

Cross Fit	SENIORS & Staff	Before School	07.45-8.25	Mr Houston/Mr Brown	Gym Hall
Boys' Football	S2 & S3	After School	12.25 - 2.00pm	S2 - Marc Macgregor S3 – Simon Kerr	Outside
Staff Swimming	Staff	After School	12:30-1.30pm	Highlife Staff	Pool
Staff Football	Staff	After School	12:30-1.30pm	Mr Angus	Games Hall

**\*CROSSREACH COUNSELLORS** - Karen Young, Laurie Stottlaw and Madeleine Holmes are your CrossReach Counsellors and they are available on Tuesdays, Wednesdays and Thursdays at Culloden Academy and the associated primary schools. Karen, Laurie and Madeleine have been providing counselling in a number of schools across Inverness for many years. They are based in the two counselling rooms within the school, providing a quiet, private space where you can feel comfortable and safe to tell your story and consider ways to manage challenges and worries you might have. A counsellor can help you feel more in control of what you want and need and help take some weight off your shoulders. Anyone can access school counselling by asking your guidance teacher to refer you, or refer yourself by contacting: [inverness.counselling@crossreach.org.uk](mailto:inverness.counselling@crossreach.org.uk). You will then receive an email with a time and date to meet your school counsellor. During the first initial session, you will have a chance to ask any questions you might have about the counselling and talk with the counsellor about what is most helpful for you right now. If you chose counselling, you will be offered the same time each week for the duration of the counselling.

**\*ACTIVITIES WEEK (S1 – S3) LANDMARK OR CRAZY GOLF** – A number of students are still to return permission slips and pay for these activities. If you are unsure if you still have to ask your registration teacher and they can advise.

**\*ACTIVITIES WEEK – DOLPHIN SPOTTING** – Could anyone who has not yet returned their permission slip and payment please do so ASAP to **Mr MacDonald**. If you do not return the form, you will be allocated an in-school activity instead.

**SPORTS DAY 2025** - All S4-6 pupils who wish to take part in School Sports Day this year should sign up to the events they wish to take part in via their PE year group Google classroom. The Sports Day will run on Thursday 19<sup>th</sup> June. School leavers are also welcome to take part. Also, a reminder that all pupils who have taken National 5 or Higher PE next year must complete one event, so should also sign up via the Google Classroom.

**ACTIVITIES WEEK - ALPACA TREK** – there are two spaces available on the Friday 16<sup>th</sup> May Alpaca Trek. The cost of this trip is £30, please see **Miss Machin** by Friday 2<sup>nd</sup> May to pick up a permission letter if you would like to go.

**ACTIVITIES WEEK - CAKE MAKING** Can all pupils who still need to return their permission slips or make payment for this activity please come to room 068 by Monday 28 April. Thanks **Mrs Fraser**

**ACTIVITIES WEEK – INNOFLATE** - According to my records there are a large number of pupils yet to hand in permission letters and/ or make payment for Innoflate. Please come and see me to let me know if you are coming or not (room 243). If I don't hear from you by the end of the week, Friday 25<sup>th</sup> April, you will be removed from the activity. Thanks, **Mrs Bremner**.