



Rachel Cartledge, S5



Dalkeith High School Newsletter
Spring 2019

Gymnasts, Dancers & Cheerleaders



Miss Maclaine Needs
YOU!

Bring it On, the school musical needs your skills.
You can choose to do all three elements or just
your favourite!

Rehearsals are Thursdays, 3.30pm - 5pm
Register your interest with Miss Maclaine.

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HEADTEACHER'S MESSAGE



The focus for our senior phase pupils this term has been prelims, completion of course assessments and preparation for SQA exams for those working towards National 5, Higher and Advanced Higher qualifications. We wish them well as their hard work comes to completion. Study Leave begins for senior phase who are entitled to it on Monday, 29th April with Friday,

26th April being the last day on which pupils will be expected to be in school. Pupils being presented for more than three SQA exams (National 5/ Higher/Advanced Higher) will be given the full exam leave i.e. they will begin exam leave on Monday, 29th April and return to school for the start of new timetable on Monday, 3rd June. Any pupil sitting three or fewer exams will be granted two days leave for each exam that they are undertaking in the lead up to the date of the individual exam. This is in accordance with the guidelines issued by Midlothian Council.

The school will be running a programme of revision classes during the Easter break and I would encourage pupils to take advantage of all that is on offer to help to boost grades in the final exams. A series of Masterclasses is also being arranged to allow pupils to receive additional support from staff during exam leave; Information regarding both the Easter Revision Programme and Masterclasses has been issued to pupils. Teaching staff will also be available at other times during this period to support individual pupils.

The National 4/3 qualifications do not have an external exam and pupils being presented for those qualifications are expected to attend school throughout this period. An Employability Summer School, with the aim of developing employability skills working with a range of partners, is being organised for the pupils. Successful completion of the programme can lead to an additional qualification from SQA. Further information regarding the Employability Summer School will follow. Pupils sitting three or fewer exams will be able to join the programme of events when they are in school. I would like to take this opportunity to thank all families in our school community for their continued support.

With very best wishes,

Allyson Dobson
Headteacher

PARENT COUNCIL / PARENT TEACHER ASSOCIATION

The PTA would like to thank everyone for their continued support.

We have raised £300 from the sale of our football scratch cards which will go towards new bike stands.

We received £1100 from Sustrans for this project which we need to match fund with the £300 scratch cards sales - we are well underway.

Our Race Night on Friday 22nd March has raised additional funds of over £1000.



The PTA currently has 2 members:

Nicola Johnson, Fundraising & Diane Hedlund, Treasurer

Nicola is stepping down after this fundraiser to focus on her new business and Diane is looking to leave the post of Treasurer.

If anyone would like to take over any of these roles then please get in touch. Have a lovely Easter Break.

Follow us on Facebook at [@dalkeithhighschoolparentcouncilandPTA](#)

S1 5K CHALLENGE

As part of their Health and Wellbeing Award challenge, S1 pupils recently took part in a 5k running challenge. In lessons leading up to the event they were developing both their physical fitness and mental toughness to prepare for the challenge. There were a number of excellent performances on the day. Everybody who completed the challenge should be delighted with achievement, in particular the resilience and determination that was shown. Though the main goal was simply to cross the finish line, below is a list of the fastest times recorded for each gender.

TOP 5 BOYS

1. RUARIDH SIBLEY (21:20)
2. AARON FERGUSON (21:22)
3. PETTER TYE (21:23)
4. DANIEL LANNI (21:49)
5. JOSEPH CALDWELL (22:09)

TOP 5 GIRLS

1. KARA STUART (24:12)
2. FREYJA MORTON (25:58)
3. LUCY PEARSON (26:54)
4. ANNELISE HOY (28:10)
5. LEXIE PATERSON (29:13)

SHARING ACHIEVEMENT

As a school, we are passionate about recognising and celebrating the achievement of pupils both in and out of school. We have created a 'Share an Achievement' form on our website to encourage parents and carers to share our pupils' 'out of school achievements' with us. This allows us to celebrate and share them with the wider community via Twitter or our Newsletter etc. Below are some of the achievements that have been sent via the form recently:



Lisa Ferguson (above left), 2D1, received a trophy for getting into Central Scotland Championship Top 5 at Highland Dancing.

Daniel Cousins (above middle), 5L2, achieved a gold medal and champion at his indoor archery competition in February. He also broke his own Scottish record.

