

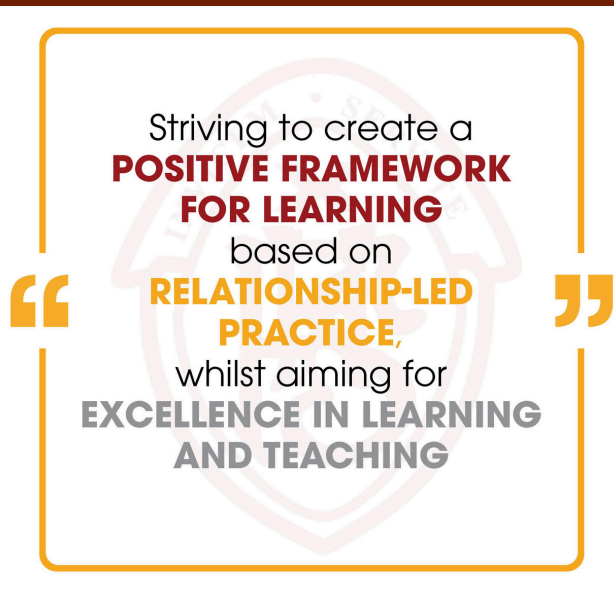


#weareFHS



WELCOME TO FALKIRK
HIGH SCHOOL

FHS PUPIL HANDBOOK



OUR SCHOOL VALUES

we are **Ambitious**

we are **Kind**

we are **Inclusive**

we are **Supportive**

HEAD TEACHER'S WELCOME

Dear New Pupils,

On behalf of the entire Falkirk High School community, I am delighted to extend a warm welcome to each and every one of you.

At Falkirk High School, we believe in nurturing and developing the potential of every individual. We are here to support and challenge you, to help you discover your talents, and help you 'Find Your Future'.

This handbook has been specifically designed to provide essential information and useful links that will assist you throughout your time at Falkirk High School. Within its pages, you will find details about our curriculum, extracurricular activities, support services, and much more. We encourage you to explore these resources, familiarise yourself with the opportunities available to you, and make the most of your time here.

At Falkirk High School, we pride ourselves on our strong sense of community. We celebrate diversity, encourage respect, and foster a culture of collaboration. Whether you are an aspiring scientist, an aspiring artist, an aspiring athlete, or simply someone looking to broaden their horizons, you will find a welcoming and supportive environment that embraces your unique interests and aspirations.

Once again, welcome to Falkirk High School, we are thrilled to have you as part of our school community and we look forward to helping you thrive and achieve your goals.

Yours sincerely,
Stuart Kelly
Head Teacher



MR S KELLY
HEADTEACHER

WELCOME MESSAGES FROM OUR FHS PUPILS

Welcome to Falkirk High School. We're glad you're here and are certain you will be welcomed here from your very first day. All the staff are very friendly and supportive, so don't be afraid to be yourself and enjoy this exciting new chapter with us. Get involved in all of the opportunities!
(S1 pupil)

Welcome to Falkirk High School! My advice would be to choose as many opportunities as possible. Join clubs, try something new and you'll make friends and have so much fun!
(S2 pupil)

Always remember your teachers are there to support you. Whatever you need, school can help you achieve your goals
(S4 pupil)

WELCOME MESSAGES FROM OUR FHS STAFF

'Welcome to FHS!
I look forward to seeing
you in Home Economics'
Mrs Clark, Home Economics

'I always tell my S1s
that I have the best job in
the world and that's because I get to work with
creative,
ambitious and kind people like you!
I'm looking forward to welcoming
you to the Creative Faculty!
Mrs McMenemy, Faculty Head of Creative

'Be kind, supportive and
inclusive
but most of all be
AMBITIOUS!
Miss Smith,
Faculty Head of Health

'As a petrochemical engineer we used to say everyday is a
school day because things changed and we had to adapt and
learn something new.
Having changed career and
becoming a teacher I still say this.
Not because it IS a school day, but because the students and
lessons alter and adapt to ensure
we can work together successfully to allow you to do your
very best. Whatever that happens to be.'
Mr Forsyth, Science

