

SCHOOL NOTICEBOARD: SELKIRK HIGH SCHOOL

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



Mental health ambassadors completed their See Me training day last month

Winners

Well done to our awesome junior hockey team who beat Earlston High School 1-0 in their Scottish Plate game. This puts them into the semi final. Both teams put in super performances with some end to end stuff in the first half, with the score still 0-0 at half time. However, a fantastic goal by Lucy Meikle put us into the lead in the second half. Earlston put us under a bit of pressure but everyone was outstanding and should be very proud of their efforts to keep the score at 1-0 and win the game. Well done all, an amazing team effort. Thanks to Tessa Paterson for her brilliant help coaching, Karen

Cornwall for umpiring and everyone who came to watch.

Volunteering

Congratulations to Jay Mcleod, S1, on his recent award for volunteering hours.

See Me training

On Wednesday, October 25, our Selkirk High School's new mental health ambassadors completed their See Me training day. Over the day they learned about stigma and discrimination surrounding anxiety and depression through completing numerous tasks. They worked as a team with help from the current mental health ambassadors to learn how to take

action against the stigma and build on their knowledge and understanding of mental health. By talking about real life situations, they learned about the impact language can have when discussing mental health and how you can help as an active bystander. They understood well the importance of their rights in relation to mental health and to prevent discrimination. To prepare them to be mental health ambassadors in school they learned how to have supportive conversations surrounding mental health. Finishing off the training they thought of ideas that the school could do to tackle stigma and discrimination within in the school.



The junior hockey team



Jay Mcleod, S1, with his award