



HEALTH and Wellbeing...

World Mental Health Day

Tutor classes focussed on what mental health was over three days and looked at various supports available in and out of school. Contributions from the BeReal group, Your Space and Mrs Emmett's mindfulness sessions kept students involved and helped them learn more about supporting their own mental health.



In School Supports:

- See HOH, PSA, Tutor teacher or Class teacher.
- Speak to one of our MHFA trained staff.
- Complete a Your Space drop in slip.

YOUR SPACE SCOTLAND

Deans Health and Wellbeing Support and Signposting

Useful Apps and Information to help you

MEE TWO

headspace

Anti-Bullying Campaign

During the week beginning 28 September, we had a whole school focus on Anti-Bullying. The Junior school took part in The Big Anti-Bullying Assembly from The Diana Award. Students were involved in lots of discussions around bullying and found out more about what they should do if they witness or are involved in bullying.

The week ended with the relaunch of our very own Anti-Bullying Campaign and we've asked for more staff and students to join the working group to help us continue to make more progress with the campaign.



Dates for your Diary

Senior Phase Prelims (Start)	30	Nov
Senior Phase Prelims (End)	15	Dec
All Break	18	Dec
Staff Resume	05	Jan
Students Resume	06	Jan
All Break	12	Feb
All Resume	18	Feb
Course Choice (Starts)	22	Feb
Course Choice (Ends)	26	Feb
Senior Phase Assessments Start	01	Mar
Senior Phase Assessments End	12	Mar
All break	01	Apr
All resume	19	Apr

Dates are available on website.



The European Day of Languages - taking place on 26th of September every year - was celebrated in Deans with a 20 question whole school quiz about European countries.

Tutor groups were asked to submit their answers as a group to win a prize and house points!

The winners for each year group were:

1D3 - 15 correct answers	2H1 - 12 correct answers
3D2 - 17 correct answers	4D2 - 18 correct answers
5H3 - 18 correct answers	6H2 - 17 correct answers

Every tutor group who submitted their answers got 20 house points and each winner 50 house points,

Which meant a grand total of...

160 points for Cairnppaple - 8 entries
370 points for Dechmont - 11 entries
210 points for Houston - 8 entries

Well done to all the participants!

Merci! Gracias! Danke!

The MFL Department



Holly Raises £750.00 for TEAM JAK FOUNDATION

Congratulations to Holly who completed The Kiltwalk to raise funds for Jack's Den. Holly completed six miles and raised a grand total of £750.

Holly said, *"I raised money for Jack's Den as they helped me through my treatment for leukaemia 5 years ago. I really wanted to give something back and say thanks for all the support they gave me. I've also taken on the role of Junior Ambassador and really enjoy helping out at Jack's Den."*



S1 Boys Flying High



The S1 boys pictured, have been applying their craft skills to create paper aeroplanes in The Haven. After a few weeks of practice, creating origami ninja stars, the boys have been focused on following step by step instructions, working independently and co-operating with each other. Their focus on the task pictured was to create paper aeroplanes. Once created and designed the group went outside to test their aeroplane's maiden flight. Most of them flew well with only a few needing some re-design work. The group are looking forward to exploring some different aeroplane designs.

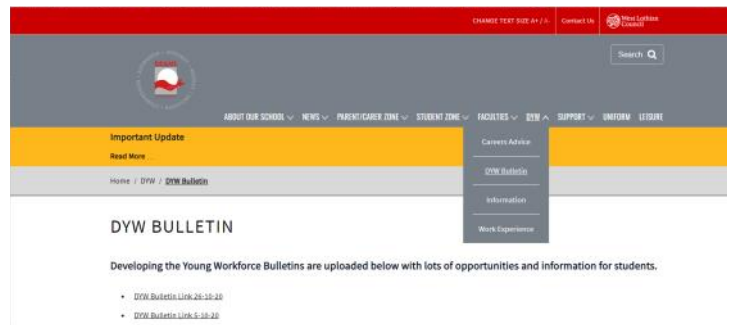


Developing the Young Workforce



Follow us at: @DeanschsDYW for up-to-date DYW information and opportunities

Developing the Young Workforce aims to help prepare our pupils for the World of Work!



DYW Bulletins are uploaded regularly to the DYW section of the school website and app.