Amie-Louise Cousins (above right), 3L2, won a silver medal at her indoor Archery competition in February!

Sam Sutherland, 3L2, is currently in the Scottish Rugby Academy FOSROC development programme and has been progressing through this over the last couple of years. He is currently in the latter stages of selection for one of the regional teams. During the month of March he is going through intensive training 2-3 times a week for selection of the team, in addition to continuing his twice weekly training and weekly matches for his rugby club Ross High.

Jamie Rae, 3L2, is in the Scottish Rugby FOSROC development pathway, he has been progressing through this since S1. He is currently in the latter stages of selection for the regional team. During March he is going through more intensive training 2-3 times a week for selection for the team as well as continuing his twice weekly training and weekly games for his rugby club, Ross High.

Well done to you all!

FOOTBALL



Football at Dalkeith High School has continued to be very successful as we continue through the Spring term. Massive congratulations to the U15 football team who have progressed into the Lothian Schools Cup Final after defeating Ross High 4-3 on Wednesday 20th March. This is a fantastic achievement for the boys who have worked very hard to get to this stage. The final is scheduled for either Friday 10th or Friday 24th May and will be played at Easthouses Lily FC. I would like to invite and actively encourage as many family and friends as possible to head along to support the boys.

U15 Team (left): Jamie Stables, Ewan Martin, Luke Gorman, Logan Imrie, Gary Roseburgh, Adam Cairns, Steven Todd, Alex Parrado, Robbie McCormack, Ender Gulem, Jack MacDonald, Bailey Paterson, Naim Makorie, Ryan Johnston, Charlie Marrant.

The Senior Boys and U16 Girls teams picked up impressive away from home results against James Gillespie's High School and Ross High School respectively. Our U16 team were unfortunately eliminated from the Lothians Cup after a strong home performance against Firhill High School. Our U13 team is through to the semi-final of the Lothian Cup. Hopefully this term will result in us bringing some silverware back to Dalkeith High School.

The attitude and application of all our pupils has been second to none and they have been a pleasure to coach.

Mr Aitken



GIANT HEPTATHLON

Earlier this year 12 of our S1 and S2 students took part in the Midlothian Giant Heptathlon event. Each event challenged our pupils' physical ability and mental toughness. This resulted in Dalkeith High School securing 1st place which was outstanding!



Becoming Midlothian Champions resulted in the team qualifying for the Regional Competition where they competed against schools from Edinburgh, the Lothians and the Scottish Borders. Dalkeith finished an amazing 4th Place at the Regional Competition.

Scores from Regional Competitions were used to calculate the national result where Dalkeith High School placed 20th out of 350 Secondary schools in Scotland - a massive achievement. Well done!

MIDLOTHIAN BASKETBALL TOURNAMENT



Congratulations to the S1-S3 team who represented Dalkeith High School at the Midlothian Basketball Tournament. In a nail biting final, the match ended with a golden basket in favour of St David's High School leaving Dalkeith in 2nd place!

Team: Aimee Laidlaw, Danny Roseburgh, Daniel Lanni, Callum Gardiner, Glen Galbraith, Petter Tye, Harry Falconer, Dean Brownlee, Ryan Johnson, Adam Cairns, Jamie Stables.

If you are interested in playing basketball, please speak to a PE teacher to find out when clubs run.

CAREER IN TECH INDUSTRY THE AIM FOR DALKEITH TEEN

An Edinburgh College IT and Software Development Foundation Apprentice hopes to have a career in the tech industry as he works towards completing his apprenticeship.

Seventeen-year-old Douglas Greig from Dalkeith in Midlothian is in the second and final year of his Foundation Apprenticeship done in partnership with Microsoft.

Douglas spends one day per week learning with lecturers at the College's Granton Campus and one day working with the Microsoft team at its Waverley Gate offices in the capital. We caught up with Douglas to find out more about his apprenticeship:

What made you choose a Foundation Apprenticeship?

The thing that made me choose the Foundation Apprenticeship was the fact that I can get both a qualification and work experience in the field I want to eventually work in full time – which will be useful for entering the world of work. This is something that school can't provide.

What is/has been the best thing about the Foundation Apprenticeship? Any highlights?

