Berwickshire High School
Daily Bulletin Friday 30th October 2026
NOTICES FOR STAFF, STUDENTS AND PARENTS

HOUSE CHALLENGE SCORES			
	Douglas	Home	Scott
PE Activity Champions	75	75	45
S1 & 2S1 Basketball	35	10	50
Running totals:	**110**	**85**	**95**

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

Fact of the week	The fear of long words is called Hippopotomonstrosesquippedaliophobia.
Quotation of the week	"Education is the ability to listen to almost anything without losing your temper or your self-confidence" Robert Frost
Word of the week	**Crepuscular:** relating to, or resembling twilight. It is also used in zoological contexts to describe creatures that are active during twilight, or to the activities of such creatures.
Study Tip of the week	Study your flash cards in *both directions* to help strengthen neural pathways.

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

ARTICLE 33 (drug abuse)
Governments must protect children from the illegal use of drugs and from being involved in the production or distribution of drugs.

GENERAL NOTICES

HOME EC SCHEDULE - WEEK BEGINNING MONDAY 2nd NOVEMBER

YEAR	COOKING	TUB
S1	Theory on Micronutrients	No
S2	Healthy Smoothies	No - Cups Given
S3	Jammy Treats Bonfire Special (Pastry)	Yes Yes
N5	French Apple Tart Italian Spaghetti and Meatballs	Yes Yes

CAREERS IN CLIMATE

Interested in a Greener future?
Use the QR code to explore the work of those focussed on mitigating climate change.
Mrs Dalton

STUDENT VOICE

There will be a Student Voice meeting in the Assembly Hall on Tuesday Period 4. All Student Voice representatives are to attend.

SCOTTISH WOMEN & GIRLS IN SPORT WEEK (2ND-6TH NOVEMBER)

Next week, we'll be celebrating Scottish Women & Girls in Sport Week at BHS! 🎉
All before-school and lunchtime clubs (including the Fitness Suite) will be GIRLS ONLY throughout the week. After-school clubs will run as normal. Please see the timetable below to find out what's on each day:

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th
Period 5A: Hockey with Miss Rayner (Astro)	**Period 5A:** Netball with Miss Dunn (Games Hall)	**Before School:** Basketball with Mr Chalmers (Games Hall) **Period 5A:** Circuits with Rebekah (Fitness Suite)	**Period 5A:** Football with Mr Chalmers (Astro)

LOWER SCHOOL

S1

BGE FOCUS GROUP – PERIOD 2 – FRIDAY 30th OCTOBER

Could the following students to attend a focus group with Mrs Kennedy Depute Period 2. Register with your class teacher first and bring your charged iPad. Meet in room MO4.

MRS KENNEDY – M04		
Mia Madrak-Hughes	Charlotte McDonald	Sophie McMackin
Martin Mann	Hamish McGregor	Rowan McNeill
Ollie Martin	Quinn McGrory	Mia Millar
Mafalda Martins	Eve Mcknockiter	Oscar Millar

S2

BGE FOCUS GROUP – PERIOD 2 – FRIDAY 30th OCTOBER

Could the following students attend a focus group with Mr Murray Depute Period 2. Register with your class teacher first and bring your charged iPad. Meet in room M05.

MR MURRAY – M05		
Kitty Lamont	Nicola Lemanska	Robin McEwen
Olivia Lampert	James Logan	Lily McGonigle
Ruby Lawson	Oliver Lowe	Willow McLay
Steven Learmonth	Duncan Macdonald	Arran McSorley

S2

S2 HEALTH AND WELLBEING – MONDAY 2ND NOVEMBER, PERIOD 7

All S2 pupils should go to the following locations at the start of Period 7:

- 2D1: Small Gym (PE) – Mr Chalmers
- 2D2: Social Subjects 4 – Mrs Morrison
- 2H1: PE Department to find out which classroom – Miss Rayner
- 2S1: PE Classroom – Miss Gibson

2S1 pupils must bring their PE kit to change into for the lesson.

ALL

S1-3 HOUSE CAPTAINS

Can all House Captains please register with their Period 1 teachers on **Friday 30 October** before excusing yourselves to attend a planning meeting for the next set of House Events. The meeting will take place in **HE2** and is expected to last approximately 20 minutes. In preparation, please ask your classmates what activities they would like to see offered as part of our upcoming House Events. Please bring their suggestions along to the meeting. Our House Captains are:

	DOUGLAS	HOME	SCOTT
S1	Lydia Ross Imaan Saeed	Kai Knox Blair Rodger	Cole Morrison Jacob Burton
S2	Olivia Johnson Robin McEwen	Charlie Millar Audrey Huffman	Daniel Spalding Olivia Lampert
S3	Emmie Brown Evan Tait	Harry Campbell Seeley Kitchen	Penny Ritchie Naomi Cockburn

ALL

S1-3 GIRLS - ACTIVE GIRLS DAY (FRIDAY 6th NOVEMBER)

All S1-3 girls will take part in our Active Girls Day on Friday. You will be released from class at 10:10am for an early break before making your way to the Assembly Hall at 10:30am. You will then be out of class for the remainder of the school day as you take part in the various activities.

You have been allocated a group for the day. These are displayed in the PE corridor, so please check your group before Friday.

