



PSLT

2025 / 2026

OUR VISION

As a team we are striving to create a supportive community where every student has the opportunity to explore their interests and dreams. We want to help teachers cultivate student's ambitions with a variety of clubs and activities. Teamwork and collaboration will be a key part of our team, allowing us to be role models for students in the school and to create a more inclusive and inviting environment for all. We would like to continue to build a safe space where everyone feels valued in order to embody our school value of kindness. Together, we strive to create an environment where kindness and ambition fills every floor of our school and where every student feels supported and included, because together, WE ARE FHS!

ACTIVITIES:

- Organise wind-down activities (e.g. mindful colouring, cake decorating or sports activities) during exam time.
- Organise a Random Acts of Kindness week to allow people embody our school value of kindness.
- Organise a nationality morning to celebrate the different cultures we have in the school (e.g. learning a phrase in a different language or trying food from a different country).
- Organise a debate club where we can debate important topics of the week in a positive environment
- Create and deliver lessons on basic computer skills for all senior pupils to ensure that everyone is at the same level of skill and prepared for the workplace.
- Create a coding club to improve digital literacy

CHARTER

IMPROVEMENTS:

- Incorporate more outdoor learning into the school curriculum to give everyone the opportunity to spend time outdoors and be provided a welcome break.
- To introduce more leadership opportunities into each year group so that people in all year groups have the opportunity to use their voice.
- Create a sports club for new S1s so that they can connect with each other and then also use this as an opportunity to receive feedback from them to improve the school.
- Create a notice board with all the information for clubs (e.g. what days they are on and what time they start at)
- Create a notice board that has all of the important QR codes etc on it to make it easier for pupils to access the support that they need.

SUPPORT

- Organise a pop-up shop for events (e.g. prom or Christmas dance) where pupils can hand in their old suits/dresses
- Support S4 pupils sitting exams for the first time by getting S6 pupils to mentor them and give advice.
- Ensure a couple of members from PSLT would be available in a classroom at one lunch per week to allow people to come speak to us about any issues or ideas they would like to share.
- Organise a teachers vs pupils end of term football match to raise funds for the stigma around men's mental health and put the funds we raise towards a program to deliver mental health awareness sessions.
- Make a greater awareness of mental health supports in school and also outside of school e.g. councillors
- Increase awareness about volunteering activities in the community (e.g. helping out with our local foodbank)



MEET THE

TEAM:

#WEAREFHS

RUBY HEPBURN

A BIT ABOUT ME:

I created a short film with young people from Scotland, Egypt and Nepal. When I leave school I want to be a Human Rights Lawyer.

FAVOURITE SCHOOL DEPARTMENT:

Languages Department

FAVOURITE SCHOOL VALUE:

Supportive



CAPTAIN

#WEAREFHS



TAMMI WILLIAMS

A BIT ABOUT ME:

I am really into shoes and I have been on TV before. When I leave school I want to be a Doctor.

FAVOURITE SCHOOL DEPARTMENT:

PE Department

FAVOURITE SCHOOL VALUE:

Kindness

CAPTAIN

#WEAREFHS

EMMA SILCOCK

A BIT ABOUT ME:

I have swam with the Falkirk Otters (now Tridents) for 11 years, I am a snare drummer in Falkirk Schools Pipe Band and I am also a Lifeguard! When I leave school I would like to be a Lawyer.

FAVOURITE SCHOOL DEPARTMENT:

Social Subjects Department

FAVOURITE SCHOOL VALUE:

Supportive



VICE CAPTAIN

#WEAREFHS

ELLA BARCLAY

A BIT ABOUT ME:

I have played rugby for almost 6 years, currently playing for Falkirk Rugby Club and having represented both Scotland and the Caledonia region. When I leave school I would like to be a Physiotherapist/Radiographer.

FAVOURITE SCHOOL DEPARTMENT:

Art Department

FAVOURITE SCHOOL VALUE:

Inclusion



VICE CAPTAIN

#WEAREFHS

ENOCH OLUBOLADE

A BIT ABOUT ME:

I've been in the school show for 2 years, played for Falkirk Fury Basketball team and also volunteered at Windsor Park for a couple of months. When I leave school I want to study law.

FAVOURITE SCHOOL DEPARTMENT:

Creative Department

FAVOURITE SCHOOL VALUE:

Ambition



VICE CAPTAIN

#WEAREFHS

EMILY RANKIN

A BIT ABOUT ME:

I am currently working as a swimming teacher and have also worked with Rangers (Girl Guides) for ten years. When I leave school I want to be a Software Engineer.

FAVOURITE SCHOOL DEPARTMENT:

Computing Department

FAVOURITE SCHOOL VALUE:

Ambition

VICE CAPTAIN



#WEAREFHS

NINA HUTCHISON

A BIT ABOUT ME:

I am a Triathlete and Hyrox competitor. I regularly volunteer with Active Schools camps and clubs. When I leave school I want to be a Chemical Engineer.

FAVOURITE SCHOOL DEPARTMENT:

Science Department

FAVOURITE SCHOOL VALUE:

Inclusive



VICE CAPTAIN

#WEAREFHS

CAIRN MARSHALL

A BIT ABOUT ME:

I play rugby with Falkirk Rugby Club and have been involved with Scouts for 10 years. When I leave school I want to be a PE Teacher.

FAVOURITE SCHOOL DEPARTMENT:

PE Department

FAVOURITE SCHOOL VALUE:

Ambition



VICE CAPTAIN

#WEAREFHS

ORLA TALBOT

A BIT ABOUT ME:

I've been a rugby player for 3 years and did gymnastics for 8 years. When I leave school I want to study international business.

FAVOURITE SCHOOL DEPARTMENT:

Languages Department

FAVOURITE SCHOOL VALUE:

Ambition



VICE CAPTAIN

#WEAREFHS

CALLUM EDWARDS



A BIT ABOUT ME:

I have played as a goalkeeper at Grahamston Football Club for 7 seasons as well as being a season ticket holder for Rangers since the age of 5. When I leave school I want to be a PE Teacher.

FAVOURITE SCHOOL DEPARTMENT:

PE Department

FAVOURITE SCHOOL VALUE:

Ambition

VICE CAPTAIN

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YOU WANT**



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