

ST MARGARET'S ACADEMY HEALTH AND WELLBEING FACULTY NEWSLETTER



Exam Dates

Dance

**Wednesday 18th
April**

Higher Exam
(immersion day, full
day before the exam)

**Thursday 26th
April**

National 5 Exam
(immersion day, full
day before the exam)

Health and Food Technology

Friday 25th May

National 5
(13:00-14:50)

Higher
(13:00-14:30)

Physical Education

Tuesday 29th May

Higher
(9:00-10:30pm)

Contribution to School Sport

Celebrating Sport is West Lothian's flagship event that formally recognises the outstanding achievements of local athletes, coaches and



sporting volunteers. Finalists were voted for by members of the public who were impressed by their talent, commitment and dedication in their chosen sport whether it was in volunteering, competing or coaching. Our pupils were awarded the 'Contribution to School Sport Award' at the West Lothian awards. This award recognised our pupils for all their hard work throughout the year participating in after school clubs and competitions. Well Done!

Outdoor Education

All S1-S2 pupils have been given Outdoor Education Experience this year. This is a new addition to the HWB curriculum and offers our young people motivating, exciting and different experiences. Our sessions have been at Beecraigs Country Park starting with a one mile walk to appreciate and understand the Outdoor environment. After our walk



we split into groups and had to work well with our peers to build a den. We had to gather sticks, leaves etc and then decide how we were going to build our team den. We had to use our communication, leadership, creativity, respect, problem solving and decision-making skills to ensure the team built the best den we could. I hope you like the photos!



 @StMargaretsPE

 @StMargaretsAcademy
Livingston

Easter School Health + Wellbeing Timetable

Day and Date	Subject	Level	Time	Teacher
Wednesday 28th March	PE Portfolio	National 5	9am-12pm, 1pm-3pm	Mrs Rafferty
	Dance	National 5	9am-12pm, 1pm-3pm	Miss Stryke
	Dance	Higher		
Thursday 5th April	PE	National 5	9am-12pm, 1pm-3pm	Miss Pettigrew
				Miss Stryke
		Higher	9am-12pm, 1pm-3pm	Mr Haynes
				Mr Locke

N5 PE Course Update

Thank you to the National pupils who have now completed all their unit assessments, performances and portfolio. There are still a few practical performances to be completed. Please ask your PE teacher for information.

Higher PE

Higher pupils should be studying over the Easter Holidays. All resources can be found on GLOW. Pupils should be writing up notes and answering past paper questions. In particular, please focus on these areas of the course;

- Methods of collecting data
- Factors impacting on performance.
- Approaches to performance development
- Monitoring and Tracking

Types of Exam Questions

- Describe
- Analyse
- Explain
- Evaluate

Past paper questions can be found on this link;
<https://www.sqa.org.uk/sqa/47901.html>

Any questions please email your PE teacher.

Dance

For the exam, pupils MUST have:

Solo performance (one Nat5/two higher)
Choreography to present
Moodboard
Choreography review

The Learning Centre

Say Hello!

Welcome to our new support for learning teacher Miss McIlwraith. Huge welcome and make sure you say hello!



Young Ambassador of the Month

Mya McFaulds S6 was named Young Ambassador of the month by SportsScotland for the month of December. This accolade recognizes Mya's contribution on a National level as there are 650 new ambassadors appointed each year across Scotland.

In her short time in her role Mya has: gained a UKCC Level 1 in netball and runs an after school netball club; gained recognition for our sports leadership team with leadership badges and help + host our Gold sport award ceremony.



Mya's Role as a Young Ambassador

'After being selected as Scotland's Young Ambassador of the month for sport in December I was chosen to represent Sport Scotland on their 2018 conference delivery team.

So far in this role I have attended an initial training day at Sport Scotland's HQ in Glasgow where I met the rest of the team I will be working with and through different team building exercises we discussed what it means to be a Young Ambassador and the importance of it. Many ideas were bounced back and forth regarding what each person had achieved for their school and how they would take this forward to help the new students that will soon transition into the role of a Sports Ambassador.

In June I'll be attending a residential where I'll work towards creating a presentation to deliver to new YA's; this will include my journey throughout this role including my input to the schools sporting progression.

