

Your Achievement Journey

Extra-Curricular Opportunities



We are extremely grateful to all staff, parents, partners and students who commit so much of their time to supporting our young people beyond the classroom.

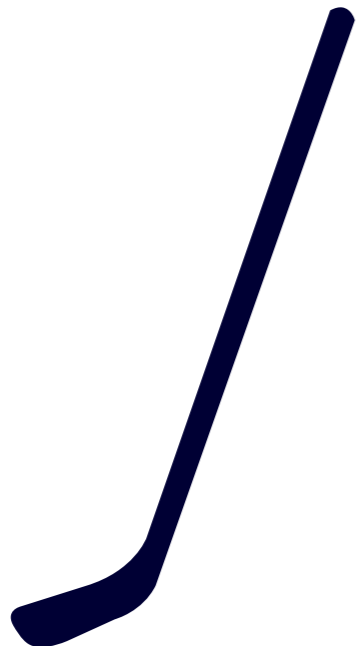
Extra-Curricular involvement is a valuable part of every students' SHS Achievement Journey. Please have a look at what is on offer - students are always welcome and are invited to try out as many clubs as they like.

All students at Selkirk High School are strongly **encouraged to get involved in at least one extra curricular activity and record their engagement in their Achievement Journey doc.**

Joining a club can be a lot of fun and an excellent way to make friends and add a range of different experiences to the school week. It's also a good way to have a calm and healthy lunchtime.

It can also help develop the SHS Golden Skills of Teamwork, Creativity, Problem Solving, Communication and Positivity.

Every club also provides opportunities to put our *School Values of Respect, Responsibility, Relationships and Resilience* into action and break down barriers between groups of students and between different year groups.



Hockey

S1&2 Tuesday 4-5pm

S3 Monday 4-5pm

Senior Wednesday 4-5pm

Where: Selkirk High School 2G pitch

Matches – Friday afternoons, very occasional Saturdays

Hockey has always been a great success at Selkirk High School. Former pupil Sarah Robertson achieved an Olympic Bronze medal with Team GB Hockey. It is a brilliant opportunity to meet new people, socialise with friends and stay active. Members are provided with the opportunity to train one night a week and play competitive games against other schools on a Friday afternoon. New members are always welcome, come and speak to the P.E department if you are interested.

Golden Skills: Teamwork, communication, positive attitude, being healthy

Values in Action: Relationships, Respect



Staff: Mrs Kay, Mr Aiken

Community/Parent Volunteers
– Ali Cullen, Georgia Main

Senior helpers



NETBALL CLUB

S1 – S6

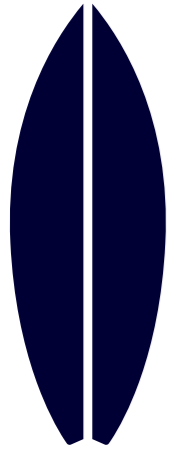


STARTS

MONDAY 4TH SEPTEMBER

4PM-5PM IN GAMESHALL





Rugby

S1 and S2.

When? Monday after school 3.45 pm to 5pm.
Where? High School Pitches

S3/U15 and U16.

When? Tuesday and Thursday 6pm to 7.30pm .
Where? @ Selkirk Rugby Club

Fixtures Friday Afternoons and Saturday Mornings

U18

When? Tuesday and Thursday 6pm to 7.30pm

Where? Selkirk Swimming Pool Pitch. Fixtures – Saturday Afternoon

This is an opportunity for all students to develop their understanding of rugby as well as improving their skills and games understanding. Sessions allow players to develop both physically and mentally. Teamwork is at the centre of these sessions where players learn to work successfully with others to achieve improved performances.

Golden Skills: Teamwork, communication, positive attitude, being healthy

Values in Action: Relationships, respect



Extra-Curricular
Rugby
Staff - Ewen Robbie,
Mr Lyall, Mr Willan,
Community/Parent
Volunteers - Fraser
Harkness



Duke of Edinburgh Award

A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.

14–24-year-olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award.

