



Dingwall Academy *News*

Spring Fair
24th March
11am – 3pm



MARCH 2018

Thursday 15th March -
Dingwall does Strictly!

Tuesday 20th March —
S3 Parent Contact evening

Saturday 24th March —
Spring Fair

Monday 26th March—
Dingwall Academy Rock
Challenge perform at Eden
Court

Wednesday 28th March —
School closes for Easter
holidays

Monday 16th April —
School opens

There will be inflatable activities, BBQ, musical entertainment, teas/coffees, food assembly producers, S2 Stalls, Science Demonstrations and much more!..

Exam Information

School closes for Easter on Wednesday 28th March. When school returns on Monday 16th April there will only be two weeks until the start of the SQA exams.

EXAMS START TUESDAY 1ST MAY

Entry levels for pupils are in the process of being confirmed. Pupils will then be asked to complete a data check, before being issued with personal exam timetables prior to the Easter break.

All senior phase pupils should now have an established study routine.

If pupils do not yet have an established study routine then they need to talk this through at home now. It is too late to wait until Easter or study leave to start the revision work. Think of it like saving money, if you start to save small amounts now it will all build up.

Parents of all S4 pupils were recently sent a study skills check list to work through at home.

My SQA is a website that allows pupils to check their exam details, personal details and to request that exam results are sent by text or email.



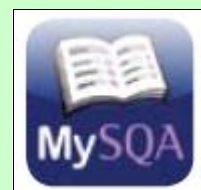
https://www.mysqa.org.uk/cs8/content/secure/my_homepage.jsp

To register, pupils need to know their SCN (Scottish Candidate Number) and these are all available in school, or can be found on the label of their Chrome Book.

The SQA website also has lots of study advice

<https://www.sqa.org.uk/sqa/68908.html>

Including how to access the study plan app.



Outdoor Learning

Activity Days

Activity days this year take place on **Wednesday 27th and Thursday 28th June.**

There will be assemblies for S1, S2 and S3 pupils this week, where they will be issued with booklets containing the full programme of activities.

Requests and deposits will be collected during the week beginning Monday 27th March.

The programme includes some established favourites; Go Karting and Landmark Heritage Park, as well as some of our newer activities - Archery & Axe-throwing, Bushcraft and Breakout Escape games.

The full programme is also available on the school website.

Fyrish Walk

As part of our outdoor learning programme, we are planning to take all S1 pupils for a walk up to the Fyrish monument. The year group will be divided into 3 groups with walks taking place on Monday 14th, Tuesday 15th and Thursday 17th May.

Before and after the walk pupils will be looking at how the walk links with different areas of the curriculum.



Alladale Challenge

The Alladale Challenge is available to pupils in S3 and involves camping and exploration on the Alladale Estate. Pupils received further information in assembly and there are only a few places left. If interested please speak with Miss Tullis.

Chrome books

Well the Chrome Books have arrived and have now been issued to all year groups!

We still have a few issues to address, but in general the roll out of devices has gone well. There are a few areas of the school where the wifi connection is not yet strong enough, this has been reported and should be rectified soon.

We are reviewing and revising our protocol as things progress. Unfortunately there will be a number of pupils who choose to make inappropriate use of their Chrome Books. Where this happens, pupils will have the device removed for a specified number of days and parents will be informed. However, we are pleased to report that the majority of pupils are using their devices very responsibly and seem genuinely excited by their arrival.

So, what are the Chrome Books being used for?

We asked some pupils to explain how the Chrome Book have been used in class.

"I use it to link up with my on line tutor for my distance learning tutorial." S4 pupil

"We used it in Maths to look at Manga High, it was useful for helping to explain things."
S1 Pupil

"We used it in Chemistry to research the properties of metals." S4 pupil

"We used it in House Tutor to help us research materials needed for our stall at the Spring Fair." S2 pupil

Google Classroom

Staff are all making increasing use of Google Classroom. If you have not yet had a chance to look, then please ask your child to show you the Google Classrooms they have access to.

Parents with pupils in S1 and S2 should also receive a weekly summary from Google Classroom.

We are also setting up Google Classroom for whole year groups to receive school information.





Dingwall Academy at The Strathpuffer

Another year, another “Puffer” but this one was an absolute cracker!

With freezing temperatures and a full covering of snow in the week before the event, one thing was for sure! This year the Puffer would indeed live up to it’s reputation of being one of the toughest bike races in the world.