Throughout September I will attend many conferences around Scotland and deliver my personal presentation to the 650 new students selected to being their schools Young Ambassador. It's my job to provide the new students with a better understanding of their role so that they can take their knowledge further and apply it to become a better leader in sport. After attending the conference last year I was influenced by those who led it and I hope this year I can be the one to influence those to take the and encourage their peers to become more engaged in sport!'

Our Active schools coordinator, Kat Stark, will also join the conference delivery team next year and mentor our new ambassadors.

Extra-Curricular News

School Sport League

Position	School Name	Overall Points	Overall Wins
1	St Margaret's Academy	153	1
2	Deans CHS	116	
2	Linlithgow Academy	109	
4	Broxburn Academy	97	1
5	Inveralmond CHS	93	
6	Bathgate Academy	87	
7	St Kentigern's Academy	85	1
8	The James Young HS	77	1
9	Armadaale Academy	34	
10	Whitburn Academy	25	
10	West Calder HS	24	

Gymnastics Success

Congratulations to all our St Margaret's pupils who competed in the West Lothian Gymnastics Competition! A special well done to our level 4 gymnasts who won the team award category; Unnam Chaudry, Tiree Burchill, Taylor Stirling and Juliana Kollarova.

Unnam Chaudry won bronze individual for level 4! Taylor Stirling placed gold individual for level 4! A fantastic achievement for all gymnasts, placing St Margaret's 3rd overall in West Lothian - congratulations!



Badminton

Our badminton team were in action at the annual tournament at Bathgate Academy in January.

Lucy Findlay (S4) placed runner up in the U16 Girls Singles. Lucy also placed runner up alongside Weronika Chowaniak (S3) in the U16 Girls Doubles.



Ellis Greenberg (S4) came 1st place in the U16 Boys, Pool B. Well done to all the rest who took part and a massive thanks to the team's parents who brought the pupils to Bathgate and showed support throughout the day!

Josh Cameron (S3), Lucy Findlay (S4), Weronika Chowaniak (S3), Aaqib Baig (S2), Logan Campbell (S4), Euan Chan (S4), Stephen Mathew (S4), Ellis Greenberg (S4) and Calum Duff (S6)

Netball

Thank you to the S1-3 girls who played in the School Sports League Netball competition on Friday 2nd February. Although an inexperienced team, they showed great commitment and enthusiasm, as is always the case from St Margaret's pupils. The team placed 5th in this qualifying event. Well done girls and we look forward to the finals in a few weeks time.



Thank you to;
Harriet Hope, Kerry McDermott, Megan Collins, Ella Wilson, Lily Young, Rose Young, Kayleigh Smyth, Hiba Baig and Eve McCaughey

Basketball Success

Congratulations to our S1-3 basketball team who won the West Lothian school's league competition. Our girls successfully won all their matches including a close final with a very strong James Young team.



Kerry McDermott (S3), Megan Collins (S2), Ella Wilson (S2), Alice Mortimer (S2), Maria Hewitt (S2), Harriet Hope (S2), Meghan McVey (S3) and Eve MacDougall (S1).

West Lothian Handball Success

The S3/4 Handball team won the West Lothian Handball Championships!

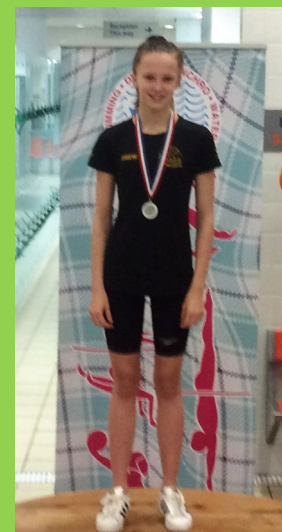
The team beat Deans, Linlithgow, Broxburn and Bathgate in the round robin. We then played Deans in the 1st/2nd play off, coming out on top 5-3. Deans and Linlithgow have numerous Scotland players, so the effort and skill of the St Margaret's team was particularly impressive!

Conlan Burchill (S3), Ryan Wallace (S4), Marcel Moczko (S4), Thomas Dryden (S3), Cameron McEwan (S4), Jozef Lejkowski (S4), Cameron McKelvie (S3), Thomas McMeeking (S3), Alister Brown (S3) and Ethan Wynne (S3).



Drew McKenzie Swimming Success

Drew competed in the East District Age Groups at the start of February. A huge congratulations to Drew who is now East District Champion for 200 IM and 100 Free, she also won 2 silver and 2 bronze at the weekend and over the 3 weekends won 11 medals! This amazing achievement is an improvement from her 5 medals last year. In all of Drew swims, she managed all new personal best times and has now set 4 Swim West Lothian records.