SENIOR LEADERSHIP TEAM AT AT FALKIRK HIGH SCHOOL



MR S KELLY
HEADTEACHER



MR R MENZIES
DEPUTY HEAD TEACHER FOR
CAMERON HOUSE



MRS K WHITTINGTON
DEPUTY HEAD TEACHER FOR
CAMPBELL HOUSE



MRS C MCLAUGHLIN
DEPUTY HEAD TEACHER FOR
MACKAY HOUSE



MRS J MCPHERSON
DEPUTY HEAD TEACHER FOR
ROBERTSON HOUSE



MRS R ATTINASI
DEPUTY HEAD TEACHER (ACTING)
FOR
EXCELLENCE & EQUITY

FHS HOUSE SYSTEM

- There are 4 houses at FHS based in F09.
- You will be allocated to 1 of the following houses and will have a Head of House to support you.



MR SIMON
CAMERON
HEAD OF
HOUSE

Depute Link
Mr Menzies



MRS TAIT
CAMPBELL
HEAD OF HOUSE
(ACTING)

Depute Link
Mrs Whittington



MR YOUNGER
MACKAY
HEAD OF
HOUSE

Depute Link
Mrs McLaughlin



MISS FLIPPARD
ROBERTSON
HEAD OF HOUSE
(ACTING)

Depute Link
Mrs Macpherson

SCHOOL BASED POLICE OFFICER

PC Meason is our School Based Police Officer. With many years of experience working in the Falkirk area, she brings a deep understanding of the local community and has built strong, positive relationships that will support her work within the school.

PC Meason is delighted to join the Falkirk High School community and is committed to making a positive difference in the lives of young people. Her focus is on prevention through education, working closely with the Heads of House to strengthen existing programmes and raise awareness of key issues, including:

- Anti-social behaviour
- Drugs and alcohol misuse
- Hate crime
- Knife crime
- Online safety
- Road safety
- The dangers of vaping

PC Meason maintains an open-door policy, welcoming both pupils and staff to seek guidance or assistance. To contact PC Meason, please call the school to arrange an appointment or phone the non-emergency police number, 101.



INTERHOUSE



Throughout the school year pupils will have the opportunity to participate in different interhouse events. House points can be gained through attending these events and through individual successes. Each house has two junior and two senior captains.



Miss Gray
PT Celebrating Success

House Captains
2025-2026



PUPIL LEADERSHIP OPPORTUNITIES

At Falkirk High School all pupils are encouraged to participate in school events and aspire to have a leadership role.

From S1

Refreshers Outdoor Day
Rookie Lifeguard Training
Sports Captains
Pupil School Improvement Groups
Learning & Teaching Ambassadors
Changemakers
Charities Committee
Rights Respecting Schools
Digital Leaders

From S2

Outdoor Residential
S1 Outdoor Day Leaders
Youth Philanthropy Initiative (YPI)
Primary Sports Coaching Opportunities
Transition Event Leaders
Club Fair Leadership
Active Schools Leaders
Primary Sports Day Leaders

From S3

Pupil Junior Leadership Team (Captains & Vice Captains)
Junior House Captains
Active Schools Coach & Refereeing Academy
Active Schools Leadership Academy
Sweeper Keepers
Library Assistant
School Show Leadership
Sports Council
Rugby Activators
Official Basketball
Scorekeepers
Saltire Award Ambassadors
Transition Dance Club
Leaders
Equity Group Leaders

From S4

Work Experience
Prefects (PJLT)
Sports Leaders
Rugby Ambassadors
Rugby Referees
Duke of Edinburgh
Walk Leaders
DYW/SCQF Ambassadors
Feel Fabulous in Falkirk
Salon

From S5

Prefects
Young Ambassadors
Scotland
Basketball Referees
S1/2 Coaching Opportunities
Senior House Captain
Duke of Edinburgh

From S6

Pupil Senior Leadership Team (Captains and Vice Captains)
Senior House Captain
Compulsory Volunteering
Football Refereeing
MVP Mentors
S1 Mentoring/Buddy Roles

**See Mrs McLaughlin
or
Miss Smith
to get involved!**

SCHOOL UNIFORM

What should FHS pupils be wearing to school?

