



TAIN ROYAL ACADEMY

ACADAMAIDH RÌOGHAIL BHAILE DHUBHTHAICH

Parents' Newsletter



Volume 8 Issue 8

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An t-Ògmhios 2009

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TAIN STORM THE ROSS-SHIRE ATHLETICS CHAMPIONSHIPS



On Thursday 25 June Tain's young athletes participated in the Ross-shire Athletics Championships at Queens Park in Inverness. We entered six teams, S1 Boys and Girls, U-15 Boys and Girls and Senior Boys and Girls. Each team had a number of competitors participating in various track and field events with every placing receiving points towards the team total. Every one of our athletes fought hard throughout the day and many were triumphant gaining personal bests. The day finished with the double points scoring relays where we finished first in the S1 Girls, U-15 Boys and Senior Boys, the S1 Boys and U-15 Girls came a close second and the Senior Girls came third.

It was great to hear all the Tain competitors cheering as TRA collected **five** out of the **six** team trophies. The only one we missed out on was the Senior Girls trophy which we will work on for next year's event.

A great achievement for the school and a big well done to all competitors!!!

Following interviews conducted last week the following S6 pupils have been appointed **Captains and Vice-Captains** for 2009-2010.

Congratulations to:

Captains: **Neil Gordon and Lana Hurren**

Vice-Captains: **Andrew Graham, Michael Johnston, Jack Raven, Sophie Robertson and Maire Trimble**



SCHOOL CAR PARKS - For Health and Safety reasons parents and carers are asked not to enter the schools car parks to drop off their children in the morning, or pick up children at the end of the school day. Thank you in anticipation of your cooperation.

School closes at 12.00 on Thursday 2 July and re-opens for pupils on Tuesday 18 August 2009

RECTOR'S COMMENT

I am delighted to welcome our new S1 pupils to TRA this week! All our current Primary 7 pupils have enjoyed a Highland Games and three days in class.

This session we have continued to make advances in Learning and Teaching, with many of our teachers taking the opportunity to train in Cooperative Learning, a methodology which helps pupils be more actively involved in their learning.

Once again I would like to acknowledge the hard work of all the TRA staff over the year. This dedication allows pupils many opportunities beyond what takes place in lessons.

In August we implement our new School Uniform. This has been the topic of discussion at our Pupil and Parent Councils. A separate letter to all parents and carers this week gives the details.

Finally I would like to thank all parents, carers, businesses and community volunteers for your support and input this session. It is much appreciated, and helps us all support each young person achieve their individual potential.

I hope that you all have an enjoyable summer.

Donnie Macleod, Rector

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★
★ **CONGRATULATIONS** ★
★ to ★
★ **Anna Giongrandi** ★
★ on her superb achievement ★
★ at the Scottish Athletics ★
★ event in Grangemouth ★
★ Anna won her competition ★
★ and is now the ★
★ **Scottish Schools Senior Girls'** ★
★ **Javelin Champion for 2009** ★
★ with a throw of 29m 62cm ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

TRA PARENT COUNCIL

It is forty three years to the month (June 1966) since Las Bravos had a successful disc titled 'Black is Black'. The June 2009 TRA Parent Council meeting agreed with the new initiative from the TRA Pupil Council that black will be black from the beginning of the new session in August.

Much progress has been made since the introduction of the TRA Dress Code but the revised rules debated and agreed by the Parent Council will mean that black is black and have no shades !!! The Pupil Council in bringing this issue to the fore are reflecting views expressed by many of their number that it is time Tain Royal Academy pupils looked the part.

During involvement in the recent interviews for Prefects and School Captain/Vice Captain, members of the Parent Council were impressed with the way applicants (and there were plenty of them) conducted themselves and as individuals reflected their pride in their school. Smartly turned out in full Dress Code they were a credit to all involved in their education at TRA, parents/carers, staff and fellow pupils. The new sixth year will set examples and help to create high standards for the black is black initiative.

There is also responsibility placed on parents/carers to support the wearing of the correct school clothing even if it means some disagreements with junior members of the family over ties, shirts and black being black. Let's give it a go.

The next meeting of the TRA Parent Council will take place in the Academy library at 7.00pm on Wednesday, September 16th.

This will be the annual general meeting as well as a business meeting. Parent Council membership for the 2009/10 session will be decided and office bearers appointed. Details will be distributed via the schoolbag mail in August.

