



COMPASSION

A big heart for others



COURAGE

Above and beyond



INTEGRITY

Trusty and Leal



Extra-Curricular Opportunities

Achievement Journey

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 meta-skills that have been identified by Skills Development Scotland as a focus for all young people.

Every club also provides opportunities to put our *School Values* of *Compassion, Courage and Integrity*, into action and break down barriers between groups of students and between different year groups.

The Achievement Journey

Achievement at Selkirk High School focusses on three areas, Qualifications, Skills and Values. These are the key areas that we want our pupils to develop while at school. Qualifications open doors but cross transferable meta-skills and solid core values are equally as important in helping us become responsible citizens and effective contributors.

The students Achievement Journey is a unique document that helps our young people track their successes, participation in activities and how they are using and developing their core values.

| Self-management | Social Intelligence | Innovation |
|--|--|---|
| Focusing  | Communicating  | Curiosity  |
| Integrity  | Feeling  | Sense-making  |
| Adapting  | Collaborating  | Creativity  |
| Initiative  | Leading  | Critical thinking  |



**SELKIRK
HIGH
SCHOOL**

ACHIEVEMENT JOURNEY

QUALIFICATIONS

SKILLS

VALUES



[selkirkhighschool.org.uk](https://www.selkirkhighschool.org.uk) | selkirkhs@scotborders.gov.uk



Staff: Mrs Kay, Mr
Aiken, Miss McColm
Community/Parent
Volunteers
Senior helpers

Hockey

S1&2 Monday 4-5pm

S3 Wednesday 4-5pm

Senior Tuesday 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.

Meta Skills: Focusing, Collaborating, Leading

Values in Action: Courage, Integrity





Rugby

U13s

6.30pm-7.30pm Monday and Wednesday @ Selkirk Rugby Club

U13, U14 and U15

Gym Tuesday and Thursday 4-5pm@Selkirk Rugby Club

U15 training

6.30pm-7.30pm Monday

U16 training

Training with Gala

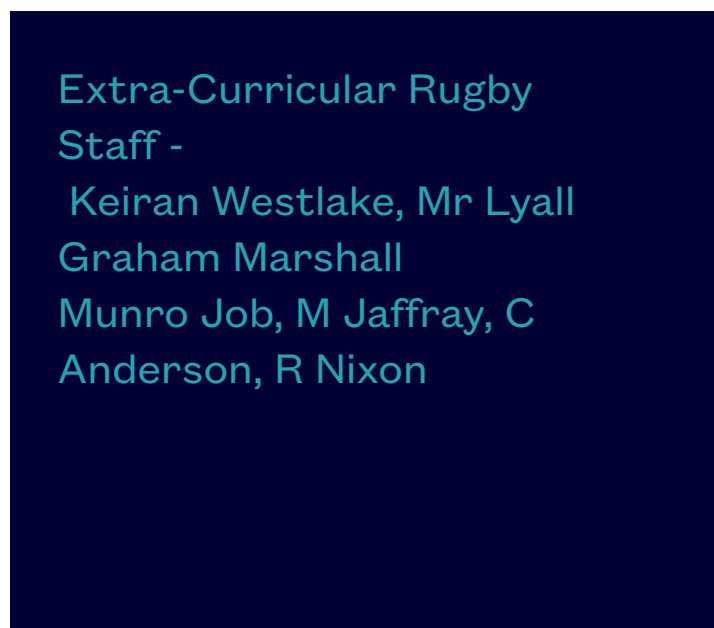
Fixtures

U13, u14s and u15s Saturday mornings

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.