- FHS school blazer (optional)
- FHS school tie
- White shirt
- Black trousers, leggings or skirt
- Black school shoes

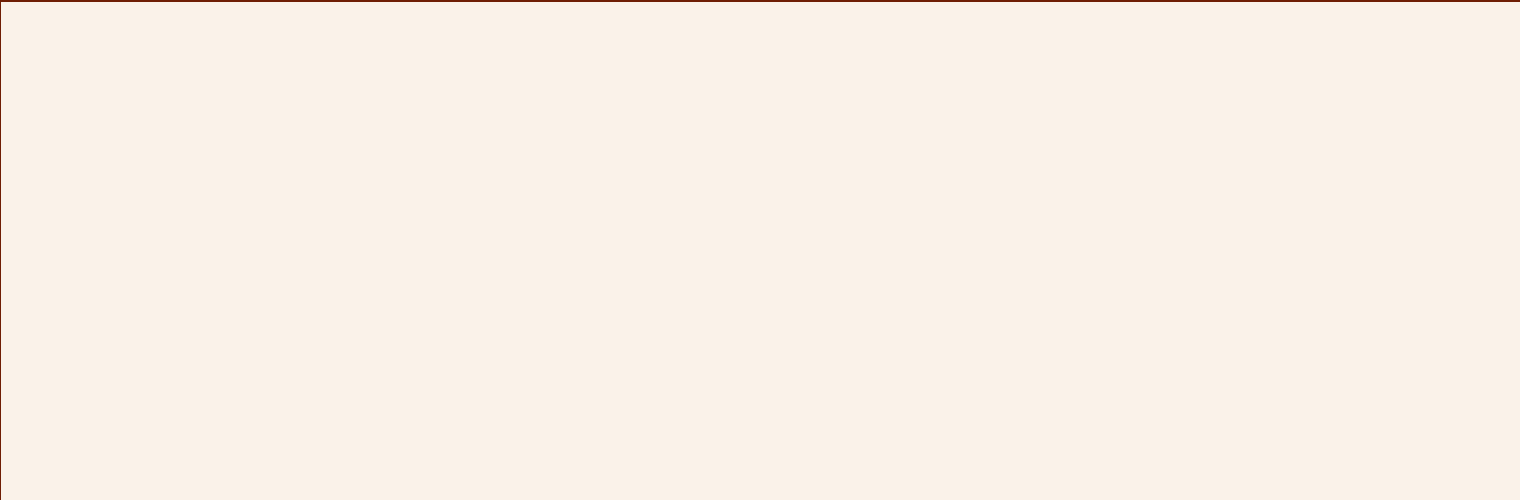


If you **need support** with school uniform, please scan the QR code below or speak with your Head of House.