Keep an eye on Teams for further information and updates. We're looking forward to a fantastic week celebrating girls in sport! 💪 🤸 🏒 🏐

UPPER SCHOOL

ALL

S4-S6 HOUSE EVENTS - FRIDAY 6TH NOVEMBER

Senior House Events are back! 🎉

On **Friday 6th November during Period 2**, we are running a fun House Events session for S4-S6. The activities, chosen by your S4 House Captains, are:

- 🏸 **Badminton** - Games Hall
- 💪 **Tug of War** - Small Gym
- 🎵 **Musical Chairs** - PE Classroom

S4 students: You will choose one activity through your House Captains. Please make your choice by **Friday 30th October**.

S5 and S6 students: You can choose to join in with the House Events instead of attending your normal Period 2 timetabled class. If you wish to take part, you **MUST register with your Period 2 teacher first** before making your way to your chosen activity. Simply turn up on the day - no advance sign-up is required.

We are trying something different to bring our Houses together, have some fun and build House spirit. Get involved, support your House and help make the events a success! 🏆

ALL

SENIOR NETBALL UMPIRES REQUIRED

Are you a senior netball player? We are looking for volunteers to help umpire the P5-7 Small Schools East Netball Competition on Thursday 5th November, 10:30am-12:45pm in the Games Hall. This is a great opportunity to support younger players and develop your leadership and officiating skills.

If you are able to help, please pop down to the PE Department to speak to Rebekah or email rebekah.herbert@scotborders.gov.uk 🏐 😊

S5

STEM RESEARCH PLACEMENTS

Any S5 students interested in a 1- 2 week summer holiday placement in an area of Science, Social Subjects, Computing, Technology, Engineering or Maths? Scan the QR code or see Mrs Dalton for more information.

ALL

SENIOR COURSEWORK: SCREEN TIME SURVEY

Please help a senior student with their coursework by scanning the QR code to complete a quick, anonymous survey on screen time and smartphone use. The data will be used strictly for statistical analysis. Thank you for your support!

ALL

GIBB MEMORIAL QUAICH – BADMINTON MEETING

The following students should attend a meeting in the **PE classroom at break time on Friday 30th October** regarding the Gibb Memorial Quaich badminton tournament on Wednesday 4th November:
Jenna Fleming, Maddie Kitchen, Tess Crilly, Jessica Cowe, Hattie Spence, Rowan Harrison, Callum Reid, Logan Roberts, Zak Steady and David Ross.
Mr Chalmers

S5/6

SENIOR MATHS CHALLENGE

Can all the students who took part in the recent Senior Maths Challenge go to M01 at the end of registration. You will only be 5 minutes, but do not come if you have a checkpoint assessment! Mrs Dalton

ALL

MEETING TODAY

Would the following students please go to Room G (techy), period 2.

Ella Anderson	Archie Buglass	Ryan Cartledge	Mila Cullen
Casey Dagger	Harry Davies	Summer Donaldson	Naomi Graham
Lucy Grimsdale	Logan Grunewald	River Hall	Charlie Learmonth
Caitlin Lindsay	Ebony Longstaff	Austin Roberts	Holly Rutherford
Kylah Tennant	Freya Welsh		

FRIDAY BRUNCH DEALS

£1.44 / £2.40 (DEAL)
-CHEESE PIZZINI-
-CHICKEN PIZZINI-
-BACON ROLL-

£2.28 / £3.00 (DEAL)
-HOTDOG-
-BEEFBURGER ROLL-

£2.28 / £3.00 (DEAL)
-CHEESE PANINI-
-CHEESE & HAM PANINI-

SANDWICHES/ROLLS (GLUTEN FREE CHOICES AVAILABLE)
£2.28 / £3.00 (DEAL)
CIABATTA ~ BAGUETTE
BAGEL ~ WRAP

COLD FILLINGS
TUNA MAYO
EGG MAYO
HAM
SLICED CHICKEN
CHEESE
CORONATION CHICKEN
CHICKEN MAYO
SWEET CHILLI CHICKEN
CHEESE SAVOURY

£0.90
-PORK SAUSAGE ROLLS (PASTRY)-
-VEGGIE SAUSAGE ROLLS (PASTRY)-

£1.00
-GARLIC & HERB WEDGES-

MEAL DEALS
INCLUDE:
A CAKE (not doughnuts),
A PIECE OF FRUIT
A SMALL DRINK

Heads Down - Upcoming Student Assessments (November)				
Subject	**Level**	**Teacher**	**Assessment**	**Date**
Modern Studies	S2 – 2D1	Mrs Hoggan-Nisbet	Poverty – End of Unit	Monday 2nd
Spanish	S2 – 2S1	Mr Robertson	Reading Assessment	Monday 2nd
Spanish	S3 – 3S1	Mrs Rowson	Reading & Writing Assessment – Going Out	Monday 2nd
Biology	N5	Mr Watson	Unit 2.5 – 2.7	Tuesday 3rd
Modern Studies	S2 – 2D2	Mrs Hoggan-Nisbet	Poverty – End of Unit	Wednesday 4th
Spanish	S3 – 3D1	Mrs Rowson	Reading & Writing Assessment – Going Out	Thursday 5th
Biology	N5	Mr Watson	Full Unit 2	Tuesday 17th