Breakfast Club	S1-S6	Morning	8:10 – 8:35am		Social Area
Cross Fit	Senior & Staff	Before school	7.45 – 8.25	Mr Houston/Mr Brown	Gym Hall
Boys' Football	S4	After School	12.25 - 2.00pm	-Marc Macgregor	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

^{*}ASSEMBLIES THIS WEEK -TODAY- S6

*S5/6 HISTORY TRIP TO BERLIN 16-20 February 2026 – If you are studying Higher & AH History this year (or last) and are interested in hearing about this trip please attend a short meeting in Mrs Gordon's room at lunchtime on Monday at 1.45pm. For those who can't make it, pick up a letter after the meeting or pop in and speak to Mrs Gordon breaktime on Tuesday. Mrs Gordon rm 225

ENGLISH/DYW WATERSTONES TRIP - English and DYW have arranged a trip to Waterstones Inverness for the afternoon of 10th September discussing retail, publishing and the book trade. Permission slips available online (Google Classroom), to be returned asap to **Mr. Rorison** in Room 123. Strictly limited to 15 places.

YOUNG SCOT CARD - Turning 12? It's time for a new NEC with a photo! - Children need a new National Entitlement Card (NEC) with a photo on it from their 12th birthday to keep using free bus travel. Cards without a photo are only valid until the day before your child's 12th birthday. You can apply from their 11th birthday - and you can choose a Young Scot card for extra discounts and rewards. The school will be coordinating a bulk application for families who wish to apply. This card gives your child continued access to free bus travel — helping them get to school, meet friends, and explore their world. If you need a new card then please come and get a form from the school office. Thank you

LOST YOUR NEC? (YOUNG SCOT CARD) - If you have lost your NEC/Bus Travel card then the school can order a replacement, please order your replacement card via the school office. Thank you

SAMBA BAND – The Samba Band will meet every Tuesday lunch time in room 64 at lunch time. Come along and learn how to play different samba drums and make lots of noise! **Music Department**

BOYS' CHOIR - We are starting a new boys' choir this session every Thursday. Open to all year groups. Come along to room 62 in the music department at lunch time. The choir can choose what they want to sing and it's a good way to make new friends and have some fun. **Music Department**

GIRLS' CHOIR – We are starting a new girls' choir this session every Wednesday. Open to all year groups. Come along to room 64 in the music department at lunch time. The choir can choose what they want to sing and it's a good way to make new friends and have some fun. **Music Department**

UHI COURSES - All Friday schools programme courses at UHI Inverness commence TODAY Friday (29th August) and staff will greet students at the door and show them where to go. All courses have a start time of 10am apart from any Highers which start at 9am.

SHOE BOXES NEEDED -If anybody has any shoe boxes, they would be very gratefully received for our Blythswood Appeal – please either put them to the Staff Room or down to the Department Thanks. Business Dept

^{*}ASSEMBLIES NEXT WEEK – Monday-S1; Tuesday-S2; Wednesday-S3