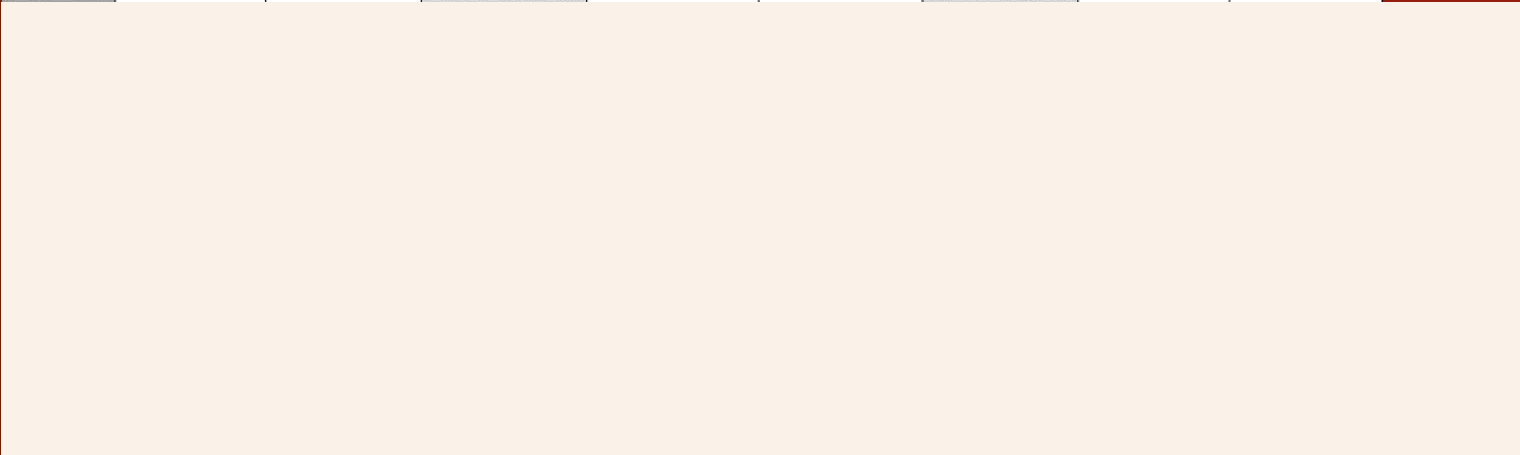


SCAN ME

THE SCHOOL DAY



Period	1	2	Interval	3	4	Lunch	5	6	7
Mon	8.50-9.40	9.40-10.30	10.30-10.45	10.45-11.35	11.35-12.25	12.25-1.05	1.05-1.55	1.55-2.45	
Tues	8.50-9.40	9.40-10.30	10.30-10.45	10.45-11.35	11.35-12.25	12.25-1.05	1.05-1.55	1.55-2.45	2.45-3.35
Wed	8.50-9.40	9.40-10.30	10.30-10.45	10.45-11.35	11.35-12.25	12.25-1.05	1.05-1.55	1.55-2.45	
Thurs	8.50-9.40	9.40-10.30	10.30-10.45	10.45-11.35	11.35-12.25	12.25-1.05	1.05-1.55	1.55-2.45	2.45-3.35
Fri	8.50-9.40	9.40-10.30	10.30-10.45	10.45-11.35	11.35-12.25	12.25-1.05	1.05-1.55	1.55-2.45	



PUPIL PATHWAYS

- Pathways parent and carers events are held each October.
- New Pathways website has been launched, scan QR below to access or access it via our school website.
- Careers Advisors will meet with each young person.
- All S4-6 Pupils have access to the **'Find My Future'** Teams page where our PT Positive Destinations updates this regularly with a variety of information ranging from: part work vacancies locally, careers events, virtual employer insights, post-school opportunities etc.



Mrs Hepburn
PT Destinations
F45



SCHOOL CLUBS

- There are lots of clubs on before, during or after school that you can join.
- A club fair takes place every year where you have the opportunity to sign up.
- Please see Mrs Attinasi (690) or Miss Warner for more information.

SPORTS
CLUBS



FILM CLUB



friday night
music club



SPORT AT FHS

At FHS all pupils are encouraged to participate in physical activity. We celebrate the success of our sports teams: see **Miss Smith** to sign up!



NURTURE NOOKS

- There are spaces called 'Nurture Nooks' where pupils can attend before, during or after school. These rooms will be calm, supervised and provide a safe space for small groups of pupils to attend.

NURTURE NOOKS @ FHS

F65

Mrs Ryan, Thursday lunchtime for quiet reading

S41

Mr Morgan, calm space every interval and lunchtime

G70

Mrs Wilson, calm space every break and lunchtime

S25

Mr Forsyth, every morning (8.15am-8.50am) and Mon/Tues/Wed lunch

F57

Mrs Freeman, calm space every break and lunchtime

S45

Miss Jack, Mon-Thurs calm space at break and lunchtime

S03

Ms Robertson, calm space every Tues-Fri break and lunchtime

Library

From 8am onwards, break, lunchtimes and after school until 4pm

WELLBEING SUPPORTS

- FHS use the 5 factors of health to support and educate pupils. These factors are: **Eating, Exercise, Relationships, Mental Health and Sleep.**
- Our **Wellbeing Hub** is based in the Pupil Support Faculty, it is a space where different professionals work and can support pupils with the 5 Factors of Health.