The current Parent Council has vacancies and will be only too pleased to see members from the new P7/S1 intake. Meetings are once a term and all attending are free to participate. Parents/carers of all pupils at TRA are always made very welcome at Parent Council meetings, so put September 16th on the kitchen notice board !!!

Have a good summer.

Paul Hoggarth, TRA Parent Council

ALLADALE CHALLENGE 2009

From the 18th-23rd May we went to the Alladale Estate for the Alladale Challenge. At Alladale estate they are trying preserve the Highlands and put it back to the way it was by planting trees and reintroducing animals. They invited schools from all over the Highlands to see how an estate works and do a variety of outdoor activities.

We went for a week from Monday morning till Saturday morning. We started off at Base camp where we had the luxury of porta loos! On Tuesday we prepared for our big hike by sorting out our food, packing our gear into our rucksacks and studying the route. Lots of us found it really difficult but when we reached our campsite by the side of the loch we were all relieved that the hardest part had been done. Next day going to the top of the hill seemed easy though touching the trig point was hard because of the wind! We camped down in the



valley by the river for two nights and during the day we got involved in feeding the animals, abseiling, scrambling, fly fishing and planting trees. Most of us were quite nervous about the abseiling but we all felt great after we did it. It would have been really nice if we had caught some fish for dinner but the only person who caught one was Poppy, one of the estate rangers.

Five nights of sleeping in tents with no basics like hot water or toilets was an experience and it was quite a large order cooking for fourteen on Trangias in the open air. It always seemed to be raining when we

prepared the food!

So as we said in the title, it was a challenge but everyone had fun, got to know each other better and learned how to work in a team.

Ross Munro, Kirsteen Ross & Emma Stout

EDUCATION MAINTENANCE ALLOWANCE (EMA)

Could parents and carers please note that students must comply with the attendance guidelines in order to receive regular EMA payments.

EMA is a weekly payment, paid directly to young people from low income families who stay on in further education after they reach statutory leaving age (ie after the end of their compulsory schooling).

The new application forms for 2009/10 are available from July at your local Service Points and at your school office from start of term. Information leaflets are also available.

Reminder to parents that we offer a

HOMWORK CLUB

on every school day at lunchtime for all pupils.

It takes place in the school Library

Resource Centre and teaching staff are

on duty to help Tuesday, Wednesday and Thursday.

Non-teaching staff are available on Monday and Friday.

We think this is an excellent opportunity for our pupils and

would like to encourage more pupils to attend.



SCHOOL BAGS AND HOMEWORK

It is important that pupils make sure they bring the

necessary books and materials to school each day. It is

very helpful if parents make sure that school bags are

taken to school each day. A pupil who does not do this will

not be able to do homework properly. We would be

grateful if parents made sure that school bags were used

daily.



S1 BADAGUTISH EXPERIENCE 2009

Between Monday 8th and Friday 12th June most of the S1 pupils spent two days away from school and home at Badaguish near Aviemore.

The Badaguish experience was organised so that every pupil in S1 had the opportunity to take part in a number of different activities in a new environment away from school and home. Activities included science, technology and maths challenges, art projects, canoeing or mountain biking. The pupils also concentrated on learning and extending their life skills by working as a team with their teachers to ensure everyone's stay away from home was a really positive experience.

Both pupils and staff enjoyed their time away and I know there were many memorable moments for both the pupils and the staff.

I would like to thank all the staff who helped make this such a great success, with particular mention to Vicky Adam, Marion Munro, Iain Carlton, Deborah Marshall, Jane Pottie, Isabel Anderson and Jackie Morrison who gave a lot of their time to make this project a reality.

I would also like to thank the S1 pupils for getting so involved in all the activities while at Badaguish both curricular and extra-curricular. They are a credit to themselves, their families and the school.

Katie Elder, June 2009

A selection of photographs and positive comments from many of the pupils on the S1 trip:

"My trip to Badaguish was amazing! It was the first time I'd been away from home in a school event. Everyone was so well behaved."



"When the time comes for first years to go to Badaguish, every first year should go. Even though you have to help around the lodge there are lots of fun new activities for you to try."

"When I went to Badaguish my most favourite activity had to be the mountain biking as it was really physical and you had to get up the giant hills and try to keep up with everyone in the group. After all the hills were done we got to go down a massive hill which was super."