An unbelievable achievement and huge congratulations to Drew! Drew is on the excellence in school sport programme. Applications will open soon for 18/19 places.

Congratulations to Roksana Grzybek who competed at the Newcastle Championships for Taekwon Do. She won a gold in special tech and two bronze medals for patterns and sparring! Well done Roksana!



Give Golf a Go!

We are delighted to offer our pupils the opportunity to **Give Golf a Go** at Harburn Golf Club after the Easter holidays. Transport, equipment and instruction will all be provided free of charge.



This opportunity has been designed in partnership with Harburn Golf Club to give pupils the opportunity to try a sport they may never have tried before. Lessons will be delivered by fully qualified and PVG checked coaches that have volunteered their time to introduce pupils to a sport they love. *There are 2 blocks of 5 week lessons available on Fridays after school 1.15 - 2.45 (20/04 - 18/05 and 25/05 - 22/06).* Pupils will also have the chance to continue to learn and join if they wish.

Pupils interested in taking part should email or see our Active Schools Coordinator katriona.stark@westlothian.org.uk or Mr Swan CDT Teacher asap as there are only 16 places.

Easter Camps on in West Lothian

West Lothian Youth Foundation football are hosting Easter Camps at Livingston FC. More information can be found at <http://www.wlyf.org.uk/>

Livingston Cricket Club also have multiports sessions:

26-29 March 9-12 daily, 5-13 years £6 a session or £20 for 4 days. [http://www.livingstoncricketclub.co.uk/index.php?](http://www.livingstoncricketclub.co.uk/index.php?option=com_content&view=article&id=3348:easter-holiday-multi-sports-camp)

[option=com_content&view=article&id=3348:easter-holiday-multi-sports-camp](http://www.livingstoncricketclub.co.uk/index.php?option=com_content&view=article&id=3348:easter-holiday-multi-sports-camp)

Broxburn United Sports Club also has camps:

We run a variety of Multi Sports and Football Camps during Easter, Summer and October, with the aim of giving the participants the opportunity to learn new skills, try new sports, make new friends and have fun while spending you're holidays at the Albyn Park!

Full Day Sessions run from 10am – 4pm, and cost £65 (Daily rate of £15)

<http://busc.org.uk/sporting-participation>

Whole School Extra Curricular Timetable

If pupils would like to join any of the extracurricular activities please see the assigned teacher or Mr Locke. For future reference there is a board at the front of the school with all the extracurricular activities advertised on it. On this board upcoming competitions, in school opportunities and trips will also be displayed. More clubs may be coming, so keep your eye on the board!

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school/break	RE Club RE department	RE Club RE department	RE Club RE department	RE Club RE department	RE Club RE department
Before school/break	Book club EVERY break Library	Chess club EVERY break Library	Book club EVERY break Library	Chess club EVERY break Library	Book club EVERY break Library
Lunchtimes	Writing Club Ms Lomas U55	Junior Choir Mrs Allan Music Department	Senior Choir Mrs Platt Music Department	Film Club Mrs Sedgewick Lunchtime	RE Club RE department On mon-thurs lunchtimes!
After school	Debate Club Miss Nisbet U21	Rugby Mr Haynes Grass	Robotics Club Mr Fagan Badminton	Skiing Ms Pettigrew Hillend	Water polo Mrs Melville Pool
After school	Netball Sports Leaders Dance Hall	Drama Club Ms MacDonald Drama Studio	Netball Mr Murray Games Hall and Dance Hall	Senior Brass Band Mrs Downs Drama Studio	S1 Football Team Mr Locke/Mr Haynes
After school	Basketball (S1-3) Mr Bradley Games Hall	Art Club Miss McGinlay Art Department	Wargames Club Mr Miller L42a	Dance & Gymnastics Miss Stryke Dance Hall	S2/3 Football Mr Bradley
After school	Cookery Club Health and Food Technology Department	Swimming Club Mr Locke Pool	Running Mr Hopkins	Fit for Girls Mrs Rafferty Games Hall	Girls Football Mr Bradley
After school		Basketball (S4-6) Mr Downham Games Hall	Football Mr Bradley Astro	Boxercise Mr Locke & Mr Shafat	Golf Mr Swan Harburn Golf Club