



Braes High School - 7th November 2025



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Message from the Head Teacher

Welcome to the latest edition of the Braes High School newsletter. It has been good to see our young people return from their October break with **energy and enthusiasm**, and the content of the newsletter showcases this well. I hope you enjoy reading about our young people's achievements and contributions to their school, and **we are grateful for your ongoing support.**

Yours faithfully,

Iain Livingstone

Article 3- The right to have adults do what's best for you

Article 29 - The right to an education that develops your talents and abilities

Article 27 - The right to access good quality clothing

Dates for Your Diary

Monday 10th November - S2 Parents Evening (online)

Wednesday 12th November - Careers & Course Choice Information Events

Friday 21st - November - Braes Big Night in

Article 29- The right to an education

Celebrating Success



Well done to **Khloe** (S5) and **Mollie** (S3) who recently returned from Vienna where they were playing with their cricket squad. **They finished 3rd place overall!**

Khloe has also attended cricket trials and has been selected for the **under 16/18 Caledonian cricket squad.**

Fantastic achievements



A shout out to the S1 football team for their **4-2 victory in the Scottish Cup last week - amazing success!**

Well done **Joshua** on designing the Rights Respecting Schools logo for Falkirk with Quarrier's! Great effort and imagination!



We love to highlight and celebrate your young persons achievements outside of school. A reminder you can always pass on these achievements to pastoral heads or send directly to gw17mackiekelly@glow.sch.uk to be **featured in the next newsletter!**

Article 15 - The right to join groups

Article 31 - The right to play and relax

Everyone Welcome@Braes

Everyone Is Welcome@Braes

Everyone is Welcome @ Braes pupil group

- Focus on planning activities and events, throughout the school year, with a focus on equality, inclusion and diversity.
- Contribute to the whole school wellbeing strategy
- Over 30 young people volunteered to be involved and split into 3 groups
- Miss Jones (Pastoral) supports the LGBTQ+ group
- Miss Graham (Social Subjects) supports the Disabilities group
- Ms Malcolm (Social Subjects) supports Building Racial Literacy group



LGBTQ+ Charter Journey

- Staff training completed during in-service
- Pupil briefings took place in PSE lessons
- Everyone is Welcome @ Braes Pupil Group formed
- Flags and door displays across the school
- Calendar of events to celebrate significant days across the year
- Noticeboard displays (outside library)
- Website update

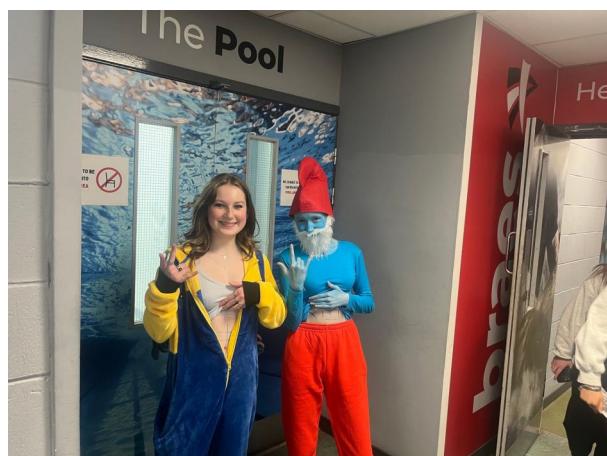


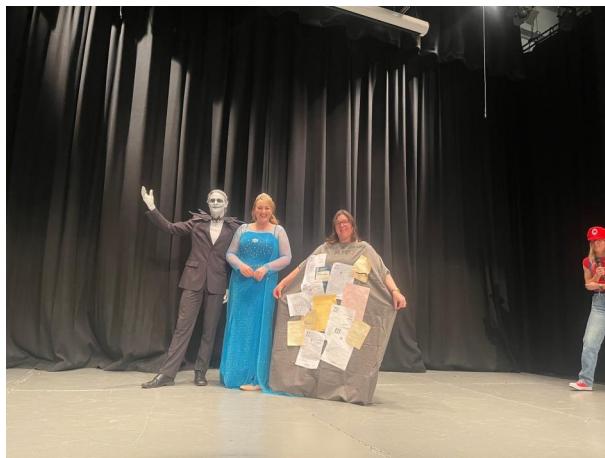
Article 2- The right to be free from discrimination