Meta Skills: Focusing, Collaborating, Leading

Values in Action: Courage, Integrity

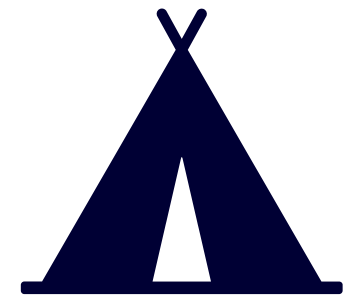


Duke of Edinburgh Award

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



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

Skills

one section for 6 months, the other for 3 months

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**



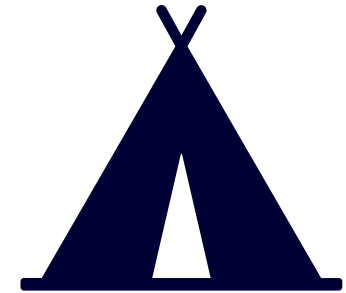
Duke of Edinburgh Award

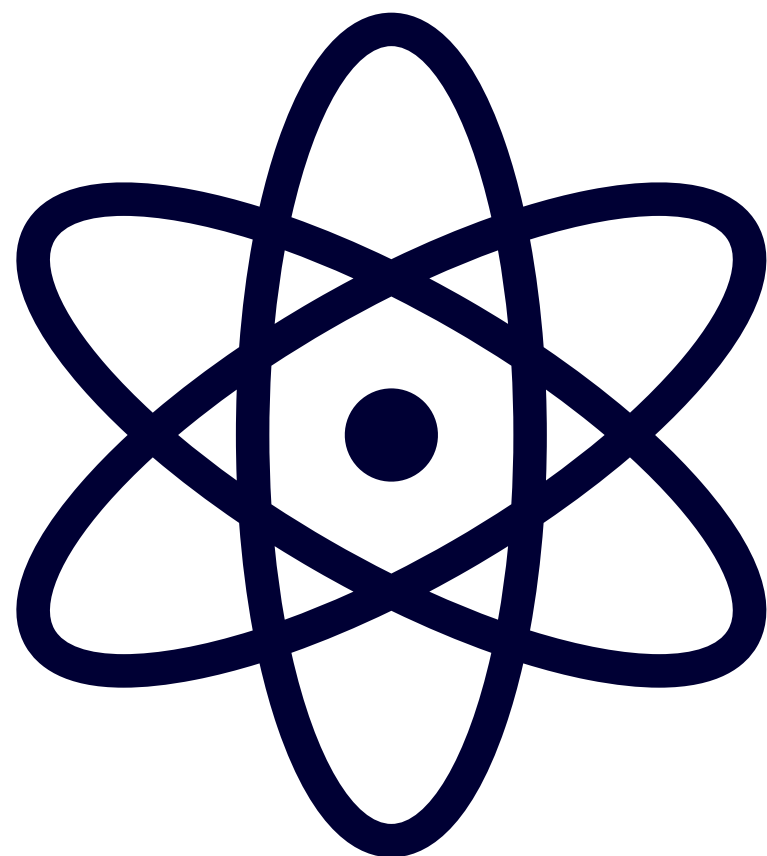
Students at SHS traditionally sign up for DofE at Bronze level in S3, and then can progress to Silver in later years. This year one of our students is completing their Gold award. Students are mentored, supported and trained by staff who work with them to complete each of their sections.

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)





STEM club

Everyone is welcome

Thursday Lunchtime see Miss Farnham and Miss Maclean

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.

Meta Skills: Curiosity, Collaborating, Leading

Values: Courage, Compassion and Integrity



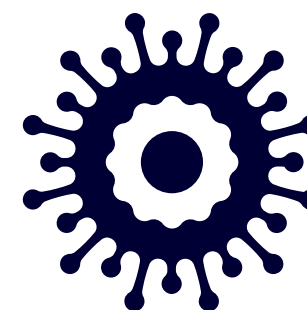
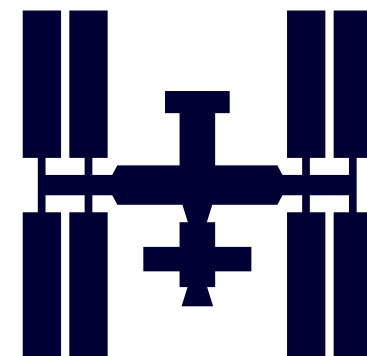
**YOUNG
STEM
LEADER**

YOUNG STEM LEADER AWARD

Thursday Lunchtime, Room 28 as part of STEM club

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.



Music

Sparks!

Opportunity to play with other pupils and professional musicians!
Tuesday after school, a chance to learn and develop with experts and be part of something special. Last year saw Selkirk pupils take to the stage at Mac Arts in Galashiels. Sparks is Harris Trust project.



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.



Lunchtime Practise

Need extra time to rehearse? The music department is open at lunchtime for extra practise. Come along and use the practise rooms, work in the recording studio or spend some quiet time with your instrument. Speak with Mr Hewitt to arrange a time.

In Music you will use the following:

Meta Skills: Creativity, Communicating, Feeling, Collaborating.

