



Weekly Heads Up!

2nd October 2026

It's been a busy week at BHS this week.

We started the week with the brilliant news that we have been successful in achieving the Dyslexia Friendly Quality Mark (DFQM). We were visited by an inspector from the British Dyslexia Association last week who observed lessons, looked at our Dyslexia hubs, our staff training, our resources and our teaching and learning planning before coming to this decision.

The inspector thanked all staff for their dedication and hard work. She also shared that the students were lovely, the school was calm and quiet and it was a pleasure to spend time here at BHS.

This has been such a long process but totally worth it. What is particularly encouraging is that we know the approaches and strategies used for Dyslexia Friendly Schools aren't simply helpful for pupils with dyslexia - they are good, inclusive teaching strategies that benefit all learners.

A massive well done to the whole school is needed here but, in particular, to Kathy Huffman who has led on this work, undertaking the GTCS Professional Recognition in Dyslexia and Inclusive Practice, to support our application and provision for students in the school.

We are very proud!

The Parent Council held a Minted sale last night - thanks to all who came along and those of you who donated. It was a great evening and raised a lot of money that will go back into the school.

We're heading into the last week of term next week.

Mrs E Dickson, Headteacher



**dyslexia
friendly**
BDA Quality Mark

Argentinian Visit

On Monday we received our sixth visit from an Argentinian school, with 27 Argentinian students and their 4 teachers coming as part of their trip to the British Isles. This is half of a large group of students who have already spent time in Ireland, Edinburgh and the Highlands, before travelling south.

Many of our staff and students gave up their time to provide entertaining activities for the group, including Louis Henry showing mastery on the bagpipes; a music lesson from Mr Mabon; a Scottish cookery session with Mrs Shields (oatcakes with Scottish cheeses and smoked salmon, plus shortbread - which received a round of applause) and energetic Scottish country dancing laid on by Mr Chalmers and Miss Dunn, supported by a large group of our S3 students. The Argentinians also taught our pupils one of their traditional dances called the "Gato".

My senior Spanish students then listened to a presentation about being teenagers in Argentina and another on "Mate", the traditional herbal tea, together with a taste of "alfajores", a sweet treat made with cookies, chocolate and caramel.

The group were very enthusiastic about their visit and have already stated their desire to return in January. Our thanks to all those who contributed to success of the morning.

Mrs Rowson



NHS Virtual Work Experience

During September, twenty S3-S6 students took part in NHS Virtual Work Experience, joining online sessions with NHS representatives to find out more about the wide range of careers available within health and social care.

We were also very fortunate to welcome Gillian Thompson, a Paramedic currently working with the Air Ambulance Service in Perth. Gillian shared an insight into her role, talked about her own journey into becoming a paramedic and gave the students some really useful tips for applying for a career in the NHS.

The students also had the opportunity to take part in practical scenarios using some of the equipment and apparatus Gillian brought along, which helped bring the role to life.

It was a fantastic opportunity for our students to explore careers in health and social care and learn more about the skills and pathways needed to work in the NHS.

Lucy Owenson, DYW Coordinator



Home Economics Practical Lessons - Week beginning 28th September

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	Tub/Container
S1	Choc Chip Cookies	Yes
S2	Theory	No
S3	American Muffins Burgers and Wedges	Yes Yes
Seniors	Demonstrations for October Checkpoint: Soup and Apple Meringue	No

S6 Mock Interviews

Last week, our S6 students took part in mock interviews in the school library, with 15 local businesses kindly giving up their time to support the event.

Students had the opportunity to practise their interview skills, showcase the CVs they had been working on following last term's CV workshops, and receive valuable individual feedback to help them prepare for future opportunities.

Although some students were understandably nervous, our interviewers were very impressed with their preparation and enthusiasm.

Well done to all our S6 students who took part, and a huge thank you to all the local businesses for their time and support!

Lucy Owenson, DYW Coordinator



Contact email addresses for Head of Years

S1	Mrs Rebecca Robertson	Rebecca.Graham@scotborders.gov.uk
S2	Miss Abbie Gibson	Abbie.Gibson@scotborders.gov.uk
S3	Mr Will Hudson	William.Hudson@scotborders.gov.uk
S4	Miss Abbie Gibson	Abbie.Gibson@scotborders.gov.uk
S5	Mr Will Hudson	William.Hudson@scotborders.gov.uk
S6	Mrs Rebecca Robertson	Rebecca.Graham@scotborders.gov.uk

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



ARTICLE 36 (protection from exploitation)

Governments must protect children from all other forms of exploitation, for example the exploitation of children for political activities, by the media or for medical research.

S1 & 2S1 House Basketball Competition

On Monday, our S1 and 2S1 students took part in a House Basketball Competition, organised and run by the NPA Sports & Fitness class.

The event was a fantastic success, with over 50 students signing up to participate and represent their House. Students competed across three courts, with senior NPA students taking responsibility for organising and officiating the games.

Court Results

Court	1 st Place	2 nd Place	3 rd Place
Court 1 - Sean	Scott A & Douglas A	-	Home A
Court 2 - Harris, Leo & Simonas	Scott B	Douglas B	Scott C
Court 3 - Ben, Lewis & Mateus	Scott D	Douglas C	Home B

Overall House Points

House	Points
Douglas	35
Home	10
Scott	50

Congratulations to Scott House!

With 50 points, Scott House were the overall winners of the S1 & 2S1 House Basketball Competition.

A huge well done to all of the students who participated and represented their Houses. The standard of competition was excellent, and it was great to see so many students getting involved.