Article 13 - The right to express yourself

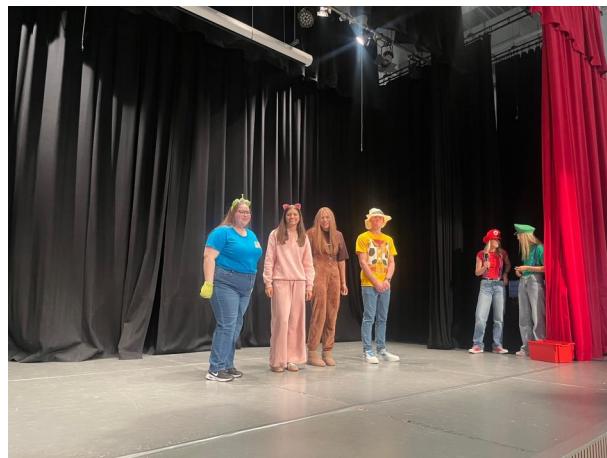
Halloween Captains Day

Well done to our Captains who organised a Halloween Dress up/down day on the last day of term. It was great to see so many pupils and staff getting involved and people donating items to the food pantry!





















Article 31 - The right to play and relax

Careers Event 2025

A reminder that on **Wednesday 12th November** we will be holding our annual Careers Event

The format of this event is informal with small groups of young people being encouraged to speak to as many people as possible from a wide range of employment areas to find out more about different jobs. Obviously, the success of this event relies on friends, family and employers from our community, willing to come along and share their experiences with our pupils, and as such we would like to invite you to come along.



Article 29 - The right to an education that develops your talents and abilities

Whole School Flu Vaccinations

Whole school Flu vaccinations will take place next week on **Tuesday 18th Wednesday 19th and Thursday 20th November**. Please return signed consent forms whether your child intends having the vaccination or not.



Article 24 - the right access good quality healthcare

Rights Respecting Schools

Christmas present drive fundraising.

The pupils within the RRS class have been planning and running various fundraising events in order to raise money to pay for wrapping paper, gift bags and additional presents needed

for the present drive. Each Braes High school donates a number of Christmas presents to local families to make their day extra special.

The bake sale which was organised and run by **Abby Paris and Hannah Frost** raised £170. Abby and Hannah was tasks to buy the gifts needed (see picture)

The soak the teacher event was organised by **Mechelle Faroso, Eve McNee and Kharis Aitken** and raised £100 which has been spend buy gift wrap, bags and selection boxes.

The Halloween Treat gram was Organised by **Drevhas MacKay, Jonathan Gavin , Ciaran Anderson and Devyn Ferguson** and raised £20 which will buy gifts. They will be running a **Candygram event during December** where pupils can buy a candy cane with a message to send to a friend.

Thank you to both Pupils and staff for taking part not only are you raising money for a great cause but this class enables pupils to gain a level 6 leadership award.









