

SCHOOL NOTICEBOARD: SELKIRK HIGH SCHOOL

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



The Mental Health Ambassadors. Below: A languages display board at the school

Mental Health Awareness Event
 The 'Help Our Stressed Teens' event will take place on February 21 from 7pm till 8.30pm. Come along and find out some useful strategies for how to manage your anxiety and stress. Your school years can be very challenging but there are many strategies you can learn to use to help you manage these pressures. There will be guest speakers, stalls to visit and also some delicious pancakes to sample.

Ambassadors
 Mental Health Ambassadors Luisa

Brown, Niamh Dolan, Ellen Douglas, Maartje De Zoeten and Aela Thomson spent lunchtime on February 2 raising awareness of the 'Time To Talk' Campaign in the school canteen. Time to Talk Day is the nation's biggest mental health conversation. This year our theme was to make space in your day for a conversation about mental health.

Languages Week

Languages Week Scotland (January 30 - February 3) is a celebration of multilingualism in

Scotland. In SHS, we have fluent speakers and learners of over 12 different languages. The theme for this year was 'languages for a peaceful world'. In Selkirk High School, pupils participated in quizzes on this theme and S1 students produced poster work showing the range of countries where Spanish is spoken. Students will also have the opportunity to participate in the 'words for the world' competition over coming weeks, either individually or in groups to share their ideas, hopes or advice for our



Selkirk's Young Musician competitors

world - in a language other than English. Entries can be cartoons, poems - be creative! The deadline is March 22.

Young Musician of the Year

The school would like to say a huge well done to Amber, Braden, and Ryan for competing in the

Rotary Young Musician of the Year Competition, held in Peebles. They were competing against students from across the Borders and all performed exceptionally well. Special congratulations to Amber who won 2nd in the vocal section and now goes on to compete at the next round in Edinburgh.