A special thank you also goes to Rebekah Herbert, Active Schools Coordinator, for supporting the event, and to the NPA Sports & Fitness students for organising, refereeing and running the competition.

Well done everyone!



Ellemford Show Success

Berwickshire High School Garden Group won their first trophy of the season on Saturday at the Ellemford Show. Our onions were judge the best exhibit in the vegetable section. We also won first for our wonky vegetables and second for our mixed vegetable entries.

Well done everyone!

Mrs Tharme



Music Department News



National Youth Choir of Scotland

We would like to encourage students who enjoy singing to audition for the National Youth Choir of Scotland (NYCOS). In recent years, several of our students have attended the annual NYCOS course (in the Easter holiday).

It's a fantastic opportunity to participate in an amazing ensemble and make new friends from across the country, whilst developing your singing and performing in some amazing venues. The choir is led by some of the top tutors in the country.

For more information, you can check out the NYCOS website - <https://www.nycos.co.uk/> - or ask Mr Mabon or Miss Waszyrowska.

Senior Show - Into The Woods

Preparations are well under way for our senior school production of "Into The Woods" (Wed 18th to Sat 21st November). The cast are working incredibly hard to bring this difficult musical to the stage. Tickets will be on sale after the October break.



Extra-Curricular Sport

	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: S1-S2 boys & girls	Mondays, 6pm to 7.30pm at Duns RFC Tuesdays, 4pm to 5pm at BHS rugby pitches
	Badminton S1-S6 Badminton:	Mondays, 4pm to 5pm
	Basketball S1-S6 Badminton:	Wednesdays, 8.20am to 8.45am
	Football S1-S3 Badminton:	Thursdays, 12.30pm to 1.10pm

Let's have a "Wee Read!"

As a school we are going to support the nationwide Wee Read initiative on Wednesday 7th October.

We shall all spend the first 7 minutes of our working day (Period1) reading a text of our own choosing. You could read a magazine, a novel, a short story, a newspaper, manga, biography or even a textbook if that's what you like. We are reading for our own pleasure, so you choose your text. So, whether you are a student, teacher, cleaner, support staff or a janitor we would like you to take part in our Wee Read.

(There shall be a prize and Cress Awards for the best photo of our Wee Reads for students - and staff shall also have their own competition.)

Enjoy your Wee Read. Miss Currie

What is Wee Read?

Wee Read a simple, distinctly Scottish invitation to celebrate the joy of reading as part of the National Year of Reading 2026

- **Read a little or a lot – every read counts:** whether it's a few pages, a whole book, a comic, magazine, newspaper, recipe or poem, Wee Read is about enjoying reading in whatever way appeals to and works for you
- **Reading brings Scotland together:** on 7 October, people, families, schools, workplaces and communities will come together to share one national reading moment – creating a collective celebration of the joy of reading
- **Try something new:** Wee Read is an opportunity to discover a new author, genre or format, or revisit an old favourite – with libraries helping everyone find their next great read



Pledge at www.WeRead.scot. Visit your library. Share your Wee Read #WeeRead26



Key messages

- The Scottish Library and Information Council is inviting Scotland to **celebrate the joy of reading with Wee Read** – a national reading moment as part of the National Year of Reading 2026
- Whatever your age, ability or interests, **discover the joy of reading in whatever form you choose** – from novels and poetry to comics, magazines, cookbooks and blogs. Every kind of reading counts
- Everyone's invited! **Join Scotland for a Wee Read on Wednesday 7 October 2026**, alongside thousands of children, teens, adults and pensioners choosing to read for pleasure
- **Visit your local library to find your next read**, with free access to books, audiobooks, eBooks, newspapers, magazines and more
- **Make your pledge** at www.WeRead.scot, find something you'll love at your local library and share your reading recommendations using #WeeRead26



Pledge at www.WeRead.scot. Visit your library. Share your Wee Read #WeeRead26





Parent Council



Next meeting of the Parent Council will take place on **Wednesday 28th October** at 6.00pm. All welcome to attend.

Parent Representatives



Chair - Sally Kitchen



S1 – Marianne Hodge



S2 – Sandra Dewar



S3 – Kirsty Binnie



S4 – Jude Reid



S5 – Jo Mabon

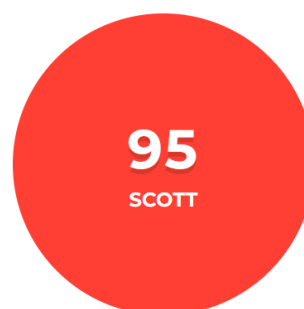
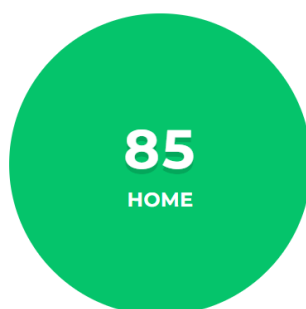


S6 – Clare Stewart

Heads Down - Upcoming Student Assessments (October)

Subject	Level	Teacher	Assessment	Date
Spanish	S2 - 2S1	Mr Robertson	Speaking - School	Monday 5th
Computing	National 5	Mrs Darling	Web Design & Development	Monday 5th
Computing	National 5	Mrs Darling	Web Design & Development	Tuesday 6th
E-Sports	Level 5	Mrs Darling	Unit 1	Friday 9th

House Points



Aim for Best: Learn • Achieve • Contribute

OASIS

TRIBUTE BAND

SAT 10 OCT 2026
DUNS VOLUNTEER HALL
TICKETS: WWW.AHEARTFORDUNS.ORG

doors: 7pm
tix: £15-£18
18+



TICKETS & INFO



SCAN ME



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