Article 12- The right to an opinion

Article 15 - The right to join groups

Article 31- The right to play and relax

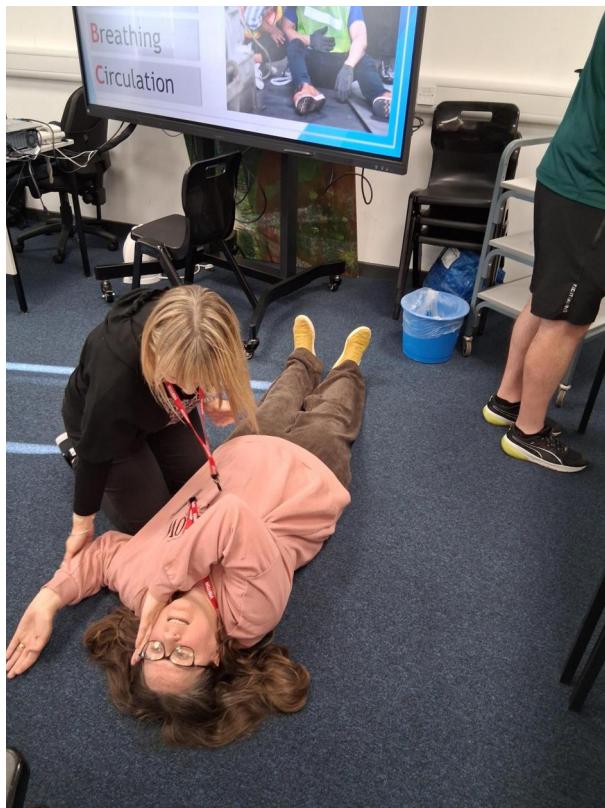
Cost of the School day Corner

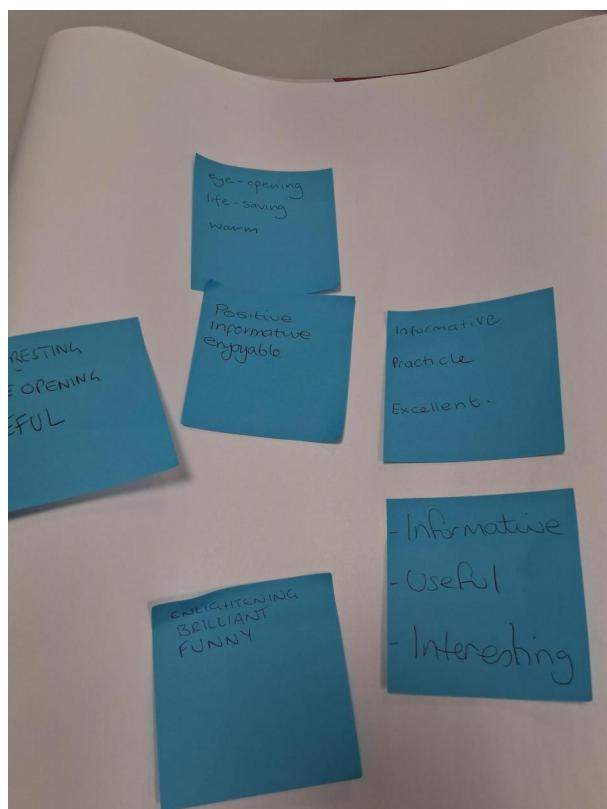
Brew and a Blether

Last week saw two family learning sessions at Braes as with the help of the Employment and Training Unit we were able to offer free places for Braes' Parents/Carers on the REHIS Emergency First Aid course. These were the second and third sessions we've offered this

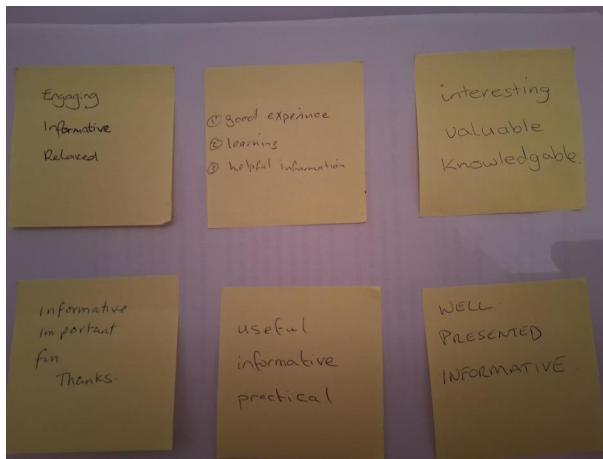
year. As part of the course Parents/Carers took part in activities, learned emergency first aid skills and gained certification in Emergency First Aid. Huge thanks to our the 23 Parents and Carers who took part. Thanks also to our REHIS trainer and to Helen from Barnardo's who supported the sessions. We're hoping to offer more courses in the future on topics such as mental health. If you're interested in finding out more or suggesting ideas for courses come along to our Brew and a Blether group every second Wednesday.











COSD Corner

On Tuesday 30th of September, members of our pupil Cost of the School Day group attended the COSD Young People Summit in Glasgow. This week Daisy and Chloe were given the fantastic opportunity to be part of a group reviewing and contributing to **The Young People's Poverty and Education Manifesto 2026-31**. If you'd like to know more about the event and see what the young people got up to you can watch a video of the event here: <https://vimeo.com/1132926231/69c6a8b21c> or have a look at the website here [Cost of the School Day young people summit 2025 | CPAG](https://cpag.org.uk/young-people-summit-2025).

Festive Parcels

We know that Christmas can be a difficult time with lots of extra costs and events. Once again we're offering support to our Braes Community through our Festive Parcels programme. Festive Parcels are completely free and can include food, toiletries, cleaning products and even some Christmas treats. We'll be sending out our Festive Parcel form soon but if you'd like support from our Festive Parcels, please get in touch with emma.taylor@education.falkirk.sch.uk. Please make sure requests/forms are completed and returned by **Friday 28th November**.