The best thing about the Foundation Apprenticeship is the work experience that you gain over the time being there and the experience of being at college and meeting new people while getting more freedom and being treated more as an adult. One of the best highlights of the course so far is working at Microsoft and experiencing what it is like to work there along with meeting all the different people there and the same with meeting new friends through the course.

What is/has been the best thing about working while you study?

The best thing about working while I study is the fact that I get to learn new things about the work place and get used to a working environment while still working towards my education that I will need in the later years.

What is the best advice you can give to someone thinking of doing a Foundation Apprenticeship?

The best advice I could give to someone who is thinking about taking a Foundation Apprenticeship is to just go for it, Foundation Apprenticeships provide a lot of opportunities. It also looks great on your CV to have both employment and work experience at such a young age as well.

Did you face any challenges before starting that you were worried might prevent you from doing your Foundation Apprenticeship? How did you overcome them?

I faced a few challenges before starting, these were mostly in terms of course information and what the full two years would present and what was going to happen with college. These were quickly resolved by just simply googling Foundation Apprenticeships and asking teachers who were kind enough to reach out to the college and get the information that I needed for the apprenticeship.

How was it meeting John Swinney, Deputy First Minister, and showing him what you've been working on during your FA?

It felt amazing to meet John Swinney and to show what I have been working on. It was such a good opportunity to show what the apprenticeship programmes are producing and to spread the word of how good they are.

What are your plans for the future?

My plans are to continue with the Modern Apprenticeship that is offered at the end of my course. I then hope to continue with either full-time employment or to further studies into a graduate apprenticeship at the end of my Modern Apprenticeship.

What are you most proud of that you have achieved while doing your FA?

The thing that I am most proud of achieving during my apprenticeship is getting to show off our class work during one of the open days that the college held. We got to showcase the work we have done and the game that we had made during half of our first year.



article written by edincoll /
01/03/2019

OGWINI HIGH SCHOOL, SOUTH AFRICA

In February, 11 pupils and 3 members of staff visited Ogwini High School in Umlazi, South Africa, to establish an international partnership and to encourage global citizenship within Dalkeith High School. While at Ogwini High School, Dalkeith pupils had the chance to spend time with their international buddies. They followed a typical South African timetable which included some new subjects, including Afrikaans. Pupils also had the experience of touring the local township of Umlazi and visited local primary schools in the area. Visiting Ogwini High School and Umlazi was a real eye opening experience for our pupils and something that will definitely have a lasting impact on them. Most striking was the South African Pupils' dedication to learning, achievement and aspirations.

Despite a full itinerary during our visit, we had the opportunity to visit a game reserve and experience a South African style safari complete with Zebras, Rhinos, Giraffes and more!

Now back in Scotland, the South Africa Trip team are looking at ways to further strengthen our international partnership with Ogwini High School.



GOLD DofE EXPEDITION TO CANADA



Dalkeith High School's senior pupils decided they wanted to do something different to complete their Gold Duke of Edinburgh Expedition. Since making the decision more than three years ago that dog sledding in Canada would be the perfect adventure for them, the group started fundraising extensively to help pay for the trip.

A car washing day was organised, sponsored by Lamborghini Edinburgh, which raised enough money to go ahead with the expedition. The adventure started in Canada with a brief training talk, then each pair of pupils was thrown straight in at the deep end with their team of 6 dogs. Each pair was responsible for their own dogs who became their best friends over the 6 day challenge. They had to feed, clean, love and look after their team of dogs which was no easy task in temperatures sometimes below -20°C . Unlike other expeditions, after around 5 hours of exhausting sledding, there was no time to rest when they arrived back at camp. To stay warm and to keep the camp running smoothly they had a list of chores to complete every night before they could catch some sleep. They headed out to collect wood by cutting down trees and sawing them into smaller pieces for the fire, and they collected water by making a hole in a frozen lake whilst others took care of the dogs back at camp. The group agreed that, in addition to developing new skills and making memories that will stay with them for a lifetime, they have experienced things that they will probably never get the chance to again.



