

# BOROUGHMUIR HIGH SCHOOL

S1 S2 S3  
WELL-BEING  
WEEK

23 -25 June 2025



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# OUR GOAL

All of our S1-S3 Pupils will take part in Wellbeing Week from the 23rd to 25th June 2025.

Thursday 26th June is the last day of term and we will all be in school for that day.

Our Menus have been designed by our teachers to allow as big range of activities to build relationships, offer new experiences and boost our well-being at the end of a busy year.

Please look through all the options and submit your 1st, 2nd and 3rd choices by Monday the 30th of September via the forms below.

In order to take part in any of the activities we will require a £10 deposit via parentpay to be paid by Friday 11th October.

When we have allocated all the choices we will let all pupils and parents know after the October break.

If you know you will not be in school that week please let us know. All pupils need to make a choice and payment plans will be sent out when choices have been confirmed.

[No changes of activity can be made after 20th December and no refunds for any activities can be made after 20th December.](#)

Well-being week 2025



# Activity Menus



## Strategy Games

Contact Mr Kastelein or Mr Ross

We will spend the 3 days working on different aspects of the strategy games you are interested in.

This might include WarHammer, Armada, or any similar games. Activities will include making and painting of figures as well as developing and/or creating terrain.

The ultimate goal is to spend time playing the game itself.

We would like to meet as a group before hand too, so that we can discuss in advance which games we will focus on and plan how we will use the time, so that we can all get the most out of it.

It is really important to already have an interest and understanding of the games we work on.

Approx Cost - £20

Maximum Number - 20

## Great Boroughmuir Sewing Bee

Contact Mrs Cullen or Ms Davidson



Spend 3 days learning or improving all your sewing skills and make your own creations. This can be sewing, crocheting or upcycling and accessorising! Have full use of our fabric room and expertise of Ms Davidson and Ms Cullen

Approx Cost - £10

Maximum Number - 20



## Edinburgh Food Trail

Contact Ms Mitchelmore

If you love making and eating food then you will love the Edinburgh Food Trail. This 3 day foodie journey will include - Breakfast at Loudens, Pizza making workshop, a chocolate workshop, afternoon tea and if you have any room left a "Donut Adventure"

Approx Cost - £70

Maximum Number - 30



## Creative Writing, Yoga & Nature Walk

Contact Miss Tench

Join us for a peaceful three days of (very) gentle exercise and creativity! Relax with a yoga session, be inspired by nature, and do some creative writing with help and encouragement from us.

Approx Cost - free

Maximum Number - 20



## Foods Around the World

Contact Miss Grant

Who wouldn't want to cook with Miss Grant for 3 days! This will be a chance to plan and create dishes from around the world (and eat them).

Approx Cost - £30

Maximum Number - 20



## I Love Edinburgh

Contact Ms Dunlop

Do you want to become a tourist for 3 days and explore our beautiful city with your friends? This will include a Bus Tour, a visit to the Edinburgh Dungeon and The Camera Obscura.

Approx Cost - £30

Maximum Number -20



### I love Me - Spa/Wellbeing

Contact Ms Macleod

What's more important than feeling pampered, relaxed and the best version of you! Think facemasks, nails, yoga and everything that will make you feel rejuvenated for the Summer!

Approx Cost - £30

Maximum Number -20



### Surf and Turf

Contact Mr McDougall or Mr Bird

Try out a day of Surfing at Ratho, climb in the trees at Go Ape and Kayak on the canal. All of these are possible with "Surf n Turf."

All activities, transport, equipment are covered.

Approx Cost - £65

Maximum Number - 20



Contact Ms Stratton

This experience is all about the animals – a day out at Blair Drummond Safari Park, A day at the Zoo and a day on the Farm.

Approx Cost - £50

Maximum Number – 20



Robotics

Contact Ms Howden

Team up with friends to design, build and code your own Lego Robot to take on a series of puzzles and missions. You'll face off against other teams in head-to-head challenges to see who can build the most creative and efficient robot. A day trip to the National Robotarium is included where you will get an up-close look at cutting-edge robotics and AI technology.

Approx Cost – Free

Maximum Number - 20



I love Water

Contact Miss Presly

If you love adventures on the water then this menu is for you! Take part in some Canyoning near Dollar Glen, jump off the coastline in Fife and then have some fun on the canal in our kayaks. All activities, transport and equipment are covered in the cost. The return times may be slightly later than the end of the school day.