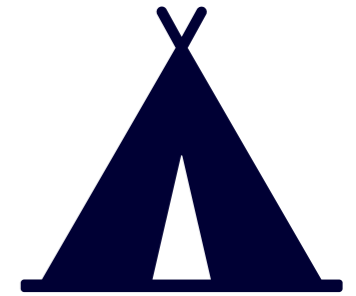
Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries

Students at SHS traditionally sign up for DofE at Bronze level in S3, and then can progress to Silver in later years. Students are mentored, supported and trained by staff who work with them to complete each of their sections.

There will be weekly lunchtime meetings, while training sessions are usually held on Friday afternoons after school for 6 weeks in the lead-up to expeditions.

The award scheme carries a cost to enrol and requires youngsters to be equipped for expedition. We can provide expedition kit on loan and if cost is a barrier to anyone who wishes to enrol, we can help- please just contact the school to discuss.

Mr Haviland (DofE Co-ordinator)



BRONZE

Volunteering **3 months**

Physical **3 months**

Skills **3 months**

Expedition **2 days 1 night**

PLUS a further 3 months in the Volunteering, Physical or Skills section.



SILVER

Volunteering **6 months**

Physical

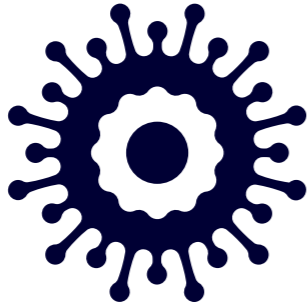
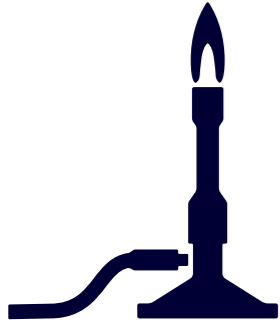
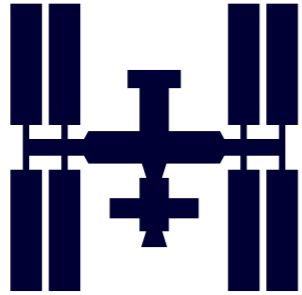
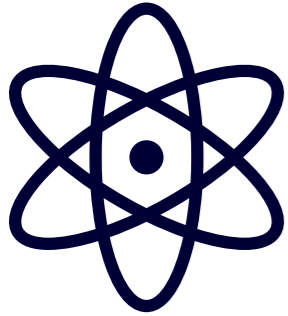
one section for 6 months, the other for 3 months

Skills

Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

Expedition **3 days 2 nights**





STEM club

Everyone is welcome

Thursday Lunchtime Rooms



This is a club for everyone interested in how things work and how they are made. Brace yourself for some big ideas from the world of Science Technology Engineering and Maths. Run by S6 volunteers and Miss Farnham

Golden Skills: Numeracy, information handling, problem solving

Values in Action: Resilience, Responsibility, Relationships, Leadership

**YOUNG
STEM
LEADER**

YOUNG STEM LEADER AWARD

Monday Lunchtime, Room 28

Everyone is welcome!

The Young STEM Leader Programme (YSLP) is an exciting new award which aims to spark greater interest and participation in Science, Technology, Engineering and Mathematics (STEM) among young people in Scotland.

Young people have the chance to inspire, lead and mentor their peers through the creation and delivery of STEM activities and events within their schools and communities.

Golden Skills: Numeracy, information handling, problem solving

Values in Action: Resilience, Responsibility, Relationships, Leadership

Senior Band

Any senior pupils looking for an opportunity to play together should join our Senior Band. Playing a range of music selected by pupils, this band is heaps of fun (and there's biscuits and tea!)

Thursday Lunchtime. Golden Skills: Teamwork, Confidence, Creativity, Positive Attitude

Ceilidh Band

The Ceilidh Band are back, and Mr Lowthian has chosen some fantastic tunes for us to play! A focus on traditional Scottish music but open to all instruments, come along and join in.

Wednesday lunchtime.

Golden Skills: Teamwork, Confidence, Creativity, Positive Attitude



Guitar Group

In the lead up to concerts Mrs Hume organises some spectacular songs played by our guitar group. Open to all guitarists of any level looking to perform as part of a group.

Rehearsals are held on Monday lunchtimes.