Values in Action: Compassion, Integrity

Humanities Club

Student led

Wednesday Lunchtimes

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!

Values in Action: Respect and Relationships

Meta Skills: Adapting, communication, collaborating

Debate Club

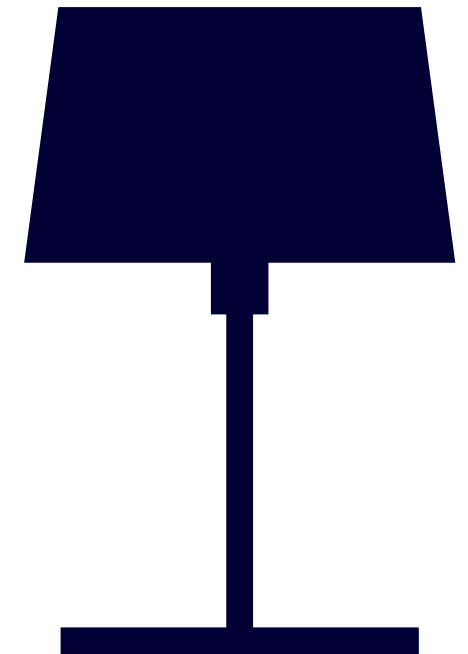
Miss Swan Tuesday Lunchtimes

Room 31 - All year groups

Join the School Debate Club and sharpen your critical thinking, public speaking, and research skills while having a blast! Our club helps you build confidence, learn to listen actively, and develop persuasive arguments—all essential for success in school and beyond. Plus, debating with friends is a fun way to explore new ideas, challenge yourself, and make lasting connections. Come join the conversation and discover the power of your voice!

Values in Action: Respect and Relationships

Values in Action: Respect and Relationships Meta Skills: Adapting, communication, collaborating



Crafting Club

Miss Mitchell/ Mrs Thomson

Tuesday Lunchtime (from 1.30)

Room 38

ALL YEARS

This is a club for anyone interested in trying new types of crafts: paper folding, knitting, cross stitch, weaving, jewellery making, crochet ... and much more! And if you have your own craft skill to show us – that would be great too!

We use our creativity in so many different ways. Last year we helped Miss Swan by making flowers for her wedding. The club also helps with communicating with others by encouraging collaboration as well as stepping out of comfort zones by trying new things.

Metaskills:

Self-management – focusing, integrity and adapting

Social Intelligence- communicating, feeling and collaborating

Innovation – Curiosity, creativity, sense-making, critical thinking



Dungeons and Dragons campaign

D&D Application Form



D&D is an Action/Adventure Improvisation game, set in a fantasy world. create, and get immersed in your own completely custom character and the world you help create in this collaborative story telling RPG.

Greetings, my name is Lewis, and I am hosting a D&D adventure for anyone who wants to join and can reliably join every Friday after school. This will be an ongoing game for the foreseeable future, for a group of 1-6 people of any year groups (and Staff/Teachers if they wish to join us)



It will be a completely relaxed atmosphere, there will be snacks (if you bring snacks, I'll give you bonuses) and the first Friday this campaign will run will be a 'Session Zero'. In a session zero, you can all meet with your fellow players, learn the setting and backstory of our fantasy world, and I will help you create your characters to integrate within the game. Whether you want to be a noble Knight of your kingdom, a petty Goblin Thief working for a thieves guild, or a dragon undercover waiting to regain their true form, I will help facilitate whatever you wish to be, and whatever story you wish to tell.

All you have to do to join is scan this QR code, and fill out the Microsoft Form, so I have a way to contact you when and where we will meet every Friday for the game. If you have any questions, or want to add anything you want me to know, there is a section in the form to tell me. Since there are only 4-6 spaces, you may not be able to play immediately, but I will let you know if anyone leaves so you can fill their place with your own character.



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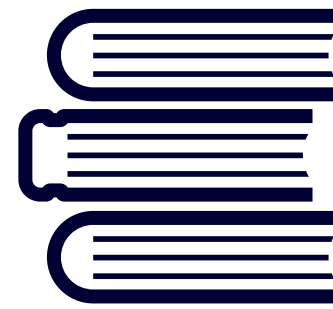
The Reel Book Club

Mrs Allan and Mrs McKeown

When? Wednesday lunch time

Where? Room 33

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? Do you want to write your own fan fiction, stories or poems? 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.