Two teams from Dingwall Academy had spent months preparing for the event.

Girls Quad: This was the first time any school had entered an all-girls quad team. This decision was made and taken on willingly by four 13/14 year old girls Rowan Masterson, Emilia Astill-Brown, Bethany McCully and Lilly-Belle Kelt.



Due to the girls’ age they required chaperones to ride the course with them and that’s when the opportunity arose for the girls to ride from The Adventure Syndicate pit accompanied by Lee Craigie and Jenny Graham who have both had previous success in the Strathpuffer. The girls worked hard with their training and preparation and successfully completed their target of 4 laps each and 16 laps in total winning them the Youth Achievement Award for the event. As an extra bonus Lee and Jenny also won the female pairs category due to the number of laps they completed escorting the girls. Success all-round and fantastic achievements by all!

“Overall it was a fantastic experience and we were so lucky to get this opportunity. I hope that other girls will see what we have done and feel inspired to get out riding more.”

Rowan

“I’ll never forget Lee giving me some last minute tips so that I could ride down the last bit just in time, for my final lap to count for the team.”

Emilia

“After the puffer I could not even stand up properly , walking felt so painful, sitting down was even worse. Actually my whole body was aching and the only thing I felt like doing was to sleep. despite all this I had not one regret, I was so happy, so relieved and so proud for all of us to have achieved such an amazing target.”

Lilly-Belle

Strathpuffer24



Mechanical issues with the bikes were in the willing and capable hands of Mark Goodwill of Orange Fox Bikes, from Muir of Ord. At the end of the event, no-one had witnessed Mark sit down at all for the previous 24hrs. Remarkable dedication! Mrs Wilson had overall responsibility for the girls and did a fantastic job of keeping everyone right for the whole 24 hours. A full write up of the girl's race can be found at the following link: <http://theadventuresyndicate.com/blog/2018/1/23/four-teenage-girls-ride-the-strathpuffer24> and makes compelling reading.

Team of 8: Callum Porter, Andrew Georgeson, Alexander Taylor, Aiden Forrest, Alasdair Reid, Quin Simpson, Rory Graham and Sean Kelt, ably assisted by Colin Morrison (Mechanic and chaperone for younger riders) Blair Cowan (Mechanic) and Fin Graham (Chaperone for younger riders) and a very willing army of parents/relatives/friends and siblings. The eight boys were out to put right last year's second place to Fortrose Academy in the Schools category of the race, whilst the four girls were set to become the youngest all-female team of four to ever take part in the event and also the first ever all-girls team from a school. The boys, all from the school's mountain bike club, made sure bikes were fully serviced and most were fitted with ice "spiker" tyres. The pit area was set up on the Friday and new Gazebos that were provided by the school quickly began to feel like home – and a welcome retreat from the plunging temperatures.



The boys got off to a good start and slowly began to pull a gap on the other teams in the schools category. This continued through all 8 riders and by the end of the 8th lap, the team had about a half hour lead. By 3am, Dingwall were on the verge of lapping their rivals when disaster struck. The -10 temperature took it's toll on one of the bikes which meant the rider had to return to the pits. The next bike also developed a problem with components beginning to freeze up. Finally back out on the lap around 40 minutes was lost altogether bringing Fortrose to within about 15 minutes of Dingwall.

Strathpuffer24



After all the hard work and lack of sleep, heads could have gone down and the race could have been lost. Not with this lot! They talked to each other, and reassured each other that they had done it once and could therefore do it again. "We'll just have to build our lead again" from one of the riders followed with a collective agreement.

By the end of the race – and many more hours of darkness and sub-zero temperatures – the boys had once again put a lap between themselves and the competition for a resounding and well-earned win. Not only that but they finished 23rd overall out of hundreds of entrants.



