

WELCOME TO THURSO HIGH SCHOOL



Mrs H Flavell
Head Teacher



Mrs J Miller
S2 and S5
Year Head



SENIOR MANAGEMENT TEAM

Mrs K McAlonan
S3 and S6
Year Head



Mrs A Nicoll
S1 and S4
Year Head



**Mr E McElroy
1S1**



PRINCIPAL
TEACHERS OF
PUPIL SUPPORT
(GUIDANCE
TEAM)



**Mrs B
Sinclair
1S3**

**Mr G Blyth
1S4**



**Mr P
McKeesick
1S5**

LEARNING SUPPORT TEAM



**Mr S Disbury
PT ASN
(Additional
Support
Needs)**



**ASN Teacher
Team**



**Some of our PSA (Pupil
Support Assistant)
Team**

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

PUPIL HEALTH & WELLBEING

Nurture Groups

Pupils who need extra support

Attendance and Family Support
Mentors

Child Support Workers (CSW)

Soft Start

Social Groups

Resilience Groups

Growing2gether

Fireskills

Soft Start F6



S1 REGISTRATION TEACHERS

Reg	Registration Teacher	Room
1S1	Mr L Forsyth	M4
1S3	Mr A Brotherston	B1.2
1S4	Ms C Crow Mrs Dunnett S1 visit days)	B2.1
1S5	Ms K Mackenzie (TWThF)/Science VP (M)	E1.6 Visit days



PR Classes (Practical)

1PR1 - 1PR4

1PR1 - 1PR4

1PR5 - 1PR7

1PR5 - 1PR7

SL TEACHING CLASSES – NON PRACTICAL

- X Computing
- X Business
- X English
- X French
- X Geography
- X Health and Wellbeing
- X History
- X Maths
- X Modern Studies
- X Physical Education
- X Religious, Moral and Philosophical Education (RMPS)
- X Personal and Social Education (PSE)

Mixed ability classes with up to 33 pupils all in the same registration class

- # SL TEACHING CLASSES – NON PRACTICAL
- X Computing
 - X Business
 - X English
 - X French
 - X Geography
 - X Health and Wellbeing
 - X History
 - X Maths
 - X Modern Studies
 - X Physical Education
 - X Religious, Moral and Philosophical Education (RMPS)
 - X Personal and Social Education (PSE)
- Mixed ability classes with up to 33 pupils all in the same registration class

SL TEACHING CLASSES – NON PRACTICAL

- X Computing
- X Business
- X English
- X French
- X Geography
- X Health and Wellbeing
- X History
- X Maths
- X Modern Studies
- X Physical Education
- X Religious, Moral and Philosophical Education (RMPS)
- X Personal and Social Education (PSE)

Mixed ability classes with up to 33 pupils all in the same registration class

S1 TEACHING CLASSES - PRACTICAL

- X Science
- X Art and Design
- X Technical
- X Music
- X Practical cooking
- X Textiles

Mixed ability practical
classes with up to 20
pupils in the class

S1 EXAMPLE TIMETABLE

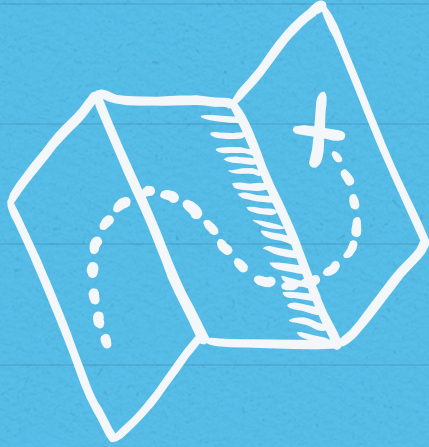
Name: Jimmy Examplekid

Register Group: 1S1

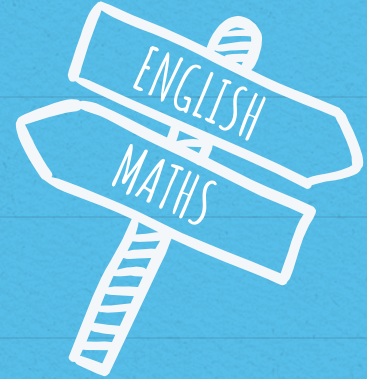
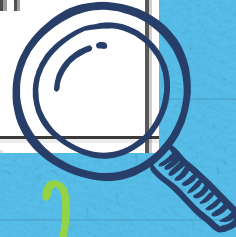
Stage: S1