Approx Cost - £185

Maximum Number - 35

# S1 PUPILS

## RESIDENTIAL EXPERIENCE

S1 Only

Benmore

Contact Mr Anderson

### Description

Our Benmore Trip is a residential experience including a range of Outdoor Activities. Benmore is situated near Loch Lomond and has a climbing wall, high and low ropes on site and more activities based on the water off site. The trip leaves on Monday 23rd June and returns on 26th June. The cost includes all accommodation, meals, equipment and activities.

Cost £360

Maximum numbers – 100







I love Minecraft & Gaming

Contact Mr Lynch

Join us for an exciting three-day Gaming Adventure packed with creativity, technology, and competition! Unleash your imagination and win cool prizes in an all-day Minecraft Hackathon, working in teams to tackle a build challenge.

There will be a trip to the National Robotarium to see some cutting-edge robotics.

We will also visit Laser Quest for a battle followed by a gaming tournament.

Approx Cost - £10

Maximum Number – 30

## S2 PUPILS

No need to book

- One day of Humanutopia
  - One day of Hermitage of Braid
  - One day of Wellbeing Activities in the morning and Cinema at Fountainpark in the afternoon – we will make these choices later in the year
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### Duke of Edinburgh

#### Contact Ms Weiss

The Duke of Edinburgh Award scheme comprises of 4 sections:

1. Volunteering
2. Physical
3. Skills
4. Expedition

The Expedition is 2 days of walking and 1 night of camping and the majority of participants will do this during Wellbeing Week.

The other sections are completed in your own time over 3-6 months throughout the year.

During Wellbeing week, if you are not out on expedition you will be doing some related activities in school and the local area.

There will be a meeting in school for more information.

Total Cost: £185 (paid in instalments)

£30 non-refundable deposit

Remaining instalments to come January onwards

If cost is an issue please get in touch with the school as assistance can be provided.

## Residential Experience

### London Trip

Contact Mr Graham, Mr Thomson or Mr Ross

A cultural trip to London designed for those studying Drama, Art or Graphic Communication and Design & Manufacture.

Leaving on Monday 23rd June, we will travel by train to London where we will stay at The Royal National Hotel for 3 nights, returning on Thursday 26th June.

Activities will include: Two West End Shows, A backstage tour of The National Theatre, a visit to the Tate Modern and a workshop/tour at Warner Bro's studios – The making of Harry Potter.

The trip includes breakfast at the hotel each morning and dinner at a different restaurant each evening.

Please note - We will travel around London using the Underground or walking.

Total Cost: £650

£105 non-refundable deposit in October

Remaining amount paid in monthly instalments

Maximum number of participants: 60



## Residential Experience

### Iona Island

Contact Ms Yates or Mr Hamilton

We have an exciting opportunity to stay on the historic, beautiful, tiny Island of Iona.

There are 20 places available at a cost of £420 per person for a 6 day trip led by Ms Yates and Mr Hamilton (Saturday 21st-Thursday 27th June).

There is time and space to relax outdoors, explore the beautiful island with its white sandy beaches and profusion of wildlife, take time apart to reflect, read, walk or write – or simply to be quiet in the peace of the church or the landscape.

The Iona community have put together a programme for our school which is fully inclusive of all faiths (or no faith).

The programme will include a trip to Staffa, arts and crafts and exploring the Island.

Most rooms are shared, and bathroom facilities are also shared. Our renovated living quarters means that there are accessible bedrooms and bathrooms for those who require this.

Abbey prices include accommodation; breakfast, lunch, dinner and other refreshments; all programme sessions, music, art and craft opportunities, materials and guided walks.



## S3 PUPILS



### S3 Activity Menu

#### Paint Like a Professional

##### Contact Mr Thomson

Description – Develop sketches and master techniques toward completing a finished painting.

Spend time painting for a few days, using an easel and palette. You will have time to research a theme or subject then prepare surfaces for painting and make a finished painting (or paintings). You have the choice to frame your work professionally at the end of the 3 days.

Approx Cost – £10 for materials (and an additional cost of around £10-20 approx. for optional frame if desired.)

Maximum Number – 12

# BOROUGHMUIR HIGH SCHOOL

S1 S2 S3  
WELL-BEING

WEEK

23 -25 June 2025

PLEASE SCAN THE QR CODES  
BELOW TO CHOOSE YOUR  
OPTIONS:

S1 CHOICES



S3 CHOICES