This year, we once again had incredible support from the local community, for which we are truly grateful. For the third year running we were very grateful for the support from Frank Nicol Farm and Garden Machinery Ltd with the use of their awesome generator to keep the lights on in the pits and the riders' lights – and phones – charging. Also to George Cockburn and Son Butcher for a mountain of bacon and haggis to get us all through the night and Tesco's for other groceries to keep us all well fed. This year the school agreed to finance two new gazebos, which are essential to providing a cosy pit area where riders can recover and relax when not riding. The problem we had was, having found the best Gazebo's out there and agreeing a good deal, every courier company wanted around £75 to deliver them up to our IV post code - step up JBT Distribution who happily collected them from the Midlands and delivered them to the Academy free of charge! Heroes! This year Serimax (Evanton) gave a very welcome donation, which helped to cover some of the costs of competing at the event. Finally Orange Fox Bikes have supported a number of Dingwall Academy's bike related activities. This one saw a massive effort from Mark in setting up the pits for the girls and servicing every bike lap after lap throughout the entire event. Massive thanks to all of you.

Parental support and involvement was amazing and invaluable. Particular mention must be made regarding the way everyone mucked in after the event to tidy equipment away.

It fills me with pride when I reflect on just how competent and able our youngsters are in some of the most demanding situations encounterable. They always dig deep and deserve their place, racing wheel to wheel, with experienced, hardened endurance athletes from across the globe. Love it!

The Adventure Show aired their coverage of 'The Puffer' on its show last Sunday. Catch it on BBCiPlayer

Teenage Health Advice

ENERGY DRINKS

The impact of energy drinks on pupil behaviour and pupil moods has been well documented. Jamie Oliver has recently used his high profile to encourage supermarkets to ban the sale of energy drinks to U16s, teaching unions have also called for a total ban on these drinks.

We are really pleased to confirm that our local Co-op, Lidl and Tesco have all agreed a ban on the sale of drinks to under 16s. We would encourage all parents to talk about this at home with their children.

The following links will be of particular interest to parents:

<http://www.bbc.co.uk/news/health-42298192>

<http://www.thelearningcommunity.us/resources-by-format/tips-for-parents/kids-and-energy-drinks.aspx>



SLEEP

Parents may also be interested in looking at how much sleep their teenager gets, and how much is recommended.

A minimum of 8—10 hours is recommended for teenagers, and advice on how you can help them do this can be found in this link:

<https://www.nhs.uk/livewell/childrenssleep/pages/teensleeptips.aspx>



SPRING FAIR

Saturday 24th March 2018



The Annual Spring Fair takes place on **Saturday 24th March 11am—3pm.**

Last year we were fortunate to enjoy wonderful Spring weather and we are hoping for similar this year.

We would be delighted to welcome as many people as possible into the school for the Fair.

BBQ

Thank you to Knockfarrell Produce who are supporting the BBQ this year with locally produced sausages and burgers.

Knockfarrell are regular producers at the weekly assembly and we are very grateful to them for their support.



THE GRAND RAFFLE

Our raffle this year has some fantastic prizes. These include:

Amazon Echo
Highland Hot Tub Weekend Hire
Legally Blonde Musical Tickets



Plus many more fabulous prizes.

Pupils will be issued with books to sell at home, and there will also be tickets available at the Fair.

The draw will take place at 2.30 on the day of the Fair.



Parent Helpers

We would welcome the support of as many parents as possible on the day. Help is required with the BBQ, raffle and ticket sales.

Please consider giving some time to help out. It is so important that these school and community events continue, but this can only happen with the support of staff, pupils and parents.

Even giving an hour of your time would be much appreciated.

Please contact Emma Whitham on:

emmlou2703@gmail.com

Cothroman agus Sgilean Cosnaidh – Employment Skills and Career Opportunities in Gàidhlig.

A recent study reported that Gaelic contributes £148.5 million each year to the economy. The number of employment opportunities connected with the language steadily increase. Some of these can be seen online at <https://www.obraichean.co.uk/>

Earlier this session mock interviews were arranged for our S5 Gàidhlig class at Bòrd na Gàidhlig. The Bòrd gave valuable feedback and were very impressed with each pupil's confidence in using their Gàidhlig skills in a professional and challenging situation.

Bu mhath a rinn Eilidh Niclaine, Ciorstaidh Ros, Ealasaid Morgan agus Àdhamh Dyer!

Well done Eilidh Johnson, Kirsty Ross, Ealasaid Morgan and Adam Dyer.

Here is an account from Adam.