	Reg	1	2	3	4	5	6	7
Monday	Registration School Mr Lynch B2.3	Art & Design CfE Mr Webb F2	PE Core CfE Miss Findlay GH	Science CfE Mr Groat E2	RE Core CfE Mr Lloyd A2.3	Mathematics CfE Mr Hadden B2.2	Business CfE Miss Russell E8	English CfE Ms Sinclair C2.2
Tuesday	Registration School Mr Lynch B2.3	Woodworking CfE Mr Bartlett D2	French CfE Miss Charton C1.7	English CfE Ms Sinclair C2.2	History CfE Mr Lynch B2.3	Personal & Social Education CfE Mr McElroy C3.1	Mathematics CfE Mr Hadden B2.2	Music CfE Mr Frame E9
Wednesday	Registration School Mr Lynch B2.3	Literacy Support School Miss Cormack C2.4	CfE Health and Wellbeing CfE Ms Sanz H1	Mathematics CfE Mr Hadden B2.2	Science CfE Mr Groat E2	English CfE Ms Sinclair C2.2	Art & Design CfE Mr Webb F2	Graphics CfE Mr Forsyth A4
Thursday	Registration School Mr Lynch B2.3	Science CfE Mr Groat E2	Engineering Science CfE Mr Forsyth A4	PE Core CfE Miss Findlay GH	English CfE Ms Sinclair C2.2	Mathematics CfE Mr Hadden B2.2	Geography CfE Mrs Bremner B3.2	Computing Studies CfE Mr Frame
	Reg	1	2	3	4			
Friday	Registration School Mr Lynch B2.3	Science CfE Mr Groat E2	Modern Studies CfE Mr McQuaker B3.1	English CfE Ms Sinclair C2.2	Mathematics CfE Mr Hadden B2.2			

SI EXAMPLE TIMETABLE



Mathematics
CfE
Mr Hadden
B2.2



THURSO HIGH: Day & Week Timings

Registration	8:40 – 8:50	Mon - Fri	10 Minutes	Registration every day. A “Hurry Bell” will ring at 8:35.
Period 1	8:50 – 9:40	Mon - Fri	50 Minutes	
Period 2	9:40 – 10:30	Mon - Fri	50 Minutes	
Interval	10:30 – 10:45	Mon - Fri	15 Minutes	Canteen open five days per week.
Period 3	10:45 – 11:35	Mon - Fri	50 Minutes	
Period 4	11:35 – 12:25	Mon - Fri	50 Minutes	School finishes at 12.25 on Friday.
Period 5	12:25 – 1:15	Mon -Thurs	50 Minutes	
Lunch Break	1:15 – 1:55	Mon -Thurs	40 Minutes	Canteen open four days per week. “Grab and Go” only on Friday.
Period 6	1:55 – 2:45	Mon -Thurs	50 Minutes	A warning bell will ring at 1.50.
Period 7	2:45 – 3:35	Mon -Thurs	50 Minutes	School finishes at 3.35 Monday to Thursday.



Break (10:30 - 10:45)

The structure of the school day means that lunch is late so we would like to emphasise the importance of a good breakfast and possibly suitable snacks for break.

The Canteen is open at break and also before Registration for toast and bagels.

Lunch (1:15 - 1:55)

At lunch times, there are several choices available within the school:

- X School canteen
- X Packed Lunch
- X Grab'n'go



New S1 pupils should not go down the street for lunch until week beginning Monday 14 Sept.