Here is the link to the most recent DYW Bulletin which is on the school website:

<https://sway.office.com/Saf0SJ63rwddE5yV?ref=Link>

Pathways to Success

Edinburgh University YourEd+ Programme

Eight S5 students are taking part in the YourEd+ Programme with Edinburgh University. Students had an opportunity to apply to join the programme and eight of our students were successful in gaining a place.

The students will work with a mentor from Edinburgh University throughout this session. They will work on study skills which will support them in achieving their highers and also when they move on to university. If they successfully complete this part of the programme, they will be offered a place on Phase 2 which will involve them spending a week at Edinburgh University during the summer holidays.



Follow us on Twitter:

@deanschs
(Deans CHS)

LIBRARY

Roald Dahl Week

Roald Dahl week took place in the Library from 14-21 September. S1 classes were given a golden ticket and enjoyed Roald Dahl displays, worksheets and a movie.

Banned Book Week

Banned book week was a revelation with classes learning about books that are not allowed to be read in some countries.



We are looking forward to Halloween with spooky displays and activities in the Library.



Please check for any school library books that are gathering dust at home or under beds! You can return current overdue books or any you've found from throughout your time at Deans. There is a book drop box at the library entrance, so you don't even need to speak to anyone, just return them to the box.

Remember all our books are self-isolated for 72 hours before being put back on the shelves.



Excellence Awards



Students in Science and Social Subjects have had a chance to experience the Excellence Awards already this year.

The Excellence Awards allow students a chance to choose what topic they are interested in and then differentiate their own work through choice, again, of tasks available. Some chose Medicine Through Time, others Space and Astronomy, others were outside Gardening and many other choices.

We have just given out the first round of awards and hopefully you were successful, but if not you will have started on your next award by the time you are reading this and hopefully you can work toward getting an award this time. These range from Bronze to Silver to Gold and even on to Platinum.

Well done so far DCHS S1 students!



Physical Education News



PE and Sport Leadership Opportunities

Coach Academy West Lothian is a programme designed to develop young people as sports coaches through support and training opportunities. The programme will endeavour to create a pathway for young people who are interested in choosing a sports coaching related profession once leaving school, by providing a valuable experience that can help lead on to further education opportunities or casual employment as a sports coach. The programme is organised and delivered by the Active Schools and Community Sport team within West Lothian Council. After a competitive selection Sophie and Freya have been selected to represent Deans CHS and to date attended the CAWL parent launch, the sportscotland Competition Organiser Training and sportscotland Introduction to Coaching Children training. Sophie and Freya are also required to complete a 15 hour volunteer placement within their school or community sport setting (Covid restrictions permitting). Good luck to both girls selected!

Primary and Secondary Collaboration

The Sports Leaders class has been working hard and have made some videos as guides for primary class teachers. This is to give them some ideas of games they could play during school time that require minimal equipment and can be done indoors or outdoors.



Angela Coulter (Active Schools) shared these online resources with the primary school management teams. Mrs Gilmore (Principal Teacher at Carmondean Primary School) stated: *"I have downloaded the videos and will pass on to the teaching team here at Carmondean Primary School. They look good and particularly for new staff they are a bank of ideas they can use"*.

Next up for the Sports Leaders is the organisation of a virtual festival for our cluster primaries!

Young Ambassadors

The Young Ambassadors programme is funded by the National Lottery and is a key element of sportscotland's contribution to developing young people as leaders in sport. After another competitive selection Zsofi and Charley have been selected this year to represent Deans CHS. Their role is to work with Active Schools and PE to promote sport, motivate and inspire other young people to get active at Deans CHS through our schools, local sport clubs and communities. Zsofi and Charley both attended the virtual West Lothian Young Ambassador Training Conference during the October holiday break and both Active Schools and PE department are looking forward to hearing all their new ideas.



Virtual Cross Country

Over 20 students signed up to take part in the Sports Leaders' virtual cross country challenge held recently.

Our students' results were sent to Active Schools and will feature in a virtual leaderboard from all schools in West Lothian.

Well done to the following students who won their respective races: Luke, Leila, Fraser, Tess, Rihanna and Euan.

Heads of Sport and Sports Captains

Our Heads of Sport and Sports Captains recently held a virtual challenge for all S1-3 students over the October break. Each Sports Captain introduced themselves to junior students then led a challenge for their respective sport.

We had a large number of students take part and the work they completed was of a very high standard. The PE Student Leadership Team is now looking forward to working closely with the department to involve pupils in sport and physical activity throughout the year!




