



Kilchuimen Academy News

June 2016

“I shall not look upon his (or her) like again.” (Hamlet Act 1 Sc.2)

Ms Gibbons writes...

The above quotation from Shakespeare's *Hamlet* crops up in all sorts of places from “Game of Thrones” to biographies of great actors, sportsmen and sportswomen. I make no apology for laying claim to them this summer on behalf of the Academy as we say goodbye to two of our finest.

Rhoda Stewart, who retires at the end of the summer, came to Kilchuimen nearly twenty-two years ago. Her unfailing courtesy and helpfulness have ensured that Rhoda is held in the greatest esteem by colleagues, pupils and parents. Colleagues, past and present, said their formal farewell to Rhoda at a ceilidh in Glengarry Community Hall on June 24th. House Captains, on behalf of pupils, will make their presentation to her at the Awards Ceremony on July 1st when Rhoda will be the Guest of Honour for the occasion.

Graham Wilks joined the staff of Kilchuimen Academy in August 2007 as a Faculty Principal Teacher (Science & Maths). His trademark enthusiasm and drive ensured that he became Depute Head not long thereafter. Many pupils will have fond memories of countless trips led by Mr Wilks with destinations ranging from RAF Leuchars and science centres to cup finals...and France at the beginning of this session. On June 22nd Mr Wilks was successfully interviewed for the post of Head Teacher in Tiree High School. We will be hugely sorry to lose him, but wish him all success and happiness for this well-deserved promotion. Colleagues will make their presentation to Mr Wilks on the last day of term. Pupils will make their presentation at the Awards Ceremony.

There are no words to express adequately the enormous contribution to school life made by Rhoda and by Mr Wilks. They go with our affection, our thanks and all best wishes...we know that we are unlikely to see their like again. (*Please see p.2 for other staffing news.*)



Dates for Diaries

- SQA results—Tues Aug 9th
- Staff Inset day—Mon Aug 15th
- School re-opens—Tues Aug 16th
- School closes—Fri Oct 7th
- Re-opens—Mon Oct 24th



Staffing Update

PSAs

Authority-wide negotiations relating to potential reduction to Pupil Support Assistant hours are still being carried out. The situation should become clearer by the beginning of next term.

Nursery

We plan to move to more flexible working in the Nursery next session. Parents will be able to pay for additional Nursery hours beyond the usual entitlement. It is likely that we will be appointing an extra Early Years Practitioner to make this possible.

Primary

We are delighted that Mrs Walker, Miss Starr and Mr Peers will all remain with us next session.

Academy

Miss Mackintosh, Miss Simms and Mr Pérard, who joined us in August 2015, will all remain with us next session. Miss Reid will take up a new post in Inverness Royal Academy in August. We thank her for all her hard work for the history department and wish her every success and happiness in her new role. Mr Alistair Copeland takes over in the history department.

Ms Gibbons will be in touch with parents early in the new term with a further staffing update.

Rag Bag Collection News: Mrs Knott writes...

Thank you for supporting the Rag Bag Textile Recycling Scheme. Since joining the scheme in 2008, KA has recycled over 3500kg of goods, giving us over £1500 for school funds. This has enabled us to raise awareness about recycling in the school and has helped to pay for new bins and planters. Replacing hand dryers will drastically cut down on the usage of paper towels which currently cannot be recycled. Pupils and staff are also encouraged to recycle cans and plastic bottles using recycling boxes situated in all classrooms.

Rag Bag National Textile Recycling have further reduced items they will collect for recycling and now only accept the following: wearable clothing – all fashions – all ages; paired shoes; handbags; belts. They will NO longer accept any other textiles, uniforms, workwear, wet or soiled clothes. The school will continue to collect permitted items as it represents a useful source of fundraising for the school; however, there remain other collection banks within the village and surrounding area that will accept other textile items to recycle.



Culloden Transition Trip

Accompanied by Miss Mackintosh and Mrs Knott, this year's Transition Trip headed to Culloden.

Doesn't Hugo look magnificent dressed as a Redcoat!?!



Duke of Edinburgh Practice Expedition 25/26th July

Ms Thurnell writes...

With rain threatening over the weekend and midgies gathering overhead, our intrepid quartet Jamie, Liam, Mungo and Milosz set off to travel from Fort Augustus into Glen Garry by a 'country route' on the hill.

Jamie Walker writes...

On the D of E practice expedition, our small group of 4 led by our instructor Stephen, learnt many skills and tips on navigation through woodlands and marshes. In the span of only two days learning what edible plants are available, from the delicious wood sorrell (missed the tiny strawberries then! - LT) to determining different ways to measure our travelling speed. The D of E Practice expedition was incredibly useful and good training for the 'real thing', the qualifier on 3rd/4th September!