PROGRESSION FROM S1 - S6

S1 → **S2** → **S3** → **S4** → **S5** → **S6**

BGE CfE LEVELS 2-4
8 CURRICULAR AREAS

BGE CfE
LEVELS 2-4

CHOICE
OF 6
SUBJECTS
PLUS
MATHS &
ENGLISH

NATIONAL
3, 4 & 5
COURSES

CHOICE
OF 4
SUBJECTS
PLUS
MATHS &
ENGLISH

NATIONAL
OR
HIGHER
COURSES

CHOICE
OF 5
SUBJECTS

NATIONAL OR
HIGHER OR
ADVANCED
HIGHER COURSES

CHOICE OF 5
SUBJECTS OR
4 SUBJECTS & S6
OPPORTUNITY



ACHIEVEMENT FOR ALL

- X VOLUNTARY WORK
- X CHARITY
- X NATIONAL AWARDS
- X HOBBIES
- X SPORTS
- X CAREERS
- X WORK EXPERIENCE





EXTRA CURRICULAR CLUBS

Film Club

Chess Club

Wind Band

Football

Band

Netball

Choir

Basketball

Gaming club

Rugby

Christmas crafts

Cooking



MY SI EXPERIENCE



CASHLESS CATERING



FREE SCHOOL MEALS AND CLOTHING GRANTS

- X Many pupils benefit from the Free School Meals scheme in Thurso High School.
- X Every day money is automatically uploaded to the electronic cashless catering school account of any pupil accessing the Free School Meals scheme.
- X After choosing their food in the canteen, pupils enter their personal PIN number and the cost of their chosen food is deducted. At the end of the school day, any money remaining will be removed from the account. The money can be used for break and lunchtimes and for hot or cold food including 'Grab and Go' bags which are pre-ordered.
- X The service is very discreet for pupils accessing it. Staff are also happy to help with any questions about Free School Meals or how to navigate the canteen in general.

FREE SCHOOL MEALS AND CLOTHING GRANTS

Free School Meals are easily accessed by completing an application online:

[https://self.highland.gov.uk/service/Free_school_meals_and_clothing_grants?accept=yes&consentMessageIds\[\]=192](https://self.highland.gov.uk/service/Free_school_meals_and_clothing_grants?accept=yes&consentMessageIds[]=192)

This can also be found by typing 'Highland Council Free School Meals' into an internet search engine.

If completing an online application for Free School Meals, a clothing allowance is automatically included which provides support for pupils to purchase school uniform per school year.

TAKE ATTENDANCE SERIOUSLY

If you have a 90% attendance record, it means that you are absent from lessons for the equivalent of **a half-day every week.**

If your attendance rate is at 90% from S1 to S5 you will have missed the equivalent of approximately **one half of a school year**.

80% attendance would mean a pupil has missed approximately **one day per school week.**

Therefore if attendance is 80% from S1 to S5, a pupil will have missed over **one full year of education**.

TAKE ATTENDANCE SERIOUSLY

If your child is ill please inform the school by 8.30am or you will receive a text message.

If a child fails to return to school after lunch you will also get a text message.

Punctuality is also very important – three 'lates' to Registration or class will mean a detention.

If a pupil leaves the school at any point during the school day they **MUST** sign out at Reception and then back in again upon return.

Thurso High School

Whole School and
Classroom Procedures



Part 1

Whole School

Procedures

These are the Thurso High procedures that pupils
should follow in the wider school

Part 1: Wider school procedures



1. Pupils should wear dress code in school.
1. Pupils must carry a school bag.



3

Pupils must remove hoods/hats indoors (unless exceptional circumstances have been agreed) and remove jackets and any other outdoor garments in class.