"My relationship with my friends improved while I was at Badaguish.

I found out things about my friends that I would never have known during school time. The time that will always stick in my mind is when a handful of us all went down to the beach in the evening to play rounders and during that time I made some wonderful friends that I never knew existed in first year."



"There were lots of other good activities as well like the art activity. We went to the beach and got to make things out of sand and draw the landscapes which were amazing! There was the Maths challenge and making rafts. My teams' raft won! It had to hold a record amount of marbles and not sink. We ran out of marbles so my team won with 131 marbles, 2 apples, 2 tomatoes and an orange.

At Badaguish I gained the opportunity to get to know more people in my class. Also getting to know the teachers a bit better as well. I think our whole group worked well together.

I will always remember Badaguish, it was really, really good."



"My best activity was definitely kayaking because it was something I had never thought about doing before. We were kayaking at Loch Morlich, a beautiful setting surrounded by trees and sand.

At Badaguish I gained more social skills like paired work, I gained more patience. I also gained skills that I thought I'd never know or learn like kayaking."



"Thank
you
to
all
the
teachers
who
made
this
trip
possible"



"On the last night we got to choose a sports activity so I chose to go to the beach at Loch Morlich. We played rounders, girls and teachers (Mr Douglas and Mr Carlton) against boys. The boys got beaten by a bunch of girls and teachers! We also played Frisbee and football.

Badaguish is brilliant and you will not miss your T.V at all. Everyone is nice to each other and everyone is happy, even the teachers!"



"I gained the most from just being there with the rest of my class. Every challenge we did I learnt something different. There wasn't one activity I didn't learn from. I think I will always remember this experience as an amazing one. Mixing with other people from other classes showed me how little I knew about them and how much I found out."

Mr Mtete's Visit to TRA

During the week 18th to 22nd May Mr Dickson Mtete visited TRA from our link school in Ekwendeni in the north of Malawi. Mr Mtete is the head teacher of the Ekwendeni Community Day Secondary School.

The visit was a follow-up to Dr Jennifer Ross' visit to the Ekwendeni CDSS in October and was funded by the Department for International Development, through the British Council. Its purpose was to continue development of curricular links with a view to improving understanding of global issues among the young people of both schools.

On the journey up from Glasgow airport on the 17th with Mr and Mrs Gray, Mr Mtete was introduced to Ronald and Sheila Cameron, former members of the TRA staff. Since the Camerons had spent five years in Africa, this was a particularly interesting visit.

During his stay in Tain Mr Mtete spent time in many classrooms and was introduced to many aspects of the life of our school. He travelled with S2 and S3 pupils as they set off on their week in Alladale and was given an insight into the varied aspects of educational provision in the Academy.

Among the many classes Mr Mtete joined was an RE one working with Cooperative Learning strategies, a PE class demonstrating Scottish country dancing, a Modern Languages class using computer resources and a Maths class using an electronic whiteboard. He participated in an extremely interesting HE lesson in which Mrs Rush was demonstrating



Malawian foods and Mr Mtete had brought samples of typical foodstuffs from Ekwendeni to show the pupils. He spent time in the Geography department, which is planning to develop work on

"trade and aid" in conjunction with Ekwendeni CDSS. In English classes he held fascinating question-and-answer sessions and helped plan for an exchange of information on the lifestyles and attitudes of young people in the two communities.

On his final morning in the school he met Mr Paul Hoggarth, chair of the Parent Council, and was photographed for a press story being presented with a cheque which represented the proceeds from fund-raising by Mrs Carolyn Love and her daughter Eleanor.



To help develop Mr Mtete's understanding of the area in which we live, David and Heather McAllister gave him a tour from a historical point of view. He also saw salmon jumping at Shin Falls. He saw Craighill Gaelic medium pupils playing football under the guidance of Mr Donald Beaton and he was made very welcome by the Tain Pipe Band at their Tuesday evening practice - even being given a shot of the pipes himself!



Mr Bruce Tucker of the Cromarty Firth Port Authority took time to show Mr Gray and Mr Mtete

round the Port Authority properties, and explained how their activities contribute to the local economy.

On Monday evening Mr Mtete attended a Gizzen Briggs rehearsal, where he was presented with T-shirts and CDs as gifts from the group.



Mr Mtete brought gifts himself for the school from Ekwendeni. Not only do the staff now have some particularly fine coffee and tea from that area, but visitors to the school will see two splendid

carved elands in the display case at the front entrance to the school.

