


PLEASE READ TO YOUR PERIOD 1 CLASS

– THANK YOU

MONDAY 20 JANUARY 2025

1. **A PARADE OF PLANETS:** A Parade of Planets is a 1 in a 10-20 year event, where 6 of our solar system's planets will be visible in the southern sky. With Venus, Saturn, Jupiter and Mars. If you have some powerful binoculars then you might be able to see Uranus and Neptune too. Peak brightness will be early this week.
2. **S2 ASSEMBLY – THURSDAY 23 JANUARY P3:** Please can S2 pupils register with their class teacher then make their way to the Performance Area P3 on Thursday 23 January for an assembly from the Anti-Racism Alliance. Please leave bags and jackets in your classroom.
3. **SCOTTISH STUDIES TODAY:** Please register with your period 1 class then head straight to the social area
4. **S3 PUPIL COURSE CHOICE DAY: Wednesday 22 January 2025**
The following pupils have their Course Choice Guidance appointments at times below. Livet is in Room 24, Fiddich is in room 18 and Rinnes pupils should go to the Office.

Refer to Noticeboard

5. **BURNS SUPPER:** We will be celebrating Burns on Thursday 23 January in the canteen and auditorium at lunchtime. There will be a special Burns Supper themed menu and a mini ceilidh with live band and performances in the Auditorium starting at 1:30pm. Please come and join us!
 6. **GIRLS GYM SESSIONS:** Open to S3 – S6 Girls – If you would be interested in attending Girls Only Gym Sessions later this term which will be provided by a Qualified Gym Instructor, please scan the QR Code and complete the registration form on the poster provided. Sessions are aimed at raising confidence in using a gym facility and improving your fitness. Sessions will be confirmed later this term.
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7. **COOPER PARK PAVILION PROJECT:** Moray Arts Development Engagement (M:ADE) are leading on a project with a highly experienced street artist to paint the Cooper Park Pavilion. This will be done in partnership with young people and is open to anyone interested in street art.
The opportunity is open to anyone over the age of 14 who is interested in street art.
 8. **TRIP TO FRANCE AND GERMANY – CURRENT S3-S5:** The date for the £100 deposit to be paid for the trip to France and Germany in October 2025 has been extended to Friday 24 January 2025. **S3-5 pupils do not** have to be studying languages to go on the trip. Anyone in S3-S5 who is interested can collect a letter from in the Languages Department.
 9. **TRIP TO FRANCE AND GERMANY – CURRENT S2:** There are a few places available on the senior languages trip, which could be made available to current S2 pupils **who plan to study languages in senior phase**. Anyone in S2 who is interested can collect a letter from the Languages Department. The date for the £100 deposit to be paid for the trip to France and Germany in October 2025 has been extended to Friday 24 January 2025.
 10. **REVISION HUB:** Don't let the stress of prelims get you down, you can still achieve your new year's resolutions of getting straight As with Speyside High's Revision Resource Hub! The hub has been set up in the library and includes flashcards, posters, and notes to help you revise. Feel free to check it out and see what could be useful to you. Also, if any S5s or S6s have previous work they no longer need, it would be greatly appreciated if you could share your notes and help expand the hub's collection. Thank you and happy studying!
 11. **PREFECTS ON DUTY AT LUNCHTIME TODAY:**
English Corridor (1:30-2:00pm)
HE Corridor (1:30-2:00pm)
The Hub (1:30-1:40pm)

12. **ORCHESTRA: TODAY** after school in Performance Area from 3.45 → 4.45pm. If you have not already signed up, there is a sign-up sheet outside Music. All instruments are welcome and you do not need to receive lessons in school.

13. **EXTRA-CURRICULAR - PE ACTIVITIES**

What?	Where?	When?	Who for?	Additional information
Rugby	Games Hall	Lunchtime	All Years	At least a change of shoes required
Netball	Games Hall	Lunchtime	All years	At least a change of shoes required



A group of penguins in the water is called a raft but on land they're called a waddle!

Monday – Week 4

Morning Break

Snacks:	Toast / Mini Choc Muffin	£0.55 / £0.65
	Bagel	£0.80
	Iced Bun	£0.70
	Pancake / Scone	£0.65
	Crisps (various)	£0.75
	Propercorn	£0.75
	Piece of Fruit /Fruit Pot	£1.10
	Special K / Chocolate Krispie	£0.65
	<i>(for drinks prices see lunch menu)</i>	

Lunch

Soup:	Curried Parsnip & Carrot	£0.85
Main Course:	Chicken Fricasse	£1.80
	Brazilian Coconut Curry	£1.80
Sides:	Rice, Carrots, Broccoli, Salad	(x2 included)
Hot Snack:	Chicken Fajita Pasta	£1.75
	Baked Potato & Baked Beans	£1.75
Sweet:	Piece of Fruit / Fruit Pot	£0.50 / £1.10
	Jelly / Whip	£0.85
Sandwich Bar:	Salad Box / Panini	£1.80 / £1.70
	Wrap / Sandwich / Oval roll	£1.55 / £1.45 / £1.35
	Full Baguette / ½ Baguette	£1.80 / £0.95
Drinks:	Small Water / Large Water	£0.50 / £0.70
	Milk / Flavoured Milk Carton	£0.50 / £0.55
	Rubicon Splash (carton) / Rubicon (bottle)	£0.55 / £0.90
	Mac B (bottle) / Tea or Coffee	£0.70 / £0.80
PANINI	TUNA MAYO	or
FILLINGS: (Choose 1):	CHEESE	or
	CHICKEN MAYO	

DELI BAR REMAINS UNCHANGED

ALSO SEE POSTER IN CANTEEN FOR TODAYS MEAL DEAL FOR £2.50



GIRLS GYM SESSIONS

Lunchtime Gym Sessions with a fully qualified gym instructor
in the Fitness Suite

- Improve your confidence in using a gym facility
- Increase your fitness



Open to S3 - S6 Girls

Session Dates to follow

Scan the QR Code
Complete the Form to sign up now