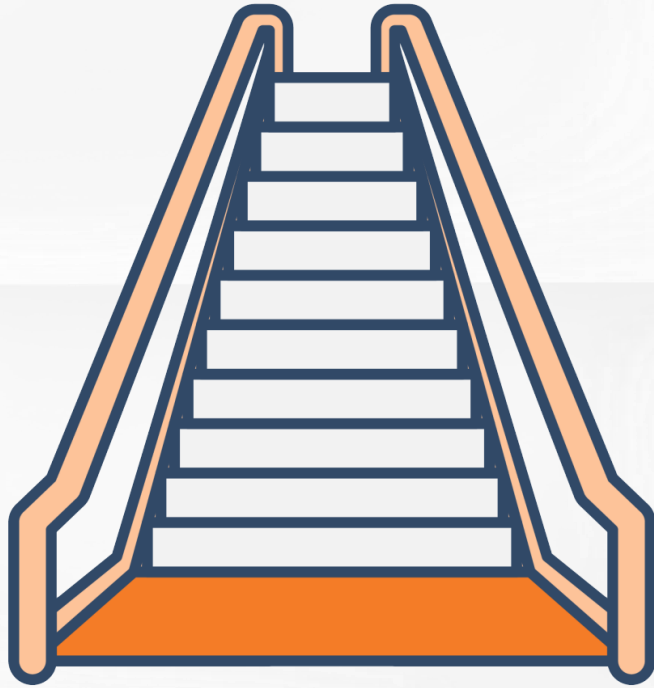
Part 1: Wider school procedures



4. Pupils should walk in the corridors, should keep to the left, and must follow the one-way system in C and E blocks around school at all times, unless they are in the corridors during lesson time, have mobility issues or in the event of a fire where they should leave the building by the designated (nearest) exit.



Part 1: Wider school procedures



5. Everyone should observe the up/down stairs in C and B Blocks and in the Extension at all period changeovers. At start of break, lunch, during class time and at the end of the day both stairs can be used.

Part 1: Wider school procedures

6. Pupils should stay on the ground floor and in the Extension foyer at break and lunchtimes unless going to a pre-arranged meeting.



8

No food or drinks (apart from water) should be taken above ground floor at any time apart from at attendance of pre-organised meetings or clubs with prior agreement from the teacher.

9

Energy drinks are not allowed in school at all and will be confiscated and not returned.

10

At break and lunch time food should be carried to a social or chosen area or outdoors before eating – no eating while walking through the corridors.
Social areas should be left tidy.