Hi everyone,
My name's Linsey, and alongside Ellie, I'm one of this year's Head of Sports. I'm in S6, and my favourite subjects are Chemistry and Music. Before covid, I spent my free time in concert bands and playing sports. My favourite sports are badminton, rugby and skiing. I wanted to be Head of Sport because I enjoyed my experience as sports captain so much and I had so many ideas that I was yet to try. The sports captains have some great challenges lined up for you so get involved! Best of luck!




Hi everyone,
My name is Ellie and I'm one of this year's Head of Sports! I play hockey, and I've played for Livingston and West Lothian Hockey Club since I was 8 years old. I wanted to be really involved within sport this year and to try to involve as many students as possible within the variety of different sports that Deans has to offer! I can't wait for you all to get involved in the challenges that the sports captains have prepared for you. Good luck!

This week, each of our sports captains will send in a fun challenge related to a new sport everyday. Getting involved is a great way to learn more about sports and have a bit of fun. You will also get to know us and your sports captains. Read our introductions and get to know our faces because we're here to help you this year! Please record your P.E. challenge successes and send them to your core P.E. teacher. House points and merits will be up for grabs! We hope you enjoy these challenges. Good luck!
Ellie and Linsey ☺



DAY ONE- ZOE'S CHALLENGE!

Hi I'm Zoe, I'm in S5 and I'm this year's athletics captain. I go to Livingston Athletics Club. I wanted to be the athletics captain because I would like to encourage more students to be interested in the sport and give them an opportunity to try all the different events that there are. My challenge is a scavenger hunt. First get a pot or basket or basin and sit it at your 'starting point'. Then get someone to time you and see how fast you can collect these items: toothpaste, a spoon, a top, a shoe, a pen and a book. Once you get an item you have to run back to your 'bucket' and THROW the item in.



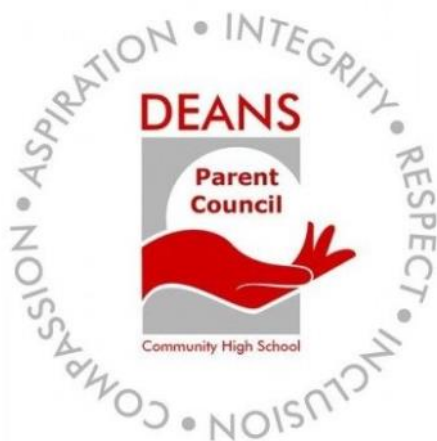
DAY TWO- JAMIE'S CHALLENGE!

Hey guys, I'm Jamie the sports captain for rugby and I have a great rugby themed challenge lined up for you. I wanted to be the rugby sports captain because I think that there are not enough people in DCHS that like rugby and would like to involve more students in it. My challenge for you is simple, all you need is a bin or a basket and a rugby ball. Place a bin/basket against a wall or a similar surface so there is a target for you to throw into, take a few steps back and keep getting further and further away from the target. See how far away you can get while still making the throw. Thank you and good luck!



@Deanschspe

@ActiveS_Deans



Parent Council

We are very fortunate to have a valued Parent Council here at Deans.

The Parent Council provides a voice for parents/carers and plays an active role in supporting school improvement, often acting as a 'sounding board' for proposed developments.

New members are always welcome, so please feel free to contact the school for more information.

Email: wldeans-chs@westlothian.org.uk

Our School Uniform

- Deans jumper/tank-top or plain black jumper/cardigan.
- Plain black school trousers or skirt.
- Black school shorts or black chino type shorts (not sport or denim).
- Tights should be black or neutral.
- White shirt (short or long sleeved).
- S1-4 'junior' tie.
- S5-6 'senior' tie.
- Black shoes (must be ALL black - NO coloured logos, laces, black and white Converse, etc).
- S1-S6 black school blazer. (recommended).



School App for Parents

Please download **School App for Parents** that lets you see news, events and receive important messages.



Scan the QR Code or search for **School App for Parents** in the Google Play or Apple App Store. When you have downloaded the app please search for our school name to see our events, news and receive messages.



Our website - www.deanscommunityhighschool.com - contains a wealth of information and updates on what's taking place in Deans. I would encourage you to take a few minutes to have a look at what's going on. We also like to celebrate wider achievement in Deans and welcome contact regarding student achievement out with school. **Please email: wldeans-chs@westlothian.org.uk**