If you'd like to donate to our Braes Pantry which provides our Festive Parcels we'd be grateful of the following items which can be handed in to Reception or to Miss McQuade in Biology or Ms Taylor in Drama:

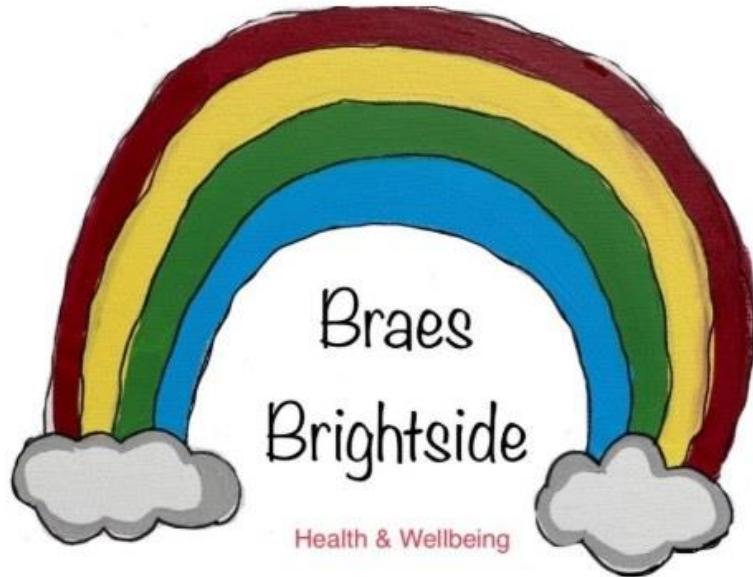
- Cereal
- Soup (can/packet)
- Beans/Spaghetti in sauce
- Passata/pasta sauce
- Vegetables (can)
- Canned meat/fish or Vegetarian alternative
- Canned fruit
- Rice pudding/custard
- Biscuits
- Sugar
- Pasta/rice
- Noodles/instant noodles/pot noodles
- Tea or Coffee
- Diluting juice
- Milk UHT/powdered
- Chocolate or chocolate biscuits
- Crisps
- Jam/Chocolate spread
- Toilet roll

Article 3 - The right to have adults do what's best for you

Article 5 - The right to family guidance as young people develop

Article 27 - The right to access good quality food and water

Braes Brightside



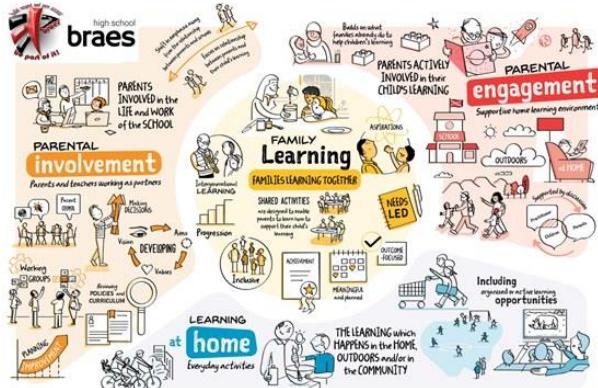
A sidebar for the Braes Brightside website. On the left is a vertical bar with four colored stripes: teal, red, orange, and yellow. To the right of the bar is the text 'BRAES BRIGHTSIDE' in bold black letters, with a small starburst icon below it. Three rectangular boxes are stacked vertically on the right. The top box is brown and titled 'Accessibility'. It contains text about mental health and a list of school and local/national agencies. The middle box is yellow and titled 'Consistency'. It contains text about children's views and a list of latest information and resources. The bottom box is teal and titled 'Community lead'. It contains text about community involvement and a list of Wellbeing Challenges.

A footer section for the Braes Brightside website. It features a decorative background of colorful, wavy lines in teal, red, orange, and yellow. Three cards are arranged horizontally. The left card is brown and contains text about the website's purpose: 'This website offers ideas about how to become healthier and happier and signposts to school supports, local organisations, groups and opportunities.' The middle card is yellow and features a small rainbow graphic with the text 'Braes Brightside Health & Wellbeing'. The right card is teal and contains a QR code.

