



TAIN ROYAL ACADEMY

ACADAMAIDH RÌOGHAIL BHAILE DHUBHTHAICH



Parents' Newsletter

Cuairtlitir

Volume 6 Issue 8

June 2007
An t-Ògmhios 2007

Inside this issue

- Rector's Comment
- Welcome to new S1
- Free School Meals
- Retirals and New Staff
- Goodbye School Board
- TRA's New Reporting System
- Congratulations to Head Buddies
- Dress Code
- School Bags and Homework
- S2 Culloden Field Trip
- Scripture Union Camp
- Munich 2007
- Scottish Youth Parliament
- Red Nose Day
- Homework and Breakfast Clubs
- 2007 Sports Day
- Belgium Trip 2007
- St Duthus Cooks Tour of Ross-shire
- History of TRA Exhibition
- TRACC News
- Entitlement Information

RECTOR'S COMMENT

It is hard to believe that we are almost at the end of another session. We wish those pupils who have finished at TRA all the best as they move onto university, training and employment.

I am pleased that we have made significant progress with the buildings this session; the third phase of rewiring is almost complete, the refurbishment of the toilets in the three storey block is well underway and the Hartfield Road entrance has been much improved. During the summer holidays the authority are replacing the gym roof and we are refurbishing the lecture theatre.

In the new session we will concentrate on the ways we can continue to improve our curriculum and Learning and Teaching.

The School Board has now come to an end. I am greatly indebted to all the parent members, co-opted members and our pupil and staff representatives over the years. The Parent Council commenced in August with a very healthy number of parents involved. Please keep an eye to the newsletter for the information on the activities of the Parent Council.

Finally, on behalf of all at TRA I wish you all a relaxing and enjoyable summer holiday.

Donnie Macleod, Rector

RETIRALS

We will be very sorry to lose the services of two long serving members of staff at the end of session. Mr Jim McGillivray was successful in the recent elections and is now an elected member for the East Sutherland and Edderton Ward. Dr Drew Turnbull retires after thirty four and a half years service. We extend our very best wishes to them both.

NEWLY APPOINTED STAFF Ms Kathryn Sharples - English; Mrs Vicky Adam - Mathematics and Ms Jane Pottie - Physical Education.

Sean Ross was omitted from the Awards List in some copies of last months Newsletter. Sean was awarded the Owen Karl Finlayson Memorial Trophy for the pupil who, through the input of the support department, has shown significant personal achievement.



**A BIG WELCOME
to our new S1
pupils who are in
TRA for their visit
this week!**



Application forms for Free School Meals and Assistance with School Clothing can be collected at TRA School Office. See information on back page of this newsletter.

School closes at 12.00 noon on Thursday 28 June and re-opens for pupils on Tuesday 14 August

GOODBYE SCHOOL BOARD!!

The final meeting of the Tain Royal Academy School Board was held in the Academy library in June. As well as being attended by board members, parent councillors from the incoming Parent Council were also present and participated in the meeting.

The previous board meeting in April had heard from the Rector of budget cuts made to all secondary schools by Highland Council which would take effect during the 2007/08 Academic Year. As a result the board had written to the newly elected local Highland Councillors bringing the matter to their attention.

At the June meeting Rector, Donnie Macleod, was able to tell the Board that although the cuts remained in place for the coming year secondary heads would be in a much improved position to discuss finance with the Directorate in future.

The Rector also informed the board that a follow-up report to parents on actions from the HM Inspection of 2005 will be available shortly.

There was a discussion with all present, both staff and parents, about the Academy dress code with a report due on its current status at the September Parent Council meeting by the staff member who leads in this area.

The subject of a Homework Policy was also on the agenda providing a lively debate. The Rector told the meeting that the Academy would revisit this subject in the near future and report back.

Just before the final board meeting closed, appreciation and thanks were expressed by both the Rector and the chair to long serving office bearers Catherine Vass and Andrea Mackintosh who were Treasurer and Clerk to the TRA board.