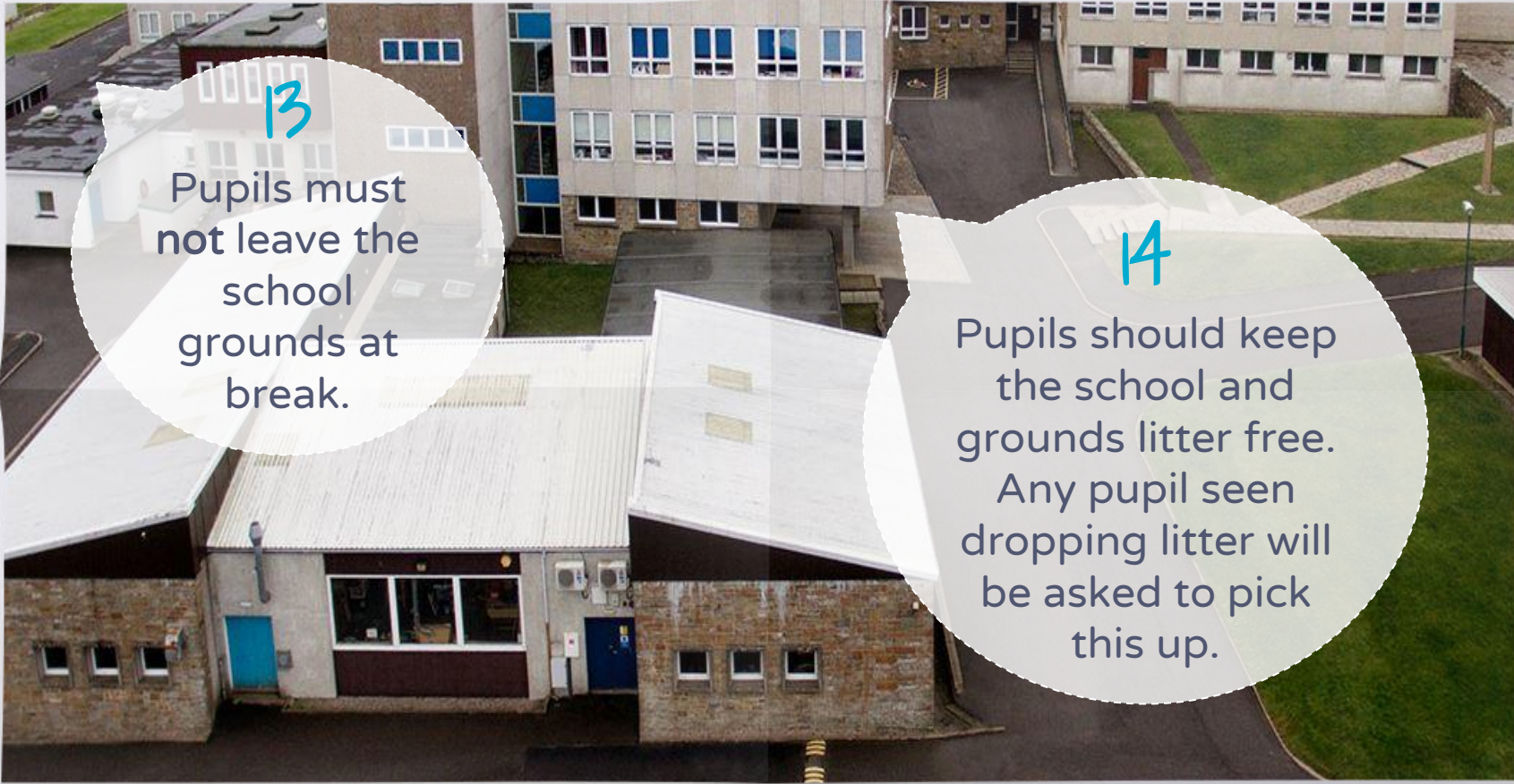
Part 1: Wider school procedures

11. The flagged area in front of Reception and the Hall should be kept clear.

The only time this doesn't apply is during exam times for Senior pupils.

12. Pupils should conduct themselves in an appropriate manner in the school at all times, including in the corridors and outside areas; there should be no shouting, swearing or jostling.



An aerial photograph of a school complex. In the foreground, there is a single-story brick building with a corrugated metal roof and a blue door. Behind it is a larger, multi-story concrete building with many windows. To the right, there is a paved area and a grassy field. Two semi-transparent circular callout bubbles are overlaid on the image. The first bubble, on the left, contains the number 13 and a rule about leaving school grounds at break. The second bubble, on the right, contains the number 14 and a rule about keeping the school and grounds litter free.

13

Pupils must
not leave the
school
grounds at
break.

14

Pupils should keep
the school and
grounds litter free.
Any pupil seen
dropping litter will
be asked to pick
this up.

Part 1: Wider school procedures



15. “Please”, “thank you” and normal courteous forms of address to be used in all school contexts to everyone.

Mutual respect must be shown to all staff and to all pupils.

Part 1: Wider school procedures



16. Smoking/vaping is not allowed on school premises.

Carrying any equipment for smoking or vaping is not allowed and will be confiscated.

Confiscated items will only be returned to a parent or carer.

Part 1: Wider school procedures

17. Pupils must not congregate in school toilets at any time. Food should not be taken into the toilets.

These are not to be used as social areas.

18. Pupils must not video or record in the school at any time. Repeat offences may result in a pupil not being allowed to bring a phone into school at all.

Part 1: Wider school procedures



19. Pupils should arrive in school and to all classes punctually (on time).

If you arrive to class **after** the teacher has finished calling the Register you will be marked 'late'.

Being late for Registration or for any class three times in a week may result in a detention.

Classroom Procedures

These are the Thurso High procedures pupils should follow in the classroom

Part 2: Classroom procedures

3. Mobile phones should be **switched off** and **in school bags** at all times. This applies whether the pupil is actually in a classroom or in another area of the school during class-time for any reason.



Earphones should also be in school bags and must **not** be used in class unless a pupil is listening to a presentation as part of online learning or using the Read/Write app.

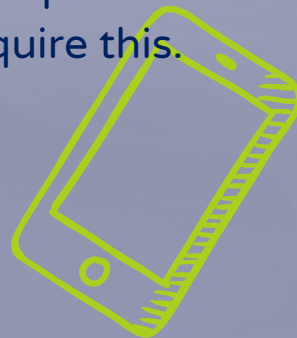
If pupils are found using a phone within the school grounds and hours, it will be confiscated and held in the office until the end of the day.



A bit more about our Mobile Phone Policy

My child needs their phone for travelling to and from school. What do I do?