Meetings with Mr Macleod, Dr Ross and Mr Gray helped clarify the way forward for the two schools and a Partnership Agreement was drawn up. Mr Wright was involved in discussion of ways in which computer links can be developed.

At the end of the week Mrs Love and her family entertained Mr Mtete and explored the area further with him. Eleanor has recently visited Ekwendeni and had met Mr Mtete there. Dr Ross and her husband then took him south for his return flight, visiting Edinburgh and Blantyre (the birthplace of David Livingstone who is such an important figure in Malawian history) on the Saturday.

We all enjoyed meeting Mr Mtete and were grateful for his contributions during the week. It was only a pity that his visit was limited to one week. We look forward to increasing contact between our two schools.

Angus Gray, Depute Rector

GÀIDHLIG NEWS

The first of January 2009 was the **90th Anniversary of the sinking of the boat The Iolair** at the mouth of Stornoway harbour. The Iolair was carrying three hundred soldiers and sailors, who had survived service in the First World War, back to their homes in Lewis. Two hundred men lost their lives. Two hundred families lost their fathers, brothers, sons and loved ones. After researching this subject S1 Gàidhlig decided to create and perform a play based on this tragedy. With a bit of help from Dougie Begg from Fèis nan Gàidheal a wonderful play was produced. We invited pupils from Craighill and Bonar Gaelic Units to come down for the performance and Mrs Beaton and her pupils provided a lovely picnic for our young visitors.

During the Easter holidays Connie MacLeod and Megan MacKay attended a five day trip for Gaelic speakers in Tiree. The trip was organised by Comunn na Gàidhlig and involved wind surfing, sand yachting, boat trips, visits to museums, circus skills workshops, ceilidhs, disco etc, etc. Gaelic was the language of the week and Connie won the prize for best speaker! Both pupils returned having made new friends and with great memories and great stories to tell.

Meanbhchuireag - we had a dramatic visit from the well known Gaelic actor Arthur Donald and Dougie Beck and Aonghus MacLeod. Arthur led us in fantastic drama games. We then performed the comedy "Am Partaidh Purpaidh"

As part of their work on "The Media" S1, S2 and S3 visited **BBC Scotland** in Inverness. We had an interesting tour of the BBC and on their visit S1 recorded a short film and saw the editing process of their work. On the S2 and S3 visit all the pupils were filmed reading out the news headlines in the BBC Scotland news chair. They looked like true professionals and the producers were impressed by how well they performed. This is a super link and we have been invited to encourage pupils to visit on work placements.

Many of us have been entertained by Alexander Macleod on the BBC tv show **Breab** over the last few weeks (it is on bbc iplayer). Alexander has now left school and we wish him well in whatever direction his many skills will take him.

Gaelic has moved from room 7 to room 21. The space is great and we look forward to expanding into the space both numerically and qualitatively!

R Robertson

EDINBURGH ZOO - FALKLAND ISLAND LINK PROJECT - Class 1.3 & 1.6

Pupils from schools all over Scotland and the Falkland Islands carried out group projects about local wildlife. We also had a visit from Laura, an education officer from Edinburgh zoo, who taught us more about wildlife in the Falkland Islands.

The winning group from TRA was Aden Halsey, Calum-Iain MacLeod, Scott Johnston and Daniel Smith who carried out a project on 'The Arctic Skua versus the Peregrine Falcon'. They won the chance to visit Edinburgh zoo to study animals native to the Falkland Islands and to talk to pupils from the Falklands over a live video link. They also created an enrichment activity for the penguins using CDs and string. We all had a fantastic day!

J Ross



Tain and Easter Ross Ward Forum

Wednesday 19 August 2009

in Nigg Village Hall from 7.30pm to 9.30pm

(refreshments from 7pm)

The Highland Council is starting work on its new land use plan for the Highlands which will help shape the way our towns, villages and countryside look in the future. We want to know what you think are the main issues in the Tain & Easter Ross Wards and get you involved in the preparation of of **HIGHLAND WIDE LOCAL DEVELOPMENT PLAN**.

The Forum meets regularly and members of the public are welcome to attend.

There is a 20 minute slot allocated at the end of the meeting for questions from the public. Please contact Carol Elliot, Ward Manager, Tain Service Point or by phoning 01349 886643 or by emailing carol.elliott@highland.gov.uk, if you have any special requirements/needs to help you take part.