Golden Skills: Teamwork, Confidence, Creativity, Positive Attitude
Values in Action: Responsibility, Relationships, Resilience

Music Tech Club

Learn how to record a podcast, song, or radio show in our recording studio.

Thursday Lunchtime.

Golden Skills: Teamwork, Confidence, Creativity, Positive Attitude
Values in Action: Responsibility, Relationships, Resilience

Choir

This fantastic choir always sings fun and enjoyable songs chosen by the pupils. Open to anyone interested in singing regardless of ability. Join us at Tuesday lunchtimes to sing your heart out

Golden Skills: Teamwork, Confidence, Creativity, Positive Attitude
Values in Action: Responsibility, Relationships, Resilience

LGBT Group

When/Where? See Miss Swan, Mrs Crooks or Mrs Fagan for further details.

This is a safe space at lunch times for members of the LGBT+ community to discuss issues and just generally hang out! Membership of this group is confidential by agreement and therefore time/place will not be advertised publicly. There is also an online team with links to events and resources specific to the LGBT+ community. Please see Miss Swan, Mrs Crooks or Mrs Fagan if you would like to know more.

Values in Action: Respect and Relationships



Eco Group



Who? Mrs Pope

Where? Rural / Horticulture area Tuesday lunchtime

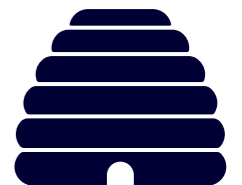
Who? S1-6

This is a group for anyone interested in all things Eco and Sustainability. We achieved Selkirk High's first green flag in 2019 and are due to apply for our next one. Our current projects include looking after our school bees, our school grounds and improving how we recycle as a Zero Waste Champion school. If you have any Eco ideas you would like to try put into action then this is the group for you!

Golden skills: Teamwork, Communication, Problem Solving, Creativity, Leadership

Values in Action: Responsibility and Relationships

Beekeeping



Who? Mrs Pope

Where? Rural / Horticulture area Tuesday lunchtime

Who? S1-6

Bees are the most important species on earth when it comes to human food production as they pollinate a huge proportion of our crops. Sadly their numbers are declining. Learn the skills required to care for these magnificent creatures!

Coding, App Development and Cyber Discovery

*cyber
discovery*

Discover your hidden talent
for cyber security

Mr Willan and Miss Douglas.
When? Tuesday Lunchtime
Where? Room 10c
Who? S1-S6

Coding and App development

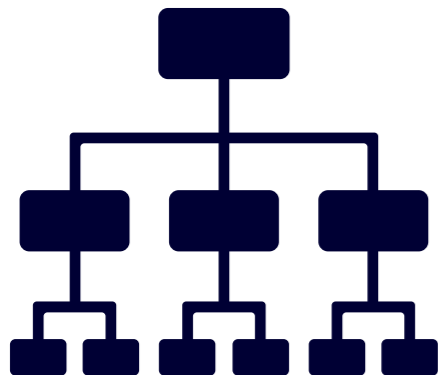
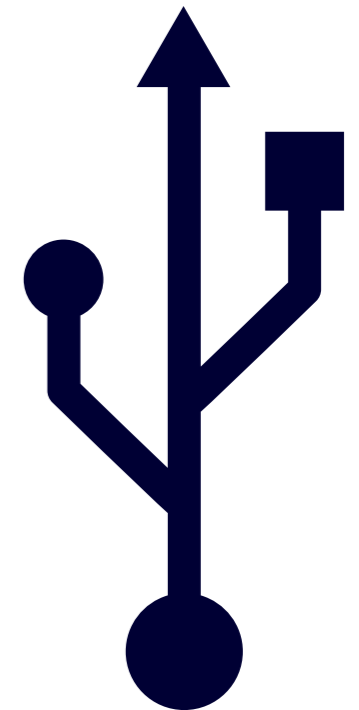
If you want to have fun learning a skill that only 0.5% of the population know, while developing creativity and problem solving skills, then coding and app development will be for you. The club focuses on coding in Swift and development of Apps on iOS devices. Other languages will also be covered so it is a great start to the world of computing.

Discover your talent for cyber security

Cyber Discovery is HM Government's free, online, extracurricular programme turning teenagers across the country into cyber security experts. For students aged 13-18, they are seeking problem solvers, code crackers and, most importantly, those who never give up.