WELLBEING HUB @ FHS



MISS V
SHEARON
MCR PATHWAYS
COORDINATOR



JULIE CUNNINGHAM
FEL SCOTLAND
SCHOOL HUB OFFICER



JANET WEIR
COMMUNITY EDUCATION
DEVELOPMENT WORKER



PAULINE ROBERTSON
ALTERNATIVE
CURRICULUM
SUPPORT WORKER



MS P WARD
ATTENDANCE
SUPPORT FOR
LEARNING
ASSISTANT



MRS K KIDD
FINANCE SUPPORT
OFFICER



CAITLIN MCINNES
SPEECH AND LANGUAGE
THERAPIST



BECCA STEAR
INCLUSION WORKER



FIND
YOUR
FUTURE

5 Factor Supports

Sleep

Useful Information:

[Learn About Sleep](#)

[Guide for Young People](#)

[Tips for better Sleep Video](#)

Referral for support

[Scottish Sleep Support Line](#)



Eating

Useful Information:

[Eatwell Guide](#)

[Healthy Eating Video](#)

[Healthier Food Swaps](#)

Referral for support

[Beat Eating Disorders](#)



Exercise

Useful Information:

[FHS Sports Clubs](#)

[Exercise & Mental Health](#)

[Feel Falkirk - Fit & Active - Sport](#)

Referral for support:

Pupils can speak to their Head of House or PE department about sports clubs you can join.



Mental Health

Useful Information:

[Young Minds](#)

[Keeping Yourself Safe Online](#)

[Mental Health Foundation](#)

Referral for support:

See above external support that you can refer to!



Relationships

Useful Information:

[Healthy Relationships - Top Tips](#)

[NHS - Maintaining Health Relationships](#)

Referral for support:

FHS can support pupils relationships in a variety of ways, including school counselling and out nurture provision. Speak to your Head of House to find out more information.

#weareFHS we are Supportive

Universal Support

Wellbeing Questionnaire

Each term pupils complete a wellbeing questionnaire based on the 5 factors of health. This allows us to identify pupils who need targeted support, tailor PSE/PEP lessons to year group needs, and encourage pupils to set targets to improve their wellbeing.

1



2



PSE

In PSE we cover a variety of health related topics to inform and encourage pupils to make positive choices about their wellbeing. Furthermore, we provide support on the 5 factors of health based on our questionnaire results each term.

Classroom Teachers

Our teachers use nurturing, relationship led practice to support our pupils wellbeing. In classrooms they refer to the 5 factors of health when it naturally occurs during lessons. They can also signpost or refer pupil's onto their Head of House for any additional support required.

3



4

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

Children's Mental Health Week

Throughout the year and during Children's Mental Health Week we promote that every pupil has mental health and make pupils aware of the supports available to them. We encourage pupils to make positive choices regarding their wellbeing and reduce the stigma surrounding asking for support.

Nurture Nooks

Our Nurture Nooks are calm and safe classrooms offered by our teachers at social times. They provide quiet spaces for pupils to relax and socialise. Pupils should speak to their Head of House to find out more information about this support.

5



#weareFHS we are Supportive

Targeted Support

Head of House

Our Head's of House are here to help with any concerns our pupils or parents have. They are able to direct pupils to various specialist support when required.

Pupils can speak to their Head of House in F09 and parents can contact via the school office.

1



2



School Nurse

We can refer pupils to the NHS school nursing service to offer specialist support on the 5 Factors of Health. This covers areas such as eating, anxiety, self-harm and sleep. Pupils can access this support through their Head of House.

School Counsellor

We currently have two counsellors working within the school. Counselling can help pupils manage issues surrounding but not limited to, relationships, stress, self-harm, bereavements, body image, peer pressure and anxiety. Pupils can speak to their Head of House to enquire about this support.

3



4



Nurture Room

The nurture room (The Den) offers a safe space for pupils to access both during curricular time, before school and at interval/lunch. It allows pupils to be supported to develop friendships and create trusting relationships with key members of staff. Pupils requiring this support are identified when transitioning to high school.

Ready to Learn Room

This provides a nurturing environment for pupils to settle into the school day and is available period's 1 and 2.