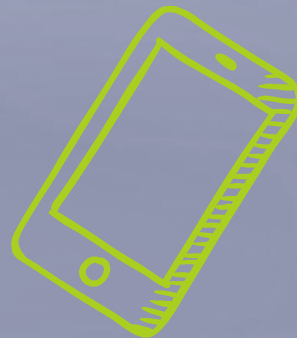
We are recommending that pupils do not bring devices to school, however, a pupil may bring phones, or other smart devices but these must be switched off and in bags at all times on the school grounds. Pupils can have their phones on the way from and to home should they require this.



A bit more about our Mobile Phone Policy

My child has a medical condition and needs access to their phone. What do I do?

Please contact your child's guidance teacher. Exceptions will be made where mobile phones or smart devices are used for the management of documented medical conditions.



Part 2: Classroom procedures

4. Pupils are encouraged where possible to bring appropriate equipment to each lesson.

Chromebooks must be fully charged and ready to use every day; charging in school is only possible in a very small number of circumstances. They should only be brought out to use in a lesson when instructed by the teacher and only used for the purpose of the lesson.

Chromebooks may be removed for the remainder of the day or longer if this is not adhered to.





5

Pupils must follow the dress code requirements for changing for PE; this means they must bring an appropriate change of clothes on days that they have PE.

Part 3

Transport Procedures

These are the Thurso High procedures pupils should follow around transport to and from school

Part 3: Transport procedures

3. Pupils entering or leaving the school must do so by the crossing at the lights and NOT through the bus park or down the road into the school car park.

Pupils walking up past the Technical buildings **MUST** walk on the pavement.

4. Pupils being dropped off by car must be at the drop off point in the bus park or at the bus stance by the College and not on the main road approaching the school.

Pupils can only be dropped at the front or back of the school by special arrangement.

Part 3: Transport procedures

5. Pupils must behave on school transport in the same way that we would expect them to in school.

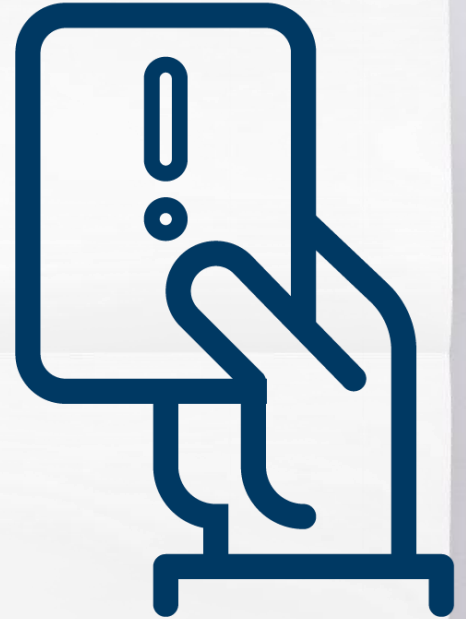
Any pupil behaving inappropriately on a school bus may lose their right to school transport.

Part A Sanctions

What happens if you don't stick to the rules?

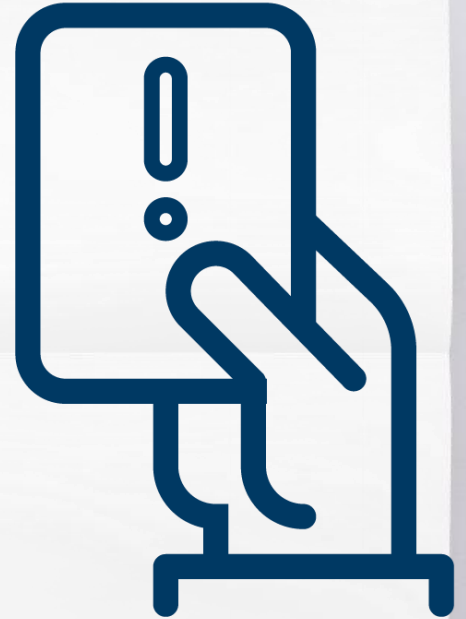
Part 4: Sanctions

- You will have to speak to your Guidance teacher for advice
- You may have to speak to your Year Head
- You may be given detention at lunchtime



Part 4: Sanctions

- You may have to be on supervised break
- You may have to be on supervised lunch
- Class transfer
- Your parents may be invited in for a meeting with Guidance and Year Head



THS DRESSCODE SWAP AND SPORTS SWAP

- X Before you go out and buy new dress code for your child come and have a look at what we have in the school available for a swap/ to take/a small donation. The clothes we have are all very good quality.
- X Thurso High School would like to help support all young people to be as active as possible and enable them to join new groups so are offering good quality sports items through our **Sports Swap**.