YOUTH & PHILANTHROPY INITIATIVE

The entire S2 year group took part in the Youth Philanthropy Initiative (YPI) during RME. Each S2 group campaigned on behalf of a charity to win £3000 for the charity. It was a close call between the eight finalists who all did brilliant presentations explaining why their charity should win the prize. The presentations were so great that several teachers became very emotional at how open and mature pupils were when dealing with difficult social issues. The pupils put so much effort into the event with several producing videos incorporating pupils singing and dancing as part of their presentations. In the end, Cameron Chambers, Luke Hardwick, Darien McPheators, Calum Rafferty and Scott Saunders secured £3000 for Alzheimer Scotland Dalkeith Branch. The charity are overjoyed at winning the money! A big well done to everyone who took part in YPI for raising the profile of their charity and showing the Dalkeith High School spirit #DeterminedHappySuccessful



As part of British Science week S2 pupils took part in a STEM team building activity to design a hand washing device suitable for use in developing countries. By taking part in the challenge, pupils expanded their leadership, problem solving and collaborative skills to construct a model and educational poster. Pupils who successfully took part earned their Crest Discovery Award and a personal certificate.



There was a lot of innovative designs and the science department were extremely impressed by how well the pupils worked together to complete the challenge.

THE PUPIL VOICE

Dalkeith High Schools Pupil Voice have gone from strength to strength this year with increased involvement from pupils in S2 (Sophie Binns, Mia Linn, Eve Sneddon and Lara Stewart) and S5 (Liam Bielski, Catriona Nelson, Elle Wright and Yasmine Yorke). The team are extremely hardworking and eager to make positive impact and change across the school.

Education Scotland have recently produced a resource called 'How Good is OUR School (HGIOS)' to help support learner

participation in self evaluation and school improvement. Staff at Dalkeith High School aim to promote and encourage opportunities that give our young people a stronger voice on matters that affect their lives and learning. As a result, Pupil Voice representatives have started to use 'HGIOS' to help evaluate their school and identify areas for improvement. Pupil Voice representatives have continued to lead a range of meetings to gain the views and opinions from across the school. They agreed to focus on Theme 2 within the HGIOS document "Our Learning and Teaching" as they felt it was important to reflect upon and get wider responses on the curriculum, learning experiences, reporting and feedback. The team all agreed there are many areas which are already very good in the school however they felt there are also aspects which could be developed and further improved. When the team were planning their recent Pupil Voice meeting, they decided to use the questions in the HGIOS booklet as a starting point to help get honest feedback from other learners.

Information and responses collected at Pupil Voice meetings are always shared and discussed with the Senior Leadership Team. Representatives attended the meetings where next steps are discussed and considered. Feedback is further communicated and shared with the wider staff at meetings and is often used to inform staff training sessions. Pupil Voice have identified further steps to develop purposeful learning experiences across the school. They will be carrying out Learning Walks alongside the Senior Leadership Team to observe learning across the school. They also want to carry out department and whole school evaluations where they look at wall displays, digital resources, outdoor facilities and the layout of classrooms. Evaluations will help them collect additional information which they will use to make further improvements to help shape the future of their school.

Please follow the future developments and hard work carried out by the Pupil Voice team by following us on Twitter @DHSPupilVoice





The United Nations Convention on the Rights of the Child (UNCRC) is an important piece of legislation which informs the many ways in which 195 countries in the world support children and young people to lead full and happy lives.

As teachers in Scotland, we have a responsibility to ensure that children's rights are at the centre of the decisions we make in our schools. Children's rights include:

The right to an education

The right to be safe

The right to freedom of expression

The right to be listened to

Throughout May, Pupil Support Leaders will be working with all S1-S3 pupils to develop their understanding of their rights and to look at ways in which we can all respect each others' rights as part of a positive learning environment.

In the coming months, we will be working towards Bronze accreditation as Rights Respecting School. This is a programme run by UNICEF that acknowledges and celebrates the work that educators do to ensure that we are all rights aware.

Look out for further information in session 2019-20 about our Rights Respecting School journey and the role our young people and their families have to play in it.

Gail Preston

Depute Head Teacher

PLANNING MY PATHWAYS

All S3 learners were involved in 'Planning My Pathways' on Thursday 21st March. The event is designed to give the young people an idea of the current job market and provide the opportunity to learn some of the skills and qualities required by different industries. Over 15 different speakers and organisations volunteered their time to deliver inspirational workshops throughout the day. Feedback from visitors, learners and staff was extremely positive! The young people were certainly engaged in thinking about their futures. Thank you to the learners and all the inspiring people that made the event possible.