Article 15 - The right to join groups

Article 31- The right to play and relax

Family Learning Opportunities



Following on from the Careers and course choice assemblies last week, parents and carers are invited to attend a teams call if **they are looking for information on how to support their young person with this important decision.**

It will be hosted on Teams by our **in-house Guidance Councillor, Grace.**

Join Skills Development Scotland on **Thursday, 13th November, 6:30pm to 7:30pm** for a free webinar for parents and carers of secondary school pupils here: [Microsoft Virtual Events Powered by Teams](#)

A massive well done to all our parents/carers who took part in our **REHIS Emergency First Aid course.**

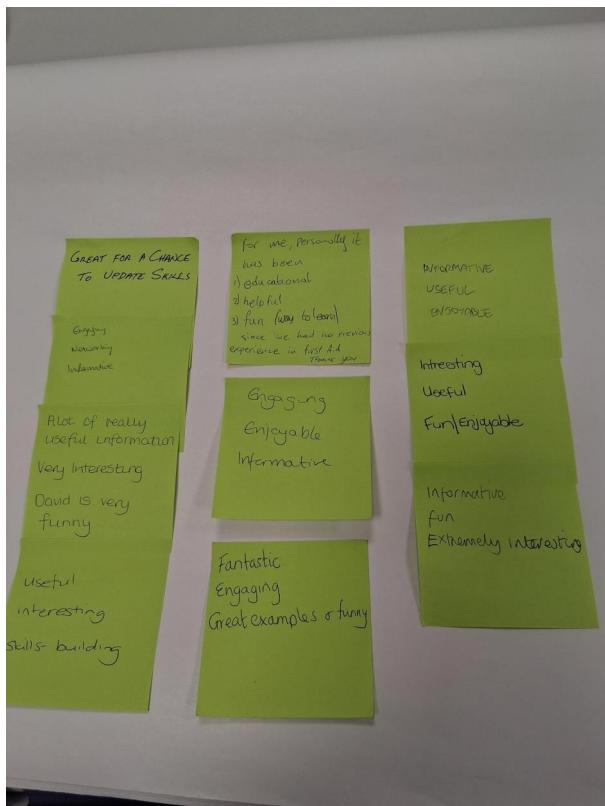
A huge thank you to our **trainer and Helen from [@barnardosscot.bsky.social](#)** and 'well done' to our Parents/Carers.











REHIS EMERGENCY FIRST AID TRAINING

Would you like to learn essential first aid skills?

We are offering Parents and Carers at Braes the opportunity to gain certification in REHIS Emergency First Aid. This course is **FREE** and open to all but has limited places.

Please sign up by **WEDNESDAY 17th SEPTEMBER**. We will confirm places by Friday 19th September.

- Wednesday 24th September
- FREE. Full day course
- Braes High School

BOOK YOUR PLACE

 [Sign up here!](#)



Braes Brew & Blether

A reminder that Our Parent/Carer "Brew & Blether" group takes place every second Wednesday we love seeing our members new and long standing each week!

For more information please get in touch via the contact details below. 

Braes Brew & Blether Get Together



We are a group of Parents/Carers who, along with Helen and Cheryl, meet every second Wednesday from 9.30-10.30am at Braes High.



Meet New People

I look forward to coming along to Brew and Blether, it has given me the confidence to meet new people, while gaining new skills and qualifications.



Support your young person

Because I'm coming into school for the parent group it has encouraged my daughter to come to school too. I'm setting a good example and my daughter's attendance has improved.



Learn new skills and gain qualifications

We have recently completed a food and hygiene qualification and first aid qualifications



Chat things through

I've made new friends and don't feel as isolated as I did, really enjoy coming along.

We start back Wednesday 5th November 9.30am



Come along and join us!

For more information call or email.
Helen Clapperton, Bernard's Home School Partnership worker 07565012779 /
helen.clapperton@bernardeteas.org.uk
Cheryl Butler School Counsellor. 01324 79551 / Cheryl.Butler@education.falkirk.sch.uk





Resources for Parents and Carers

Anxiety and Worry

Parent Anxiety Workshops

What is it?

A two part recorded information sessions:

Part 1: Understanding Anxiety
<https://vimeo.com/637899585/04a632bd9c>

Part 2: Supporting Your Child With Anxiety
<https://vimeo.com/637880751/2d84cf5d5>

How will it help?

The content of the workshop is based on cognitive behavioural therapy (CBT), the recommended treatment for managing anxiety and worries. The information sessions will help you learn more about what anxiety is and how you can support your child to overcome it.

Supporting Children with Anxiety: Computerised CBT

What is it?

An online intervention that you can work through flexibly at your own pace.
<https://www.wellbeing.cloud/health.com/signup/>
Access code: Scotland2020

Access to the modules can be done anywhere and at any time on your computer, tablet or mobile phone. You work independently through these. There are two versions for parents, one for children and one for teens.

How will it help?

