



COMPASSION

A big heart for others



COURAGE

Above and beyond



INTEGRITY

Trusty and Leal



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 World of Work profile.

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 Wider 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 My World of Work profile helps them track and celebrate their achievements. They can develop their C.V on it and the profile will follow them to college, work or university..

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



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S1 Coaches

R Crockett, N Darling and A Cochran

S2

R Kelly, C Hume and E MacDougall

S3

R Nixon, B Allan, A Renwick



Rugby

S1, S2 and U15 boys

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

Boys school of rugby sessions during school week. (S1-S3)

U18 training

6.30pm Tuesday and Thursday at the swimming pool pitch

Coaches- Fraser Harkness, N Darling and D Clapperton

Girls Rugby

Monday 6-7pm at Selkirk Rugby Club. Gym Session Wednesday 4-5pm. (This may alternate weekly with Rugby sessions)

There is also a girls school of rugby session during the school week.

Coaches - E McColm, G Marshall, K Westlake

Meta Skills: Focusing, Collaborating, Leading

Values in Action: Courage, Integrity



Football Club



Mr Baxter, Mr Brownlee and Miss Garcia
Monday - S1 boys with John
Tuesday - Girls with Miss Garcia
Wednesday - S2 boys with John

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.

Bike Club

Staff: Mr Foggin, Mr Balfour

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

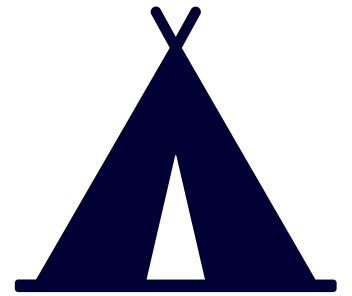


Duke of Edinburgh Award

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**



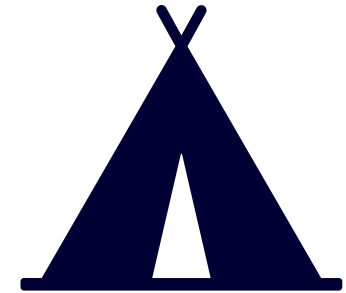
Duke of Edinburgh Award

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)



Scripture Union

Student led

Monday Lunchtimes

Room 37 Mr Haviland's room

Come along to Scripture Union for a safe, friendly space to discuss your big questions about the Bible, Christianity and religion more generally. There will be snacks, games, videos, Bible studies and debates. Everyone is welcome, whatever your beliefs.

Values in Action: Compassion, courage and integrity

Meta Skills: Adapting, communication, collaborating



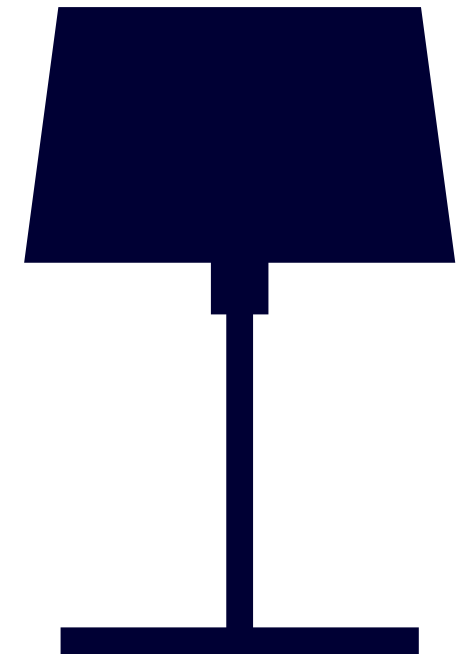
Debate Club

Mrs McShane Thursday 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 Meta Skills: Adapting, communication, collaborating



Rights Club

Student led

Tuesday Lunchtimes

Room 31 Mrs McShane's room

Do you like History? Modern Studies? Geography? Do you care about human rights? Then come along to Humanities Club, every Wednesday lunchtime in Mr McShane's room (31) 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



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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.



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.