MATHS CAMP 2019

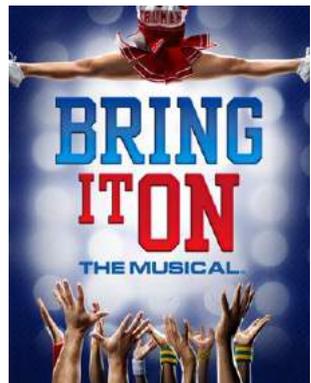
This year, the Maths department took 24 of our S4 pupils to Broomlee Outward Bound Centre, West Linton for Maths Camp. The aim of the weekend was to kick start their Maths revision whilst receiving support from teachers and some of our Advanced Higher students. The weekend started with staff and students meeting at the school early Saturday morning before taking a coach to West Linton. Once there we were straight into activities. Pupils were split into two groups which rotated between sharpening their maths skills and attempting some outdoor activities (including tree climbs, archery, rope walks, or generally getting muddy!). We all had a break around dinner before getting back to some more Maths with a Treasure Hunt! We then finished off the day with the infamous 'DHS Quiz' where pupils worked on their non-maths knowledge!

Sunday was a similar format to Saturday with pupils alternating between outdoor activities and maths revision. For maths, pupils worked in small groups on past paper questions with targeted support from staff helping them look at strategies for exam technique and revision. Then, before we knew it we were back on the coach to Dalkeith – the bus was definitely quieter on the way back!

THE SCHOOL SHOW

A couple of months ago due to unforeseen circumstances the difficult decision was made to cancel this year's school show, 'Bring It On!' However we were so passionate about the school show that we were determined to make sure it would go ahead. We approached Mrs Dobson with the proposal for a small group of seniors to run the show and after much planning and many meetings we finally had the go ahead. The show team is made up of Katie Slater, Megan Waugh, Luisa Connarty, Louise Swanston and Abbie Thomson with ex pupil and former Head Boy Alastair Barron, as Musical Director. Rehearsals are well under way and have been going fantastically well so far - the cast are very dedicated making our job much easier. We are always looking for donations so we can put on the best show possible. In school we have been fundraising but other donations or sponsorships are always greatly appreciated and needed. If you want to get involved with donating or helping in any way please contact the school. We hope you are all able to come and see our hard work pay off on the 19th, 20th or 21st of June!

Thank you,
School Show Team



BOOK FAIR



The Library recently held a Book Fair where pupils were able to purchase books from authors such as David Walliams and Nicola Morgan amongst others. Pupils from both Dalkeith High and St David's High Schools really enjoyed the opportunity to use their £1 World Book Day tokens to purchase the books and raised £60 of free books for the school library.

By Kiera Noon-Green and Ashleigh Moffat S2

COOKERY LESSONS FROM THE ROYAL NAVY



The Royal Navy recently visited Dalkeith High School to work with Hospitality Practical Cookery and Skills for Work Hospitality pupils. St David's High School's Hospitality class also joined us and we all took part in a great lesson with chefs from the Royal Navy.

COOKING PROGRAMME FOR TYNEWATER PRIMARY



P7 pupils from Tynewater Primary School are taking part in a 3 week cooking programme with our Home Economics Department. During the programme, the Hospitality Skills for Work class and Early Education and Childcare class led the learning of the P7 pupils. The programme has been set up to help pupils to develop practical

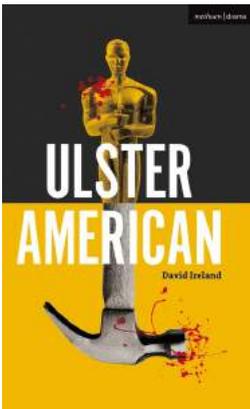
skills and to support with their transition from primary school. The department is helping the primary pupils achieve important Health and Wellbeing learning outcomes and plans to visit the school during their Healthy Living Week in May.

PRACTICAL DRAMA EXAMS

All senior drama pupils have been extremely busy this month preparing for their practical Drama exams. Pupils across National 5, Higher and Advanced Higher were externally assessed by the SQA across a range of different specialisms. This year we had pupils being assessed on lighting, costume, makeup or directing skills, as well as acting. As the Drama department grows, our pupils are being offered more and more opportunities to develop a wider range of skills in theatre which is very exciting! Congratulations to all our pupils who made it through the practical exam process and good luck to all for the written element of the exam.