The modules are based on cognitive behavioural therapy (CBT), the recommended treatment for managing anxiety. The programme aims to help parents and carers who are looking to support their young person in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

Useful Guides, Websites and Book

CAMHS, NHS Lothian Self Help Guides

Supporting Your Child With Anxiety And Worries
<https://learn.nhs.scot/16600>

Part 1: Understanding and Talking About Worries
Part 2: Anxiety Traps
Part 3: Overcoming Anxiety
Part 4: Looking After Yourself



Relaxation Exercises for Children and Young People
<https://learn.nhs.scot/16801>



Websites

Heads One: <http://headsone.scot/child-and-adolescent/>
Anxiety Canada: <https://www.anxietycanada.com/>
Anxiety UK: <https://www.anxietyuk.org.uk>
Family Support Directory | Parent Club: <https://www.parentclub.co.uk/family-support-directory>
Additional Online Resources from CAMHS NHS Lothian: <https://www.nhslothian.scot/cams/>
Young Minds: <https://www.youngminds.org.uk/>
Well-being Lothian: <https://www.wellbeinglothian.scot/>

Recommended Book

Helping Your Child with Fears and Worries: A Self Help Guide for Parents (2020) by Cathy Creswell and Lucy Willets



For more help with anxiety, speak to your GP or school in the first instance.







Coffee & Chat



Article 3 - The right to have adults do what's best for you

Article 5 - The right to family guidance as young people develop

Article 27 - The right to access good quality food and water

Article 29 - The right to an education that develops your talents and abilities

News from Departments

Drama

On Wednesday, 30th October, Braes Youth Theatre presented our most recent performance, “When Award Shows Go Wrong”, and it was a fantastic success!

This event was fully devised, designed and presented by pupils. Every element of the work – performance, set/staging, costume, sound, lighting, props, hair & makeup and even front of house – was created and led entirely by our young people.

Over 100 members took part both on and off stage.

We would like to thank all parents, carers and supporters who came along on the night. Your support continues to allow pupils to work to a genuinely high artistic standard and develop real industry-level creative skills.

We are extremely proud of our young people for their ambition, dedication, ownership and collaboration throughout this project.

STAY TUNED!

Our Summer Show in June will be announced soon. We look forward to sharing the theme and title reveal in the coming months – and we hope to see you all there again!



Braes Youth Theatre were delighted to welcome **two industry professionals into the school this week to work with our young people.**

On Monday evening, we were joined by **Hollie Nelson**, a London-based actress currently working in the West End. Hollie led a *Mamma Mia!* workshop where pupils had the opportunity to learn the real finale number from the show and ask her questions about her

work in the industry. Pupils were able to experience first-hand the skill, energy and commitment required for large-scale musical theatre performances!

On Wednesday evening, we then welcomed **Eilidh Park**, an actress working here in Scotland and a former Braes pupil. Eilidh delivered an inspiring Q&A session where she spoke honestly about her pathway from Braes, training, professional audition process, building a portfolio career and maintaining well-being in the industry.

We are extremely grateful to both Hollie and Eilidh for their time, encouragement and generosity. Both evenings were hugely valuable for our young people, providing realistic insight, aspiration and lived experience from actors who are out working in the industry right now.

Braes Youth Theatre continue to be committed to ensuring our pupils see, meet and learn directly from working professionals to raise ambition, build confidence and widen future pathways.





Article 13 - The right to express yourself

Article 15 - The right to join groups

Article 29 - The right to an education that develops your talents and abilities

Home Economics





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Article 13 - The right to express yourself

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Science

Chemistry

This week a group of senior Chemistry students visited Syngenta's Grangemouth manufacturing site. This gave them an incredible chance to see behind the scenes of one of our region's key employers. The students gained valuable insights into Syngenta's impact in the Agrochemicals sector, the world of advanced manufacturing as well as highlighting STEM career opportunities. Here is what they thought of the experience.

"Our trip to Syngenta gave us a useful and very interesting insight on what they do in a biochemical engineering setting. It showed us all the different paths you can use to reach a career in this industry such as apprenticeships, placements and university. We all enjoyed our time at Syngenta and hope to be back soon. "



Stay informed!



"Build Respect and Earn Success: Be Part of It!"

We have many ways in which you can stay **up-to-date** with all things Braes...

Visit us on the web at : [Braes High School | Braes High School | Secondary School Falkirk | Falkirk Education](http://Braes%20High%20School%20-%20Braes%20High%20School%20-%20Secondary%20School%20Falkirk%20-%20Falkirk%20Education)

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