A decorative border at the bottom of the page featuring various school-related icons such as a lightbulb, paper plane, scissors, musical notes, a globe, a magnifying glass, a ruler, a pencil, a paint palette, a test tube, a clock, a calculator, a notebook, a book, a leaf, a flower, a play button, and a graduation cap.



THURSO HIGH SCHOOL VALUES & HOUSE SYSTEM

PREFECTS



Why have Prefects?

Prefects make a valuable contribution to the wider school community, taking on important leadership roles, assisting and supporting both staff and pupils, liaising with parents and other visitors and acting as excellent role models for their peers and younger pupils.

THURSO HIGH SCHOOL'S VALUES

- X Teamwork
- X Respect
- X Achievement
- X Commitment
- X Kindness

'Stay on TRACK'



- X Forss
- X Dirlot
- X Brims
- X Olrig
- X Pentland

- X Forss
- X Dirlot
- X Brims
- X Olig
- X Pentland

MERITS TEAMWORK

Making a positive contribution to a team or group activity (in class and extra-curricular).

Encouraging and supporting others.



MERITS RESPECT

Being particularly helpful and responsible in looking after the school, equipment and materials.

Showing courtesy beyond what is expected to everybody in the school and the wider community.



ACHIEVEMENT

Exceeding personal subject targets.

Achieving awards in and out of school.

Producing outstanding pieces of work/ performance/ homework.



MERITS
COMMITMENT

Taking responsibility for own learning (goes above and beyond what has been expected).

Regularly participating in extra-curricular groups in school.

Perseverance through challenges.



MERITS KINDNESS

Making an extra effort to include or help others.

Volunteering to help the wider community.



CHROMEBOOKS

As with P6/ 7, every pupil in Thurso High School will be issued with a Chromebook to use for the duration of their time in school. This will take place on their first morning of High School in August.

Each Chromebook has been labelled with the pupil's name and will have a cover which should not be removed from the device. Pupils must also have an appropriate school bag to transport their Chromebook in.



THURSO HIGH SCHOOL PARENT COUNCIL

WHAT DO WE DO?

- X Should be seen as a body working in partnership with the school.
- X To provide support directly to the Head Teacher.
- X To voice the wider views of parents.
- X To pass on relevant information to parents.

PARENT COUNCIL MAKEUP

- X Chair – Parent Member
- X Five Parent Members
- X Senior Management Team
- X Teacher rep
- X Pupil rep
- X Funding Committee (PTA)
- X Local Councillors
- X Caithness Chamber of Commerce
- X Developing the Young Workforce Coordinator (DYW)

PARENT COUNCIL MEETINGS - AGENDA (6 MEETINGS PLUS AGM IN SEPTEMBER)

- X Update from Head Teacher and SMT
- X School News
- X Issues raised by Pupils
- X Update from Funding Committee (PTA)
- X Update from Councillors
- X Specific Items for discussion
 - X (for example) School Access Issues
- X AOB

COMMUNICATION

- X Email: Thurso.high@highlandpc.co.uk
- X Email address can also be found on the school website
- X School website also has a link for meeting minutes plus various presentations provided during meetings

THURSO FUND RAISING COMMITTEE

Chair - GRAHAM MACKAY

DEVELOPING THE YOUNG WORKFORCE COORDINATOR

Alice Nicolson

WHERE CAN I FIND PRACTICAL INFORMATION?

- x This Parents' Evening and S1 Pupil and Parent Welcome Guide
- x The School Handbook (on school website)
- x School website <https://thursohighschool.org.uk>
- x THS Facebook page
- x Regular Parent Information emails from the school

ANY QUESTIONS?

