVOURY COLESLAW MIXED SALAD <u>HOT FILLINGS</u> SPICY TOMATO CHICKEN SPICY TOMATO QUORN	<u>PASTA KING</u> ZINGY PEPPERS SPICY SAUSAGE BBQ CHICKEN TORINO <u>TRAYBAKES</u> GLUTEN/ DAIRY FREE CAKES AVAILABLE - SEE COUNTER FOR CHOICES CHOCOLATE / PLAIN CAKE BLUEBERRY/ BANANA MUFFIN CHOCOLATE BROWNIE CHOCOLATE/ PLAIN COOKIE FLAPJACK DOUGHNUT