Transition Trophy 2016

There was a strongly competitive edge to the 2016 Transition Trophy "Space Lander" event. Pupils from Foyers PS (accompanied by Academy former pupil, Miss Rachel Pinkerton) and Mr Peers' Kilchuimen P7s were both convinced they would win, only to be pipped at the post by a team from Invergarry PS! The occasion was master-minded, as ever, by Mr Wilks...S3 were again his trusty gophers for the occasion.



Sky Sports Living for Sport

Kilchuimen Academy signed up to the Sky Sports Living for Sport Project. This is a UK wide initiative that involves athlete mentors visiting schools to help build pupils' confidence. On Thursday 9th June we were delighted to welcome Gemma Fay as our athlete mentor. Gemma Fay is a goalkeeper for Scotland and the most capped Home Nations footballer of all time in the UK. In 1998; shortly after her 16th birthday, Gemma made her full debut for her country and became Scotland's captain in 2009.

After winning all domestic honours in Scotland, Gemma moved to England where she had successful spells with Premier League sides Brighton & Hove Albion and Leeds United. Gemma returned north of the border to play for Hibernian in 2007 before moving to Celtic two years later. She has recently signed for the nine-time Scottish Women's Premier League champions Glasgow City FC and continues to captain Scotland as they look to qualify for Euro 2017 in the Netherlands.

Gemma had a full day at the school; she presented a whole school assembly, worked with the Sky Sports project group on develop the six keys to success, worked with S2/3 English class on Sports Media and presented the medals at the Primary School Sports Day.

The Sky Sports group will now work on their project and, hopefully, we will have a follow-up visit from another athlete mentor in the future.



Shinty Update

Shinty Taster Session

On Tuesday 31st May Kilchuimen Primary and Academy welcomed Ronald Ross to the school to deliver taster sessions to the P5-7 and S1-3 classes. Ronald Ross MBE is a retired Scottish Shinty player who played for Kingussie Camanachd. He is a forward, the only man to have ever scored more than 1000 goals in the sport and who has broken several other records as an individual and as part of Kingussie's record-breaking first team. All the pupils learnt or developed some new skills. It is hoped this taster will inspire more pupils to take up the sport.

Girls Shinty

On Friday 10th June Siobhan West and Laura MacDonald (front left) combined with girls from Kinlochleven High School to enter a team in the Girls League Finals at Lochaber High School. Both girls played well and even more importantly worked well with the girls from Kinlochleven HS. The girls narrowly missed out on the final after 2 draws, 1 loss and 1 win. Siobhan managed to score an excellent goal in our 5-0 win over Ardnamurchan.





Loch Ness Marathon: Mrs Masson

Members of staff often take part in charity events and we don't always get around to celebrating their achievements in our newsletters. Earlier this session **Mrs Masson** completed her first marathon, the Loch Ness Marathon, in a time of 4hrs 38mins, but more importantly she raised over £1000 for **Bloodwise**, a charity that funds research into leukaemia, lymphoma, myeloma and other blood disorders. This is a charity very close to Mrs Masson's heart; she was running in memory of her grandmother. The next challenge, she says, is the Ben Nevis Race this year.

Edinburgh Half Marathon: Miss Simms writes...

Brilliant, I completed the Edinburgh Half Marathon! Thankfully the last three months of seriously concentrated exercise has paid off. Normally I don't run four miles, let alone thirteen...Friends may think that I 'run', but really when I say, "I went out for a run", what I really mean to say is, "I went for a jog, took some scenic Instagram photos, sang along to some embarrassing 90s hits, and probably didn't break much of a sweat." However, this year I was put through my paces; pushed both physically and mentally to run the 2016 Half Marathon in Edinburgh. On Race Day there was an incredible atmosphere in the city, as crowds gathered in their hundreds to race, or to support the runners. With an energy gel and iPod at the ready I set off at the early 8am start gun. The course began with a great three mile downhill stretch towards Arthur's Seat, past the Scottish Parliament Building and on towards the coast where we ran next to the shore for a further seven miles taking in the views whilst the people of Edinburgh came out to cheer us on. The last three miles took the runners back on their tracks (which seemed to last, painfully, for far too long), and I have to admit that the last mile was *the* longest stretch I have ever had to run in my life! Cheered on by a massive crowd at the finish, I finally crossed the line with a very sweaty photo-finish, a fantastic goodie bag and a great sense of accomplishment.