I recently took part in a mock interview that was organised by Bòrd na Gàidhlig. The interview was held in Inverness at Great Glen House where Bòrd na Gàidhlig are based. The event aimed to give pupils like myself an experience of a real life interview and also an insight into what it would be like to work for a group such as Bòrd na Gàidhlig and the sort of environment I would potentially be working in. The interview was chaired by David Boag, Director of Language Planning and Community developments and Cairistiona Chrìste, Early-Years Education Officer. The interview took place in a small board room and was conducted in a professional manner as if it were an actual interview. After the interview was completed I was given feedback on how I handled the interview and what I could do better. I found this experience to be very helpful as it allowed me to experience the process of an interview. It also allowed me to find out what employers are looking for in an applicant's interview. The feedback I received was really helpful. It has given me confidence in an interview situation and an understanding of interview techniques which will help me in the future.

Bho chionn ghoirid rinn mi agallamh aig Bòrd na Gàidhlig ann an Inbhir Nis. Chaidh an agallamh a chur air dòigh le Manaidsear Cleachdadh na Gàidhlig, Daibhidh Boag. Bha an t-agallamh ann an Taigh a' Ghlinne Mhòir far a bheil Bòrd na Gàidhlig stèidhichte. B' e prìomh amas an agallamh a bhith a toirt beagan eolais do sgoilearan mar a bhios iad a' gabhail pàirt ann an agallamh. Cuideachd cò ris a bhiodh e coltach a bhith ag obair ann an oifisean corporra airson buidheann a leithid Bhòrd na Gàidhlig. Chaidh a chumail ann an seòmar agallamh agus b' e Daibhidh Boag agus Cairistiona Chrìste, Oifigear Trath-Bhliadhnicean and dithis a bha os cionn an agallamh. Às dèidh dhomh an t-agallamh a dhèanamh fhuair mi fiosrachadh agus còmhairle air ais bhuapa. Bha am fiosrachadh seo air leth feumail leis gu bheil e a' toirt cuideachadh agus cothrom dhomh na sgilean conaltraidh agam a leasachadh gus am bidh an ath-agallamh a nì mi nas fheàrr agus gus am bi cothrom agam air an obair. Bha an t-agallamh gu math feumail dhomh leis gu bheil mi air blas fhaighinn air cò ris a bhiodh e coltach agallamh ceart a dhèanamh. Bheir seo dhomh barrachd misneachd anns an ath-agallamh a nì mi leis gu bheil mi a-nis air fear a dhèanamh roimhe.

Adam Dyer S5



University Entrance Bursary

Are you going to University in 2018?

Then this could apply to you

Bursaries of £200 per annum for up to 4 years.

Bursaries awarded on academic merit.

Application forms available from Mrs Cormack or Miss Harrison.

Applications must be accompanied by a Head Teacher's Report Form.

Applications must be submitted to the Trust Secretary – address on the form.

Closing date for applications—**31 March 2018**

Achievements



At the end of February, Cameron Foster (S5) achieved his Judo 1st Dan (black belt).

Cameron got the final points he needed and passed his theory exam.

This is a fantastic achievement for a 16 year old.



Meal an naidheachd air AS2 Gàidhlig. Chruthaich iad film air leth math airson FILMG am bliadhna. B' e comadaidh dorch a bh'ann agus chaidh Aaron ainmeachadh a-measg nam molaidhean airson duais a' chluicheadair as fheàrr. Bha iad uile airidh air duais!

Congratulations to the S2 Gàidhlig class. They created an excellent short film as part of this year's FILMG competition. They scripted, produced, filmed, edited and acted in a dark comedy which led to Aaron being nominated for the best actor award. They worked extremely well together and are all deserving of an award.

You can watch the film at <http://filmg.co.uk/en/films/1729/>

Sin sib' fhèin, Aaron Grant, Kian MacLeod, Caitlin MacLennan, Rebekah MacLennan agus Seumas Morgan!



Music

Congratulations to Hamish Drennan (S5) on winning the 18 years and under piping competitions at the Inverness Music Festival. Hamish was awarded 91 in the MSR and 92 in the Curtis Craig Memorial Competition (piobaireachd). He was invited to play at the Festival's Premier Competition on March 7th.



Sasha Clement - flute was awarded 1st place in class W04, and Siobhan Macleod - piano was awarded 1st place in class K02

Well done girls!



There was further success at the Inverness Music Festival for a number of pupils and school groups. This will be reported in more detail in the next newsetter.

Gaelic

Congratulations to the ten members of the Gaelic Department who competed in the poetry and conversation competitions at the Inverness Music Festival. They all worked very hard in the weeks prior to the competitions and gained very impressive marks on the day.