At the end of the evening there was a short opportunity for the incoming Parent Council members present to make arrangements for the transfer of funds and outstanding matters so there would be a smooth changeover. In addition early discussions were held which it is hoped will lead to the re-introduction of parents and staff social and fundraising events at Tain Royal Academy.

Paul Hoggarth, TRA School Board

TRA'S NEW REPORTING SYSTEM

During this session teachers in the Academy have introduced a new electronic system for reporting to parents. This was designed to give parents more information and to help us streamline administration in the school.

A key feature of the new report was an indication for parents of the targets which pupils have been working towards. This was a response to the HMI report on TRA eighteen months ago which suggested that we put more emphasis on target-setting.

We asked S1 and S2 parents what they thought about the system and the results of our questionnaire were very positive. We asked if parents found the report easy to understand and whether it was helpful and almost all responded positively. We asked if it was useful to include information about targets and almost all said that it was.

We also asked if parents thought that reports should be emailed home. There was a large majority against this suggestion. Parents' comments suggested that it would not be easy for some to access reports which were e-mailed home.

Many parents made helpful comments of a general nature in addition to answering the questions. All comments will be considered and we will look at ways in which we can improve the system.

I would like to thank all parents who responded to the questionnaire. It is our intention to extend the new system to other year groups since it appears to have been a success this session with S1 and S2.

Angus Gray

CONGRATULATIONS

to the newly appointed
Head Buddies:

Laura McKinlay and Robyn MacKay

S2 CULLODEN FIELD TRIP

DRESS CODE All new S1 pupils have been issued with a letter detailing items which are available from National Schoolwear Centres in Inverness. Items are available with our school logo. Please ask at the school office for a copy of this.

Please remember though, that the basic principle is that pupils come to school in plain black or white tops and black trousers or skirts.

Many thanks for your continued support in this area - we look forward to a strong turnout in August! Please contact me at the school if you have any queries

George Trimble



All of S2 went to the Culloden Battlefield for a History trip because we have been learning about the Jacobites. At the visitor centre we watched a short film about the battle. Then we went to see the blackhouse and the weapons used at the time. We went onto the battlefield and filled in worksheets. The field was just like the way the school books say with lots of heather. Some pupils even tried a Highland charge. Everyone had a fab time!

By Rachel Andrew (2D)

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.

SCRIPTURE UNION CAMP

During the weekend 8 - 10 June 2007, thirteen pupils from TRA joined with pupils from Dingwall, Alness, Golspie and Invergordon Academies to take part in the annual Ross-shire Secondary Schools Scripture Union Weekend to SU's own centre at Alltnacriche, near Aviemore.



The weather was great and a fun-packed weekend was enjoyed by all. On offer was a mixture of activities including kayaking, drama and crafts with an opportunity to experience the thrill of the aerial runway, assault course and ever-popular

visit to Landmark at Carrbridge. One of the highlights of the weekend (for the pupils at least) was the special dinner and ceilidh on the Saturday night. There, the staff took on the role of waiters and waitresses and served the pupils from an excellent menu produced by Shirley, the cook. As might be expected, the pupils took the opportunity to put the staff through their paces leaving just enough energy for the poor old souls to join in the ceilidh at the end. This was followed by the Oscar Award Ceremony which celebrated the superb parable dramas produced by different groups over the weekend.

James Duce or 'Duicy' as he became known, was the speaker for the weekend. James, an ex-Dingwall Academy pupil who now works in a church in Aberdeen, presented teaching on the parables of Jesus. Our very own Graham Nutt of Tain Youth Café also took a number of sessions. Overall, a great time was had by one and all and the staff agreed that the camp was one of the best ever, thanks in no small measure to the excellent behaviour of the pupils.

Mike Stainke, RME Department

MUNICH 2007

The ferry was brilliant! There was a wide selection of food at the buffet. The only two things I didn't like about it was that there was ONE plug to a room and it was sometimes hard to walk about because you sway all the time! Finding the top bunk was a hard job too. They came down from the ceiling.