This support is designed as a short term intervention to help pupils improve attendance and get back into school after a period of absence.

Speak to your Head of House to find out more about this support.

5



#weareFHS we are Supportive

External Supports

Barnardo's

Barnardo's is a charity that protects and supports children and young people. They believe that all children have the right to a happy and healthy life.

You can refer for mental health support using the link below:

www.barnardos.org.uk/what-we-do/services/forth-valley-hub/referral

1

Believe in
children



Barnardo's

2



Self Harm Network Scotland

Penumbra is a pioneering charity who support people on their journey to better mental health. They offer up to 12 sessions of 1 to 1 support for self-harm. You can refer using the link below.

www.selfharmnetworkscotland.org.uk/contact-us

YoungMinds

YoungMinds are a mental health charity that have great advice, support and information available on their website for both pupils and parents/carers

Their parent helpline can be used to discuss concerns regarding your child and the parents A-Z mental health guide has practical advice on how to support young people too!

3

YOUNG
MiNDS

4



FDAMH

FDAMH (Falkirk District Association for Mental Health) offer 1 to 1 and group mental health and wellbeing support for young people aged 13-24.

You can refer yourself or someone else online using the link. www.fdamh.org.uk/refer

Shout & Kooth

You can text 'Shout' to 85258 for support with your mental health.

Kooth is an online mental wellbeing community where you can get free, safe and anonymous support. You can register at www.kooth.com

5

shout
85258



#weareFHS

we are Supportive

What learning looks like at FHS:

Excellence in learning and teaching is central to the Falkirk High School vision. The FHS Learning Routine has been co-created in collaboration with staff and our pupil learning ambassador group to reflect our shared values and aspirations.

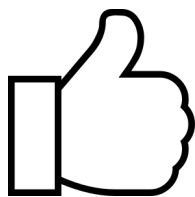
It is intended to be a consistent framework that supports high-quality learning and teaching across our school community.



Hear what our pupils
have
to say about their
learning:



Expectations *and* Standards



• White blouse/shirt • School tie • Black jersey/ cardigan • Black trousers or skirt • School blazer	Uniform	• Football colours • Inappropriate logos or slogans • Denim clothing • Outdoor clothing • Revealing clothing • Hats or hoods
• Still, plain water • Fill water during breaks	Eating and Drinking	• Glass bottles • Eating or chewing in class • Eating or drinking in stairwells/ corridors • Energy Drinks • Litter
• Follow year group phone policies • Follow teacher reminders regarding phone policy	Mobile Phones	• Use in class
• Pupils with toilet passes for medical reasons • Before school, interval, lunchtime and after school • With permission, carry an out of class card	Toilet	• Immediately after interval and lunchtime
• Keep to left in corridors and stair wells • Line up in single file outside classrooms • Congregate in locker corridors only (ground and first floor)	Movement	• Running • Congregating in stairwells • Leaving campus at morning interval



#weareFHS

EXPECTATIONS



- Uniform
- Equipment
- iPads
- Attendance
- Timekeeping



- Take care of resources
- Personal Responsibility
- Being organised
- Thinking before you act
- Do not litter



- Follow instructions
- Be polite
- Behaving appropriately
- Listen to others

be Ready
be Responsible
be Respectful



READY TO LEARN

FHS READY TO LEARN

FIND YOUR FOCUS, FIND YOUR FUTURE

S1 -S2 MOBILE PHONES

START OF EVERY LESSON

Place your mobile in the phone storage box when instructed to do so by your teacher

1

LESSON

Participate in your lesson without any distractions from your mobile phone. Find your Focus and Find your Future

2

AT THE END OF THE LESSON COLLECT YOUR PHONE

When instructed to do so by your teacher you should collect your phone from the box

3



If you fail to follow the instructions from your teacher then you are not Ready To Learn and school sanctions may apply



FHS READY TO LEARN

FIND YOUR FOCUS, FIND YOUR FUTURE

S3 - S6 MOBILE PHONES

START OF EVERY LESSON

Your teacher will remind you to put your mobile phone on silent/airplane mode and put it in your bag out of sight

1

LESSON

Participate in your lesson without any distractions from your mobile phone. Find your Focus and Find your Future

2

TEACHER SEES YOUR MOBILE PHONE

If your teacher sees your mobile phone during the lesson then you will be asked to place it in the phone storage box

3

If you fail to follow the Instructions from your teacher then you are not Ready To Learn and school sanctions may apply



SCHOOL CALENDAR DATES 2025-2026

#weareFHS

Scan this code to access
information about our staff
structure and Heads of
House contact details.