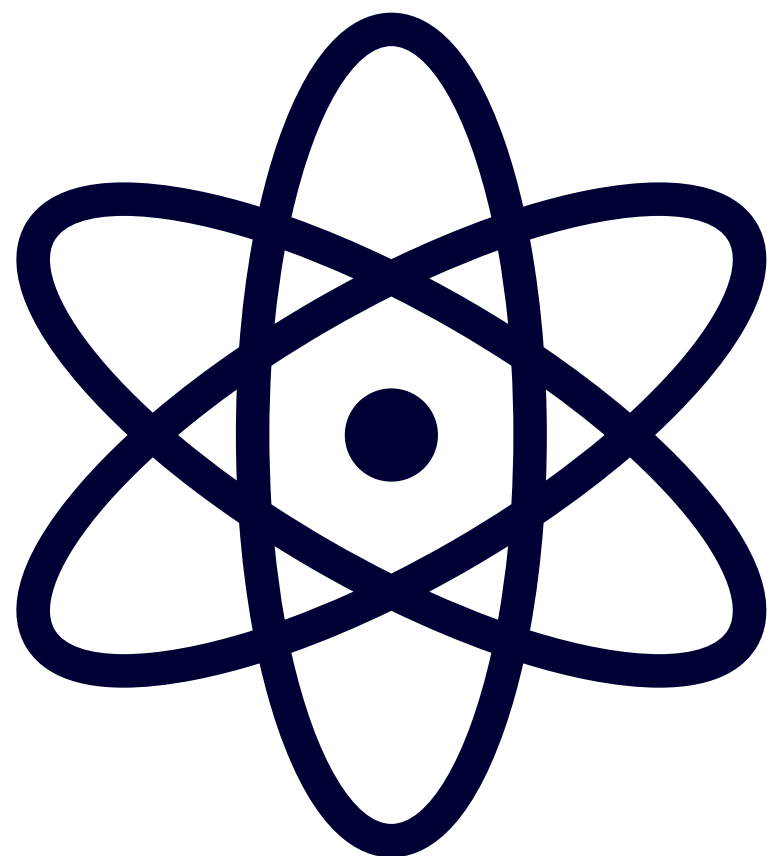
Values in Action: Compassion, Integrity

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.





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



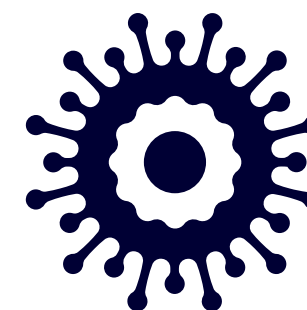
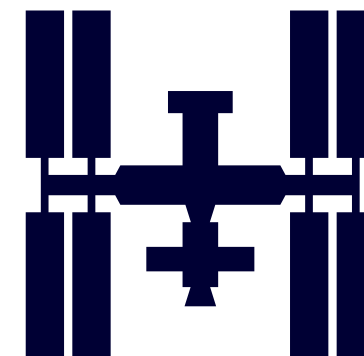
**YOUNG
STEM
LEADER**

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.



Coding Club

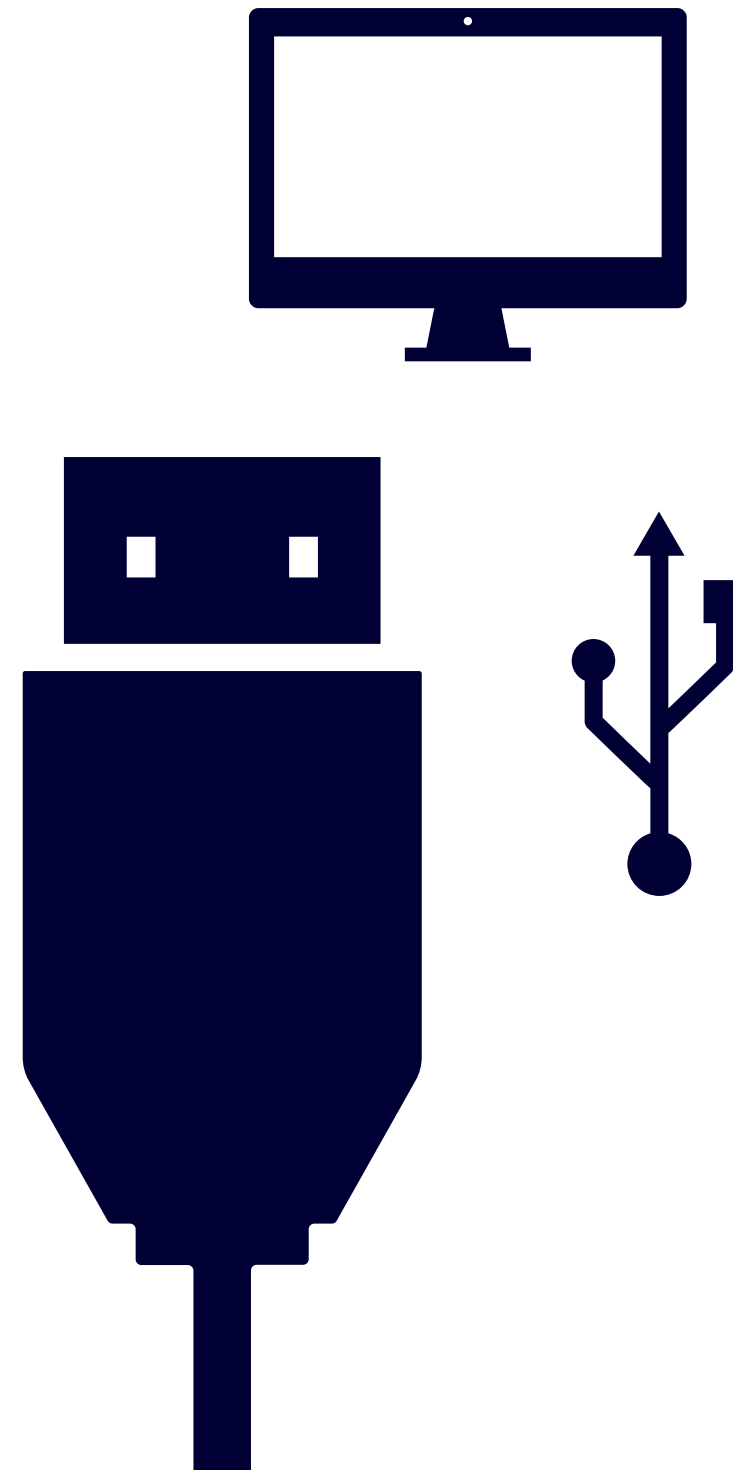
Coding club. Coding is the future. Immerse yourself and learn this skill that will benefit you in your future career.