Metaskills:

Self-management – focusing

Social Intelligence- communicating, feeling and collaborating

Innovation – Curiosity, creativity, critical thinking





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Drama Club

See Mr Henderson, Monday lunch 1.30pm

Join the Drama Club!

Unleash your creativity. Build confidence. Make memories.

Are you ready to take centre stage? Whether you're a seasoned performer or just curious about the world of theatre, the Drama Club is the perfect place to explore your talents, meet new friends, and have loads of fun!

What we offer:

- Acting workshops & improvisation games
- Scriptwriting & backstage skills
- Opportunities to perform in productions
- A supportive, inclusive space for everyone

Who can join?

All year groups welcome — no experience needed!



Self-Management

- Managing emotions during performance and feedback
- Building resilience and confidence
- Staying motivated and committed to rehearsals and group work

Communication

- Expressing ideas clearly through voice, body, and movement
- Listening actively and responding appropriately
- Giving and receiving constructive feedback

Creativity

- Thinking imaginatively to interpret characters and scenes
- Problem-solving in staging, improvisation, and storytelling
- Innovating in performance and production design

Collaboration

- Working effectively in teams
- Respecting diverse perspectives and roles
- Negotiating and compromising to achieve shared goals

Sewing Club

Ms Robb

When: Monday lunchtime 1.30 – 1.55pm

Where: Room 15

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 Ms Robb or come along on Monday lunchtimes.



Metaskills:

Self-management – focusing, integrity and adapting

Social Intelligence- communicating, feeling and collaborating

Innovation – Curiosity, creativity, sense-making, critical thinking



Bike Club

Staff: Mr Foggin

Community/Parent Volunteers: Mark Tuckwood, Ferg McCulloch, Pete Laing, Sara Allan

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.

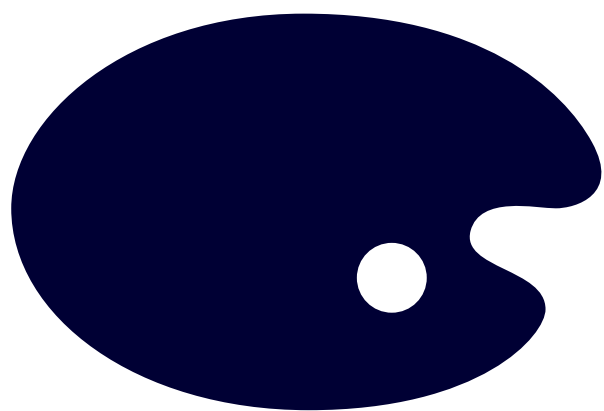
The emphasis is on riding bikes off-road and having fun, both on local trails and further afield in the Tweed Valley.

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

Meta-Skills: Focusing, Communicating, Adapting

Values in Action: Courage and Integrity





Art Club

Miss Garcia, Mrs Small, Mrs McCairney and Art Ambassadors

**Thursday Lunchtime
Room 32**

Who? All welcome! (Those taking Art/ Photography as a chosen subject are encouraged to use this valuable resource).

This is an opportunity for all students to further develop their understanding of, and enjoy, all things creative, as well as improving their skills and technique! This is also an incredibly valuable opportunity for those on a journey to achieving a qualification in Art/ Photography and will not only provide extra time to complete tasks, but also time for 1:1 support.

Pupils can simply enjoy this club for fun, while enjoying the mental health benefits that come from engaging in calm, creative activity. Pupil enjoyment and support is at the centre of our sessions!

Meta Skills: Creativity, Curiosity, Feeling, Collaborating and Focusing.

Values in Action: Compassion and Integrity.





Football Club



Mr Baxter, Mr Brownlee and Miss Garcia

Where? Astro (Games Hall in bad weather)

Who? S1-3 (Boys and Girls of all abilities are both welcome and encouraged!)

This is an opportunity for all students to develop their understanding of football as well as improving their skills, technique, and game-play. Training allows players to develop physically, while enjoying the mental health benefits that come from enjoying team sport. Teamwork is at the centre of these sessions where players learn to work successfully with others to achieve shared goals. There will also be opportunity for leadership experience and for the footballers to implement their skills into match setting with schools across the authority and hopefully beyond!

Meta Skills: Focusing, Integrity, Adapting, Communicating, Feeling, Collaborating and Leading.

Values in Action: Compassion, Courage and Integrity.

Rowlands

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

Monday and Friday 6.30 to 9pm 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