Term Dates & Holidays

Term 1

Wednesday 13th September (Term 1 begins)
Monday 8 September 2025 (Autumn Holiday)
Monday 13th October (October Holidays Begin)

Term 2

Monday 27 October 2025 (Winter Term Begins)
Friday 28 November 2025 (Pupil Holiday, Staff INSET Day)
Monday 22nd December (Christmas Holiday Begins)

Term 3

Monday 5 January 2026 (Spring Term Begins)
Friday 13 February 2026 (Mid-Term Holiday)
Monday 16 February 2026 (Mid-Term Holiday)
Tuesday 17th February 2026 (Pupil Holiday, Staff INSET Day)
Friday 3 April 2026 (Pupil Holiday, Staff INSET Day)
Monday 6 April 2026 (Easter Holiday Begins)

Term 4

Tuesday 21 April 2026 (Summer Term Begins)
Friday 1st May (Pupil Holiday, Staff INSET Day)
Monday 4 May 2026 (May Holiday)
Friday 26 June 2026 (Summer Holidays Begin)

Parents' Evenings

S1

Monday 6 October 2025
Monday 27 April 2026 (Virtual)

S2

Monday 17 November 2025 (Virtual)
Monday 26 January 2026

S3

Monday 8 December 2025
Monday 11 May 2026 (Virtual)

S4

Monday 2 February 2026

S5/6

Monday 23 February 2026

S4/5/6 Targeted

Monday 27 October 2025

S4-6 Assessment Info

S4-6 Assessment Window 1

Monday 1 December - Friday 12 December 2025

S4-6 Assessment Window 2

Wednesday 7 January - Friday 23 January 2026

Final SQA Exams

Starting Friday 24 April 2026

Tracking & Reporting

S1-3

03.10.25
12.12.25
27.02.26
12.06.26

S4-6

05.09.25
26.09.25
31.10.25
28.11.25
23.01.26
19.02.26
27.03.26

CONTACTS



Main Line: 01324 679010

Absence Line: 01324 501365



falkirkhighschool@education.falkirk.sch.uk



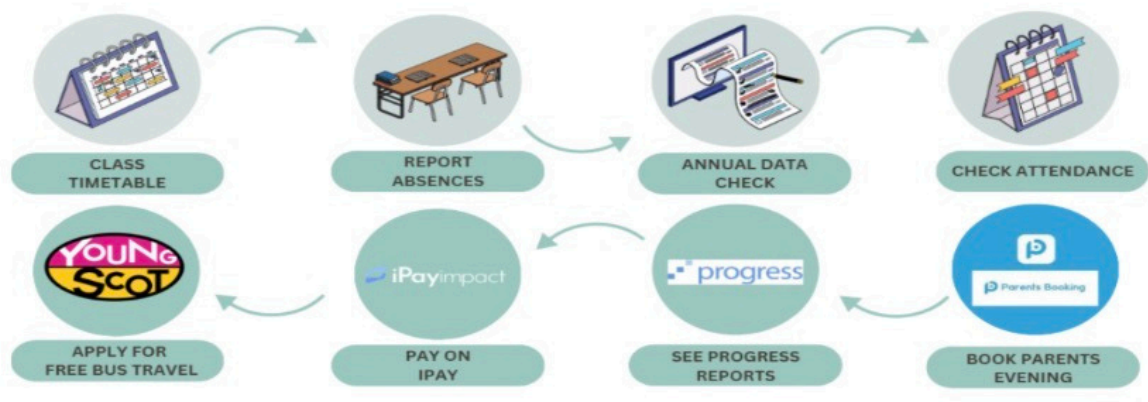
PARENT PORTAL

parentsportal.scot

At Falkirk High School we use Parents Portal to make it easier for you to get information about your child's education and communicate with us in school.

