

# SCHOOL NOTICEBOARD: SELKIRK HIGH SCHOOL

THE latest from behind the scenes at Selkirk High School...



Students and staff at the school marked Mental Health Week



**Mental Health Week**  
 Students and staff celebrated Mental Health Week and the theme of "Loneliness" in a number of faculties this year, by way of mindfulness, art therapy, discussions around mental health and presentations from professionals. Thanks must go to Jo de Luca, the school's Quarriers resilience practitioner, and Kirsty Forsyth from Kooth (online support) who delivered information about their services to all young people in S1-3 during their Personal and Social Education lessons. During Thursday lunchtime pastoral staff hosted a market stall event with information about local and national support services available to young people. It was fantastic to see representatives from Quarriers, Stable Life and Samaritans chatting to young people and engaging them in talk about mental health and

doing some fun activities. Beat Eating Disorders, Kooth, Togetherall, See Me, NHS services, Mind and Childline information was also displayed in the hall and in classrooms for students to access.

### Technology

The S2 technology classes have recently been working with the Dyson Foundation engineering box. They have been looking into the different engineer jobs and what each one does. They have also been discovering different pathways into engineering. They have had a lot of fun dismantling the different parts of the Dyson DC39 vacuum cleaner discovering how it has been designed. They have been using the iPads to record their learning and help them put the parts back together again.



Information posters were displayed around the school



The technology classes have been working with the Dyson Foundation

