

# SCHOOL NOTICEBOARD: SELKIRK HIGH SCHOOL

...All the latest news straight from the classroom



Students visited Standhill Farm

## Farm visit

OUR S3 Practical Cookery and HFT pupils went for a visit to Standhill Farm this week as part of their sustainability block.

Pupils saw the dairy cows and learned how the cow manure was turned in to gas, electricity and heating that is then used to heat a four acre glasshouse that grows 300 tons of tomatoes every year.

At the end of the visit, we were able to taste the tomatoes and we all agreed they were delicious.

Many thanks to RHET for organising and the Shanks family for allowing us to visit.

## Hockey

IT was great to see so many pupils representing SHS at hockey vs Berwickshire High School last week and in games so far this season.

Excellent performances by all teams. Training and games continue this week and new members are always welcome.

## Mascot

AMELIA MacPhail, of S1, had



It is an exciting time for youth rugby in Selkirk

the honour of being a mascot at the Scotland v Portugal rugby international recently.

Amelia ran out with Freddy Douglas, who achieved his first international cap and told Amelia he was feeling quite nervous.

A great day all round.

## Rugby

WE are in an exciting time for youth rugby in Selkirk.

We have officially partnered our U13s, U14s and U15s under Selkirk Youth Rugby, which is attached with Selkirk Youth Club at U16s and U18s - all part of Selkirk RFC.

This has been very exciting for us to be able to bring on new coaches and volunteers to each age group while also attracting sponsors and easing the transition process from Selkirk Rhinos to Selkirk Youth to Selkirk Seniors.

We have been very fortunate this season with the generosity of three companies to enable us to provide new and much-needed playing kits for the three teams in the youth section.

So, on behalf of all the Selkirk High School, Selkirk Youth, Selkirk RFC players, we would like to thank: our main



sponsor - Ashkirk Driving Range; our sleeve sponsor - Allied Surveyors Scotland; and our back sponsor - Tweed Chiropractic.

A massive part of our rugby programme in the youth section within Selkirk is School of Rugby.

It is an opportunity for all players regardless of background or experience to come together to be active and learn the basics of rugby, movement and our key values.

We put a massive emphasis on playing touch and evasion games to increase skill sets and stamina and then look at slowly introducing specific skills including contact skills.

We have a lot of players that have never played for Selkirk Rhinos from P1-P7 but have started rugby when they arrive at Selkirk High School in S1 and have enjoyed and flourished within the programme.

On the other hand, we also have players who have been at Selkirk Rhinos all the way through and also like to challenge and develop these players alongside new players.

We are also very excited to have started a girls' School of Rugby this year as well which will hopefully continue to grow and encourage young women to experience rugby and potentially take it up as a sport.

We run a S1 and S2 girls session and then also a S3 girls session, 1 x per week.

A basic timetable that runs for most of the school year for U13s (S1s), U14s (S2s) and U15s would be: 2 x School of Rugby sessions per week (during school); 1-2 x Extra curricular sessions (evenings at Selkirk RFC); 1 x Fixture (Saturday morning).



The hockey players faced Berwickshire High School last week



Amelia MacPhail was a mascot in the Scotland v Portugal international