- **Direct Communication** – No more letters in the schoolbag.
- **24/7 Access** –Online or in the app. You don't have to wait on the phone at set times of the day.
- **Convenient** –You can access information, update details and manage school admin at any time.
- **Accessible Design** – Parentsportal is designed to to be used by anyone with difficulties or disabilities.

What can you access through parent portal?



To register for ParentsPortal, you must have a Mygovscot account. (Please note, you may already have a Mygovscot account as this site would be used for paying Council Tax or requesting a special uplift).

If you do not have a Mygovscot account, please create an account by using the following link:

<https://signin.mygovscot.org/home/>

- Once registered and your account is verified via an email link.

You can access iPayimpact via:

- Download app from Apple Store
- Download app from Google Play
- Or via <https://parentsportal.scot/pportal/>

FHS SUPPORTS

Our FHS Supports Catalogue allows families to order household essentials **free of charge**.

Scan the QR code on the poster below for more info

we are **Ambitious**
we are **Kind**
we are **Inclusive**
we are **Supportive**



FHS SUPPORTS CATALOGUE

Scan the QR code below to order from our catalogue or [click here](#). Requests can be made during term time and there are no limits to the amount of requests you can make. Items can be collected from the school office, or can be delivered to your home. A member of our Staff Equity Team will contact you to arrange collection or delivery.

SCAN
ME



#weareFHS

WHAT OTHER SUPPORTS DO WE OFFER?

- Our **FHS Food Hall**, in partnership with The Trussell Trust Falkirk Food Bank, offers food packs for families anytime they order.



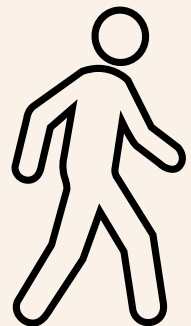
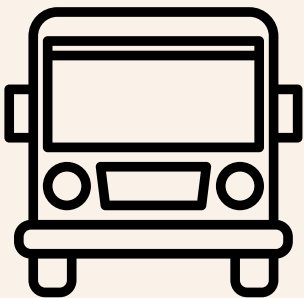
- All pupils are entitled to a free breakfast daily from the canteen thanks to our partnership with Magic Breakfast. Breakfast is available from 8.15am.



TRANSPORT INFORMATION

- Information regarding school transport can be found on the Falkirk Council website:
www.falkirk.gov.uk/transport/school-transport
- All young people in Scotland are entitled to free bus travel with a Young Scot card. Please let us know if your child does not have one and we can support with their application (collect from the school office).

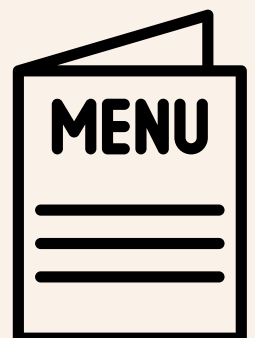
Speak with Julie Cunningham
(based in the Wellbeing Hub)
for more information on route
planning and
active travel to and from school.



SCHOOL MEALS INFORMATION

Information regarding school meals and applying for free school meals can be found on the Falkirk Council website: **www.falkirk.gov.uk/benefits/free-school-meals**

Scan the QR code below for more info



PARENT COUNCIL

- All parents & carers are welcome to attend the parent council.
- Parent Council is an opportunity for parents to express their views and find out more about the school.
- The minutes of parent council meetings are available on the school website.

One of the main events the parent council organise is the summer fayre. This is a great way to raise school funds and is always a fantastic family day!



CONTACT DETAILS

Telephone: 01324 679010

Email: falkirkhighschool@education.falkirk.sch.uk

Parent Portal App: Allows you to reports your young persons absences.

Follow our Instagram accounts

@falkirkhighschoolofficial

@fhs_celebratesuccess

@falkirkhighschoolart

@fhscreative

@feel_fabulous_in_falkirk

@fhs_changemakers

@falkirk_high_pe

@fhs_technologies_

@fhs_pslt1015

@fhs_pjlt



Absence
Telephone
Number

01324 501365