13-15 (Poetry & Conversation Fluent)

Carrie MacKinnon (88- 3rd)

Blythe Wilson (87)

Lucie Corbett (86)

Conversation (Fluent)

Mairead Flynn (93 - 2nd)

Blythe Wilson (91 -3rd)

Lewis MacArthur (90)

Lucie Corbett (90)

Carrie MacKinnon (89)

Ruairidh MacKenzie (89)

13-15(Poetry-Learners)

Muriel MacKinnon (89 - 1st)

Andrew Reid (88)

Anna Bayne (86)

Nicole Munro (85)



Monday 26th February

As part of the Bike packing programme that is being run in the school in conjunction with The Adventure Syndicate and the school Mountain Biking Club a group of girls from across the school who had expressed an interest got to have a go with the kit that they will potentially use for a bike packing expedition. This is one of several sessions that the girls will have before a final group is selected for the expedition. There will also be other opportunities throughout the year for all pupils to participate this includes the Match the Miles challenge which all students can get involved in.

Girls' comments

It was amazing! The amount of stuff you can fit into a tiny little bag is incredible! I really enjoyed it!

Alisha

Being able to have a go at bike packing was honestly amazing. Lee Craigie showed us a lot during the session like how to back a sleeping bag in a really compact space which was really hard but we all managed to do it. We all enjoyed having Lee come in and show us all the things we should pack when we go on a long journey and how we can fit it all on our bikes.

Lilly-Belle

Learning how to pack all of the equipment was great and although I had done this once before I was still no better but I think that I have got the hang of it now. It is such an amazing opportunity.

Rowan

I found the bike packing really enjoyable and I think that overnight bike camping sounds brilliant

Mhairi

So much fun! I never would think that you could fit so many things in a small bag! Everyone is so kind.

Natalya

It was a cool experience, and I was very surprised that you could get so many things into such a small bag! I was also surprised at how little you needed to take with you! Lee made camping with bikes sound really exciting as I love the outdoors!

Emilia



And in other news ...



When Mrs Davidson's S1 English class interviewed Miss Alexander about being a FIFA referee (for their journalism unit) she left them with some goodies that she had received from FIFA Italy . The class raised £17 for the Teenage Cancer Trust when the hats and pennants were raffled off. The picture shows Miss Alexander with the winners.

BSL in Action at the Sunflower Café.

"Good morning?"

"Hello"

"Would you like something to drink?"

"Hot chocolate please"

"Anything to eat?"

"A piece of shortbread"

"That's £2.00 please"

"Thank you"



A normal conversation in any café but what made this conversation unusual was it was all carried out in BSL. Some of the young people working in the Sunflower Café are BSL users, others are also BSL learners. S1 BSL classes set the bar high with some very impressive attempts at real life conversation using BSL. S2 and S3 BSL classes soon followed, again showing their conversation skills, easily conversing using their BSL skills.

S4 and Senior BSL classes also paid a visit and were able to demonstrate longer and more detailed conversations.

Several young people remarked that being able to sign could be useful if they worked in café or a shop. They also recognised that Deaf BSL users can go out and about and with enjoy a cuppa and chat with their friends.

The senior class discussed the benefits, BSL can have on the local economy: employment opportunities for Deaf people and those who can sign and the positive attitude to diversity in society.



Well done to all the BSL classes for proving that Learning can take place outside the classroom!

Watch out for the next issue of the *News...*

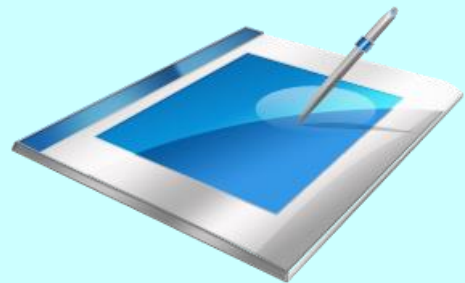
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Dingwall Academy
Dingwall
Ross-shire
IV15 9LT

Tel: 01349 869860

Fax: 01349 869886

Web: www.dingwallacademy.com/contact_us.html



Dingwall Academy

A school with a sense of community—a school where by taking collective responsibility, pupils and staff have the opportunity to achieve extraordinary things.

RESPECT

RESPONSIBILITY

HONESTY

DETERMINATION