ULSTER AMERICAN AT THE TRAVERSE



At the end of February Miss Wood took 10 senior pupils to see Ulster American at the Traverse Theatre in Edinburgh. The play, written by David Ireland, was a sell out in the Edinburgh Fringe and pupils jumped at the chance to see it when it returned last month to the theatre. This black comedy explores some very dark, but relevant, themes in today's society and gave the pupils lots to think about! Several of the Advanced Higher Drama pupils are now choosing to write about the play as part of their dissertation. We look forward to our next theatre visit which is Matilda at The Playhouse in April.

SFL LUNCH CLUB

The Support for Learning Lunch Club members have been having some Easter fun this month. They have been taking part in an Easter Egg drawing competition and an Egg & Spoon race.



PERSONAL DEVELOPMENT AWARD (PDA)

The PDA class have been working very hard this term and have organised a few events as part of their PDA Award.

The class volunteered for 2 sessions at Vogrie Country Park and on the first visit the Volunteer Ranger showed the class how to cut back rhododendron bushes using a variety of tools, then how to bag them to send off for recycling. On the second visit the class were taught how to build and light a fire using a flint and steel, and then used these skills to practice making fires in their groups. Once the fires were established, the class collected rhododendron branches to burn on the fire as part of the recycling process. They finished the day with toasted marshmallows by the fire. A great day was had by all!

As part of the Self in the Community Unit, the PDA class organised a football match against Midlothian Active Choices (MAC) Walking Football Team. The MAC footballers were invited to Dalkeith High School as the PDA class were keen to find out about 'ageing-well' in the local community. As part of the MAC programme, the footballers regularly compete in a game of walking football in order to improve their mental health and wellbeing. The Dalkeith High School match took place on Friday 15th March and was a great success. MAC Footballers drew the 1st game against the PDA team and, despite our greatest efforts, won the 2nd game! The game was much harder than anticipated by the pupils but was still great fun. Afterwards, the MAC Footballers enjoyed coffee, tea and cakes back in the classroom before heading back home.



SCHOOL FOOTBALL - HELP NEEDED!

In order to ensure we are able to continue to build on the volume of school football that has taken place this year, the school is looking for assistance to help support teams moving forward next year. If any parents or family friends would be interested in coaching or supporting a school team in the next academic year, please contact Miss Maclaine in the PE Dept for more information.



A very successful Mental Health Awareness Week was held in Dalkeith High School from 18th to 22nd March. A series of lunchtime activities took place to help promote positive mental health. The aim was to encourage young people (and adults) to talk about and break down stigma around mental health.

On Monday music was played in the canteen at lunchtime. Music can be used as a means of relaxation and lifting mood.

On Tuesday small packets of “old school love hearts” were handed out. This was a fun activity to get pupils and staff talking, laughing and sharing their thoughts.

On Wednesday there was an opportunity to take part in some mindful colouring in the dining hall. Pupils and staff took time to colour, chat and relax.

On Thursday bottles of bubbles were handed out in the playground. Pupils could focus on breathing - something that allows us to relax and feel more in control.

On Friday our Mental Health Ambassadors (staff and pupils) wore their Talk Dalkeith T-Shirts and we had a bake sale with proceeds going to MYPAS, a local charity that offers counselling to young people.

Throughout the week PSE lessons across year groups focused on mental health. We specifically examined the impact social media and electronic devices have on mental health. We also talked about what anxiety is and learned some self-help techniques.

Our first Mental Health Information Evening for parents and carers was held on Tuesday 12th March. Speakers included, Liesa Randel, Principal Educational Psychologist and Lynne Muir, Cognitive Behaviour Therapist.

The evening was very well attended and the feedback received was excellent.





the National Parent Forum of Scotland

The Forum works in partnership with national and local government and other organisations involved in education and child wellbeing issues to ensure that parents play a full and equal role in education. The overall aim is to help every child to maximise their potential through their school life. Please take a look at our website:

<https://www.npfs.org.uk/>

HEALTHY RESPECT

Healthy Respect (formally known as the Sexual Health Service) will now be based in 18 Croft Street, Dalkeith (opposite Morrisons Supermarket).

Drop in sessions are now Tuesday 4pm-7.30pm & Friday 1pm-4pm.

You can also get sexual health information from:

www.healthyrespect.co.uk or www.lothiansexualhealth.scot.nhs.uk

Email: dalkeith.hs@midlothian.gov.uk



@official_DHS

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