Whether you're already a white-hat hacker in training or you've never touched a keyboard before, you could be just the person they are looking for.

Golden Skills: creativity, problem solving ability, team work
Values in Action: Resilience & Responsibility



Maths Club

Mrs McHenry

First Wednesday of every Month - Lunchtime Room 13

Who? ALL!!!

This is a club for everyone interested in puzzles, logic and Maths. Play board games and much more! We use our problem solving, teamwork, and communication skills. The club also helps pupils build relationships and grow in confidence.

Golden Skills: Numeracy, information handling, problem solving

Values in Action: Resilience, Responsibility, Relationships



Humanities Club

Who? Student-Led - When? Wednesday Lunchtimes

Where? Room 37

Do you like History? Modern Studies? Geography? Do you care about human rights? Then come along to Humanities Club, every Wednesday lunchtime in Mr Haviland's room (37) to discuss all this and more. Bring your lunch, come along, and have fun!



Crafting Club

Miss Mitchell / Mrs Thomson

When? Tuesday Lunchtime (from 1.30)

Where? Room 38

Who? ALL YEARS

This is a club for anyone interested in trying new types of crafts: knitting, cross stitch, weaving, macrame... and much more! We'll use our creativity in so many different ways. The club also helps build relationships, grow in confidence and encourages teamwork.



D&D Hellfire Club

When: Friday after school from August

Where: The Horticulture classroom

Who: The club is open to all year groups and staff. Beginners are very welcome.

The club will run every Friday from end of school on until 5pm, depending on the campaign.

If you are interested in joining please see Miss Johnson.



Greenpower Car Club

Mr Willan

When? Thursday Lunchtime and afterschool.

Where? Room 9

Who? S3

We are very lucky to have an electric powered formula 24 Car to rebuild and get up to racing standard. The challenge will be to design and build an electric car to race at Greenpower events.

This will benefit students with an interest in design, engineering, technology and science.

Golden skills: Problem solving, organising, creativity

Values in Action: Resilience, Responsibilities and Relationships



The Reel Book Club

Mrs Mckeown/Mrs Allan

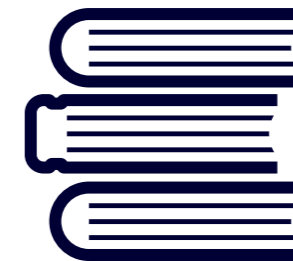
When? Tuesday lunchtime

Where? Room 21

Who? Anyone!

Do you love talking about films and books? Are you interested in how books are edited and published? Do you like to write and create films yourself? Then this is the club for you. Throughout the year we'll watch movies, write reviews, make films and take part in the Young Editors programme where you'll get the chance to read actual manuscripts of books about to be published and give feedback to the real-life authors.

Grab your lunch, a friend and come along.



Junior Drama Club

Mr Henderson

When? Monday Lunchtime 12.40-1.05

Where ? Room23

Who? S1/2

This is a group for anyone who'd like to join in some Drama. We'll be playing drama games, reading scripts and improvising our way through some exciting adventures. Bring your friends.

Golden skills: Creativity, Communication, Teamwork.

Values in Action- Respect, Relationships



The Quiet Carriage

A quiet place for your lunch break.

Miss C. Smith

When? Every lunchtime.

Where? Room 18C, top floor, next to the Nurture Base.

Who? Anyone who wants a quiet space for lunchtime.

Staff supervised.

Learn to craft, eat your lunch, have a quiet chat with your friends, relax, do jigsaws, draw, read for pleasure, listen to music on your headphones.

Golden skills: creativity, communication, teamwork

Values in Action: Respect, Responsibilities and Relationships



Sewing Club

Ms Robb and Ms Craig

When: Thursday lunchtime 1.30 – 1.55pm

Where: Room 1

Who: S1-S6

Do you wish you could sew? Do you want to repair or personalise your clothes, or alter them to fit better? Then this is the group for you!

We will teach you the basics of sewing whilst designing, personalising and making an item eg a tote bag, Christmas decoration, household furnishings etc.

If you want more information come and speak to either Ms Robb or Mrs Craig or come along on Thursday lunchtimes.