SUMMER MUSIC

On Tuesday 16th June Tain's Collegiate Church was the venue for a Tain Royal Academy Evening of Summer Music. This was something of a swansong for several senior pupils who have been delighting local audiences for many years and who are about to leave school.



The programme was like a patchwork quilt, each item providing its own vivid colour and the whole event a sparkling and varied collection. From the Junior Gizzen Briggs players who opened, through to the accomplished conducting of Patrick



Butchard in the closing *Eine Kleine Nacht Musik*, the range of performances was outstanding.

There was jazz, with Stephen Butchard and

Alister More featuring in solo pieces. There was classical music such as Emma Beesley's Mozart bassoon music and part of Vivaldi's *A Minor Violin Concerto* played by Imogen Rodgers and Lindsay Halford. There was excellent ensemble playing, with Pachelbel's *Canon* sounding particularly fine in the lovely acoustics of the venue.

Solo performances offered many contrasts. Ali Polson Mackenzie's trumpet piece, *Circus Rock*, was played with gusto and the audience was left wondering if there is gypsy blood in Lara Vickery's veins after she captured the flavour so well of Brahms' *Hungarian Dance No. 5*.

Melissa Whitehead, one of those saying farewell in this concert, gave a fine performance of a Neil Gow tune and Laura Beesley showed great control in *Ardnagashel*. Katie Bremner and Shona Berque, soloing on violin and clarinet respectively, demonstrated the maturity of their talent and Laila Hudson's performance of *Gabriel's Oboe* was another fine demonstration of the acoustics of the building.

Added to this were the Wind Group's *Divertimento* on *3 Blind Mice*, the Jazz Band's *Doxy*, the Flute Trio's *Lotus Talk* and the Sax Trio playing a piece by Boismortier. This was a heady mix of talent



for such a concert and to this was added one further element - the TRA staff choir. Under the direction of Roddy McLean they sang *The Lord is My Shepherd* followed by *Wakate Wa Amani*, the impressive fruits of many lunchtime rehearsals.

The musicians were extremely grateful to Mrs Morag Bremner who had opened the Collegiate Church for the evening to provide such an excellent venue for such fine music.

Angus Gray

SCHOOL SPORTS 2009

Tain Royal Academy's annual Sports Day took place on Thursday 18th June and it was an exciting time for all of our young athletes. The day provided an opportunity for all pupils to excel outside the classroom, to compete and set personal bests and overall have an enjoyable and fun time - and that they did!!



The day got off to a showery start, however, the sun found its way through the clouds. In the morning, track final's included the 200m, 300m and 800m races. The S3 boys' 200metre race proved to be very exciting with Donald Matheson beating Calum Macdonald by only 2 hundredths of a second to come home in a time of 25:82 seconds. Field events included High jump,



long jump, triple jump, shot putt and javelin. Finals of all discus competitions had taken place on Heats Day and winners of the competition included Anna-May Dwyer and Scott Ferries (S1), Kitty Trimble and Stuart Greenlees (S2), Eva Dwyer and Ryan Ross (S3) and Rachael Vass

and Gordon Mackay in the senior event.

Various track and field events took place throughout the day and one of the most exciting and closely contested event was the 100metre race. In the S1 event Lewis Mackay crossed the line in a finishing time of 13:51s, however, his rival Scott Ferries just piped him at the post to win the race in 13:23seconds. The senior boys' competition was even closer. Sam Brennan flew home in a time of 12:03sec to beat his closest rivals Chris Mein and Kevin Gilmour.



Throughout the day many personal bests were achieved and this was down to the determination and drive of pupils.



Four school records were also smashed. Shirley Smart (S2) jumped an astonishing 9:22 metres and Elspeth Haynes (S1) similarly was impressive with a record jump of 6:85m in the

triple jump, Anna-May Dwyer achieved 15:70m in the javelin competition and Calum Thompson (S3) broke the 1500metre time completing the race in 5:07 minutes. Well done troops!

Both the Home Economics and Pupil Support Departments provided refreshments, home baking and ice-creams throughout the day to both spectators and competitors.

The day came to a climax with the House relay races, with the following results:-

- S1 Boys - Garrick
- S1 Girls - Struy
- S2 Boys - Duthus
- S2 Girls - Struy
- S3 Boys - Morrigh
- S3 Girls - Morrigh
- Sen Boys- Struy
- Sen Girls - Struy

Our Sport's championships competition was one of the closest competition's for years. The lead kept changing places throughout the day.