If you are interested in block coding to app development you need to join up.

Explore coding using online platforms like swift playgrounds, make code or explore the possibilities of the spheres and Lego robotics.

Mr William, Wednesday lunchtime room 8

Meta skills: Focussing, Collaborating and Creativity



Crafting Club

Miss Mitchell/ Mrs Thomson

Wednesday 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





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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

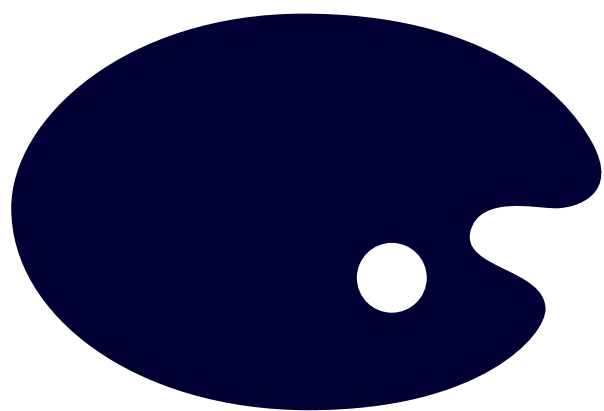
- Expressing ideas clearly through voice, body, and movement
- Listening actively and responding appropriately
- Giving and receiving constructive feedback

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



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.



Ms Robb

When: Wednesday 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 Wednesday lunchtimes.

Metaskills:

Self-management – focusing, integrity and adapting

Social Intelligence- communicating, feeling and collaborating

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



Creative Writing Club

Got a story stuck in your head? A wild idea you want to bring to life? Or maybe you've always wanted to write your own book?

Then the Creative Writing Club is the place for you!

The club is a chance to let your imagination run wild and create whatever you want — from short stories and poems to full-blown books! 📖✨

The club is run by Daniel Taggart (S2), with help from Mrs McKeown. We'll meet during lunchtimes throughout the school week, with the exact day still to be decided. The day will be discussed with members once the club gets going.

📍 **Where?**
Mrs McKeown's classroom

🏆 **What can you do?**

At Creative Writing Club, you can:

📖 Write your own books and stories

🏅 Enter writing competitions, such as:

- 50 Word Challenge
- BBC Young Writers Award
- Young Walter Scott Prize
- And many more!

🔥 Take part in exclusive club challenges

🎁 Compete for prizes

💡 Share ideas and get inspiration from other writers

🌟 Turn your imagination into something real!

And most importantly...

ANYONE IS WELCOME! 🎉

Whether you're already a brilliant writer or you've never written a story before, you're welcome to join.

S1 and up — come along, bring your ideas, and see what you can create!

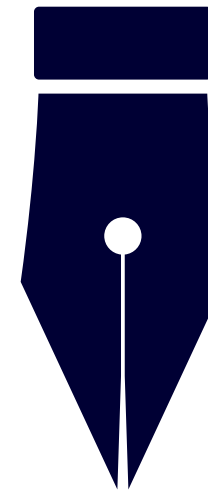
✍️ **Your imagination. Your story. Your world.**

Daniel Taggart and
Mrs McKeown

When: lunchtime 1.30
– 1.55pm

Where: Room 21

Who: S1-S6



Rowlands Youth Centre



Rowlands Youth Centre

Rowlands is open to all young people from S1 to S6.
Everyone is welcome to attend. If you are not already a member,
you can sign up using the Membership Form - P7 Transitions
2026. This can also be found on the Rowlands Facebook page.

Drop-In Sessions

Our main drop-in sessions take place on:

Monday: 6:30pm - 9:00pm

Friday: 6:30pm - 9:00pm

These sessions include activities such as pool, quizzes, games,
crafts and much more.

Weekly Groups (6:00pm - 8:00pm)

Monday

Boba Café Group

Followed by the drop-in session

Tuesday

Cooking and Crafting Group

Wednesday

Sessions run by LGBT Youth Scotland

Thursday

Painting Group

Board Games

Friday

Youth Committee

Followed by the drop-in session

Other Opportunities

We also have:

A Fundraising Group

A Rides and Strides Group (restarting soon)

P7 Transition Group

Our P7 Transition Group begins after Easter each year. We are
always looking for volunteers to support this programme, so keep
an eye out for recruitment posters.

We can also offer volunteering opportunities for young people
completing their Duke of Edinburgh Award. Please get in touch if
you would like to discuss this further.

Getting Involved

If you would like to attend any of our groups, simply come along.
There is no need to sign up in advance.

We are always keen to hear new ideas for groups and activities, so
please let us know if you have any suggestions.