Golden Skills: Organisation, Creativity, Practical Skills, Problem Solving, Reading, Numeracy

Values in Action: Responsibility, Relationships and Resilience.



Bike Club

Staff; Mrs Orr

Community/Parent Volunteers; Mark Tuckwood, Ferg McCulloch, Pete Laing

When? – After School on Friday afternoons

Meeting point at the bike shed, which is outside the PE department at the back of the school.

NO EXPERIENCE NECESSARY. The sessions will start at 2 pm and will be approx. 2 hours. The school can provide bikes and helmets, but if you have your own, feel free to use them.

The emphasis is on riding bikes off-road and having fun, both on local trails and further afield in the Tweed Valley.

Make sure you dress appropriately for the weather (e.g. waterproof jacket) and bring a snack and some water with you.

Golden Skills: Being Healthy, Resilience, Problem solving Values in Action: Resilience and Relationships



SELKIRK HIGH SCHOOL BIKE CLUB



**Every friday after school.
Bikes provided. See Mrs Orr for
more details.**

Rowlands

Rowlands is open for young people aged
1st year to 6th year.

Monday 6.30 to 9pm and Friday 7-10pm are our main drop-in times where we have pool, activities such as quizzes, bingo and crafting or team challenges, hang out with friends and a live dj on a Monday evening.

Additional groups we have running at the moment are the walking group, cycling, board games- although we are in the process of starting new activities from our recent questionnaire. so keep an eye out on our facebook and our windows for whats on. the new P7 will start next easter and we will also have school holiday programs and some one off opportunities to share We try and drop into school at lunchtime to update our poster boards and to hand out flyers so if you see us say hello.

Also if you are a looking for volunteering or work experience opportunities - think of us.. we looking for window dressers, web site update support and a secret baker and we can be flexible in time and days

We can be contacted on info@rowlands-selkirk.org.uk or 01750 21222





EXTRA-CURRICULAR SPORT:

A summary of the Selkirk HS and Community Offer

Day	Time	Club	Leaders	Year Group	Other info
Monday	1.30-2pm	Football	Brandon	S1	2G
Monday	4 - 5pm	Rugby	Mr Willan, Ewen Robbie & Senior coaches	S1/S2	Grass Pitch
Monday	4-5pm	Netball	Gwen Bradley	S1-S6	Games Hall
Monday	4pm-5pm	Hockey	Ali Cullen and seniors	S3	Astro
Monday	5.30-6.30pm	Fjordhus Reivers	Janet Jack (jack788@btinternet.com)	U16s	Tweedbank 2G
Monday and Thursday	6.-7.15pm	Rugby	Selkirk RFC	U15/U16	Rugby Club
Tuesday	1.30-2pm	Football	Brandon	S2 + S3	2G
Tuesday	4.15pm-5.15pm	Rugby -- Strength & Conditioning	Ewen Robbie	S3+	Selkirk RFC Gym
Tuesday	4-5pm	Hockey	Mr Aiken, Mrs Kay & Senior coaches	S1/S2	2G
Monday	7-8.30pm	Fjordhus Reivers	Janet Jack (jack788@btinternet.com)	Mens' Training	Tweedbank 2G
Tuesday & Thursday	6-7.30pm	Rugby	Craig Macdougall Scott Easson	U18 Youth Club	Swimming Pool pitch
Wednesday	1.30-2pm	Football	Brandon	Senior	2G
Wednesday	4-5pm	Hockey	Georgia Main	S4-6	2G
Wednesday	6-7pm	Fjordhus Reivers	Janet Jack	u14s	Tweedbank 2G
Thursday	4-5pm	Cricket	Neil Gentleman neilgentleman@hotmail.com after Oct indoors	14+	Selkirk Cricket Club SHS
Thursday	4-5pm	Hockey	Georgia Main	S4-6	2G
Thursday	4-5pm	Cricket	Neil Gentleman neilgentleman@hotmail.com after Oct indoors	14+	Selkirk Cricket Club SHS
Friday	1.30pm+	Hockey & Rugby	PE Department	S1-S6	Fixtures
Friday	1.30pm	School Bike Club	Mrs Orr/ F Laing/ M Tuckwood	S1-S6	SHS