At the end of the day **STRUY** were the run away winners of the House trophy by over 100 points.

A special mention should be given to Anna Giograndi in S5 who participated in the Scottish Schools athletics competition at Grangemouth. Anna **won** the senior girls event with a throw of over 29metres and is now officially the **Scottish Schools Champion 2009**. Well Done, Anna!!!

N Dillon, PE Dept



TRA SPORTS CHAMPIONS 2009

S1 BOYS

- 1 Scott Ferries (G)
- 2 Ross Gollan (S)
- 3 Lewis Mackay (D)



S1 GIRLS

- 1 Elspeth Hayes (D)
- Jacqueline Greenlees (S)
- 2 Anna-May Dwyer (S)
- 3 Georgia Dryburgh (S)

S2 BOYS

- 1 Stuart Greenlees (S)
- 2 Michael MacLean (S)
- 3 Scott Fraser (G)

S2 GIRLS

- 1 Shirley Smart (D)
- 2 Mary Maclellan (S)
- 3 Anna Stewart (S)

S3 BOYS

- 1 Donald Matheson (M)
- 2 Calum Macdonald (G)
- 3 Callum Thomson (M)

S3 GIRLS

- 1 Corina Smith (S)
- 2 Kia Thomas (M)
- 3 Megan Mackay (S)

SENIOR BOYS

- 1 Alec Beattie (S)
- 2 Gordon Mackay (G)
- 3 Sam Brennan (S)

SENIOR GIRLS

- 1 Anna Giongrandi (S)
- 2 Steffanie Hughan (M)
- 3 Leanne Garrow (S)
- Joanna Hoggarth (G)

NORTH OF SCOTLAND SCHOOLS ATHLETICS WINNERS

TRA took a squad of athletes to the North Schools athletics in June and were successful winning the following:

GOLD	SILVER	BRONZE
Anna Giongrandi Discus and Javelin	Kitty Trimble Discus	Mary MacLellan 100m
Shirley Smart 75 Hurdles	Elspeth Hayes Javelin	200m
Kevin Gilmour Long Jump	Stuart Robb High Jump	Anna Stewart Shot Putt
Kevin Gilmour Triple Jump	Stuart Greenlees 80m Hurdle	Emma Foster Javelin
Scott Ferries 100m	Ross Gollan 1500m	Gordon Mackay Javelin
	Andrew Robertson Discus	Callum Thomson 1500m
		Lewis Mackay 100m and 200m
		Chris Johnston High Jump

Group C Girls 4 X 100m Relay - GOLD	Group D Girls 4x 100m Relay - BRONZE
Group B Boys 4 x 100m Relay - SILVER	Group D Boys 4 x 100m Relay - SILVER

FITNESS CLASSES

Some fitness classes will carry on throughout the summer holidays.

Classes are:

- Monday - Third Age Keep Fit - 10.30-11.30am
- Cardio Cycle - 7.15-8.00pm
- Thursday - Cardio Cycle - 6.30-7.30pm
- Friday - Pilates - 10.00-11.00am



swimming pool and fitness room will be open all day, and names are already being taken for our intensive block of swimming lessons.



TAIN GALA SWIMMING COMPETITION



Please come along on the 4th of July, classes for all. Please book at reception.

SUMMER ACTIVITIES

The summer activities for the Tain area are now confirmed and bookings can be taken. We're sure we have something for everyone. For further information collect a brochure from TRACC or visit www.highlandeventsandfestivals.com

Our timetable for Summer is now available. There are various classes and schemes available this summer in our varied and full timetable. The

Out of School Club is also available throughout the holidays with booking and registration essential. The children receive a health snack in the morning and afternoon but they must take their own packed lunch. There is a morning session and an afternoon session as well as an all day session. This is a great club with the cost being only £2.75 an hour per child. Information packs and registration forms can be obtained from TRACC reception.

TAIN AMATEUR SWIMMING CLUB

Are you interested in swimming, do you want to learn and train more? Contact a Supervisor at TRACC or the Swimming Club for more information.

Need more information on any of the above? Just call the TRACC Office now on Tain 893767.

**HAPPY SUMMER FROM
ALL THE STAFF AT TRACC**