Last May 2015 one of the most aggressive cancers, pancreatic, took away my beautiful Aunty Lorraine. Therefore I wanted to run the Half Marathon for Pancreatic Cancer UK to raise awareness and money for that particular charity. 'What is the Pancreas?' I hear you ask. The pancreas is a gland found between the stomach and the spine. It is about 15cm long (quite big) and shaped a bit like a tadpole. It is surrounded by other important organs and blood vessels such as the liver and the gallbladder. 'What does the Pancreas do?' Well, the pancreas produces pancreatic juices that help to break down food so that the body can absorb it. The pancreas also produces a number of hormones that enter the body and flow around the bloodstream. The most important of these is insulin, which helps to regulate the amount of sugar in the blood.

'What is Pancreatic Cancer & what are some of the symptoms?' you enquire. Pancreatic cancer occurs when abnormal cells in the pancreas grow out of control, forming a mass of tissue called a tumour. Pancreatic cancer doesn't show signs in the early stages. This is the main reason why it can be so difficult to detect and diagnose. Any symptoms people do have can be quite vague and may come and go at first. An example is abdominal pain, which may start off as occasional discomfort before becoming more painful and more frequent. Other symptoms include back pain as well as jaundice and weight loss. Depending upon the advancement of the cancer due to late diagnosis as a result of little to no symptoms, in most cases there is NO method of curing the disease, and the outcome is bleak: rather the medical team will provide palliative care to help make the patient more comfortable or to help lengthen their life. This can be achieved, as was the case with Lorraine, through surgery to help make her more comfortable and to help ease symptoms, and through chemotherapy treatment to help prolong life. Lorraine survived fifteen months with this dreadful disease, and passed away at the age of 56.

Thankfully Pancreatic Cancer UK funds fantastic research into the cause, treatment and cure of this cancer. You can read about the valuable and powerful work that Pancreatic Cancer UK are doing at www.pancreaticcancer.org.uk. Through donations I made an incredible £685 for **Pancreatic Cancer UK**, so I would like to thank everyone who gave generously. I would recommend getting a JustGiving Page which is useful to tell people what / who you are running for, how you are fundraising for it, and sharing your progress...and it is also incredibly easy to set up!

Two very worthy causes...well done, ladies!

Sports Day 2016

House Champions - Scotia

Junior Girls

- Champion Siobhan West
- 2nd Place Emma Findlay
- 3rd Place Rachel Allan

Junior Boys

- Champion John Frost
- 2nd Place Hugo Findlay
- 3rd Place Ronan Blakey

Senior Girls

- Champion Phoebe Lloyd
- 2nd Place Melanie Wyatt
- 3rd Place Millie Saunders

Senior Boys

- Champion Liam Gilchrist
- 2nd Place Stuart McArthur
- 3rd Place Mungo Blakey

New School Records

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|--------------|------------------------|--------|
| Mungo Blakey | Senior Boys 400m | 1m 6s |
| Mungo Blakey | Senior Boys 800m | 2m 27s |
| Siobhan West | Junior Girls Shot Putt | 8.30m |





Congratulations to 2015-16 Prize-winners

S1 Achievement
S1 Effort

Rachel Allan
Kyle Sutherland

S2 Achievement
S2 Effort

Siobhan West
Laura MacDonald

S3 Achievement
S3 Effort

Mungo Blakey
Liam Gilchrist

S4 Achievement
S4 Effort

Millie Saunders
Phoebe Lloyd

S5/6 Achievement
S5/6 Effort

Jamie Walker
Jack Allan

Contribution to the Arts

Shannon Hosie

Contribution to Sport

Rhuairaidh MacDonald

Special Prize for Science

Archie Johnstone

Young Engineer's Prize

Alanna MacDonald

Senior Sports Champions

Phoebe Lloyd, Liam Gilchrist

Junior Sports Champions

Siobhan West, John Frost

Caledonia House Points winner
Scotia House Points winner

Phoebe Lloyd
Ronan Blakey

Presentation of House Captain Badges: Luke Bloodworth, Rosie Stoddart

Presentation of House Sports Captain Badges: Archie Johnstone, Rhuairaidh MacDonald

Depute Head Teacher's Challenge Award

Kenny Pittam

Head Teacher's Award for Service to the School
(Sponsored by the Rev Dr. & Mrs. Varwell)

Lisa Henderson, Rosie Stoddart





Leavers' Ball Photo Gallery



Well done to the new S5/6 who organised an Underwater Neon Leavers' Ball. The prizes for Best Dressed were awarded to Maire Brown and Jonathan Gilchrist. Best Dancer prizes were awarded to Millie Saunders and Andrew McArthur. Many thanks to Friends of Kilchuimen Academy (Parent Council) for their very generous donation towards the occasion.