Ashleigh Jedan

The trip out of Rotterdam wasn't that bad, the harbour seemed to go on for miles and miles and miles. A few stops down the road we met some very nice Germans. They had stopped for a picnic and had a big pot of soup and bread. So they invited some of us over for some soup and bread, most people were a bit shy but not me and Alasdair. We had three bowls each!

Matthew Kitchen

On our first day in Munich we went to the zoo. It was a nice relaxing event after our two day trip to Munich. Everyone had loads of fun looking at all the animals. There were loads of different animals, half of them I have never seen before. We took lots of pictures and it was really nice to be able to have this experience with all my friends, it made it much more fun.

Amy Jack

I was amazed by the Allianz Arena and I would LOVE to play football for Bayern Munich there. The fans seem to be great and passionate about their team. I'd like to have number ten and be a striker for them.

Dachau - what it means to me
Before I went to Dachau, I was wondering what it would be like. I had seen a concentration camp before, in the film, 'The Hiding Place' written by Corrie ten Boom. We watched it in RME and I had been moved by it. I knew I didn't want to go through this experience unthinkingly and let it pass me by.



I wanted to learn from it.

First I saw a square of large white buildings with gravel in the middle. The gravel was light coloured and made my eyes sore. It was extremely hot. Beyond that there were rows and rows of foundation stones where the prisoners' rooms used to be. Away to the top left was a building which was the gas chamber. There was a big oven where people got loaded into when they were dead. There was a room where people had to get undressed and they had to go into the next room which had fake showers and that was the gas chamber. The shower heads were to make people think they were going to have a shower. Then the gas came out of a little switch in the corner of the wall. I tried to imagine what it must have been like to be one of those people. I saw drains in the floor and I was wondering what they were for and I realised they were for blood to drain away. I don't think we can imagine what it was like.

We saw a film about Dachau and its history and it was very gory with images of big piles of bodies stacked up ready to be burned.

The guide told us about one person who managed to escape. He jumped across the river ditch and he threw a blanket over the electric fence. Somehow he managed not to get shot and he climbed over and ran away as fast as he could.

The people in the camps had to do

meaningless work, like stand outside in any weather for four hours. Then they let them go back in and took them straight out again for another four hours. If I was them I would have been so angry. Sometimes people collapsed of exhaustion. The work was very hard and some people died because of this.

They didn't feed them properly and they were starving. There were up to two thousand people in one small room at a time. It must have been misery.

It didn't make me think badly of the German people, but I do think badly of Hitler. Leaders have to take responsibility. He must have been very cruel and wicked. The people who followed him must have been blinded or something.

I don't think Dachau could happen again today because everyone hates the thought of war and all that happened and I am very thankful for that. I think everyone has a right to see this and it is good to see, although it is shocking, to realise what happened.

This could happen in any country - it wasn't about just Germany. I think nowadays people would step in to stop it. People couldn't stop it at the time as it was done undercover. Ordinary people were just going on with their lives and they didn't know what was happening. The mystery is that people must have seen their Jewish neighbours being taken away and they didn't realise what was going on. Maybe they were scared if they said anything they would be taken away too. What can people do anyway against men with guns?

It must have been really terrible when the news came out about what had been going on. Words can't describe how they must have felt. In the Youth hostel were lots of pictures of swastikas which

had been crossed out. I think today the Germans are embarrassed about what happened. I think they feel guilty. I think the rest of the world has forgiven them - they are forgiven in my eyes. I don't know any Jewish people. I don't think they would want to talk about the Holocaust.

There is a sculpture in front of Dachau to represent people who had run into the barbed wire fence. It looks evil and it sticks in my mind when I think of Dachau.

I am very glad I went. I learnt a lot. People said before we went that it would change us. I'm not sure if I'm changed but it has given me a lot to think about.

John MacLellan

We visited the **Olympia Park**. Some people did abseiling and the roof tour. The others got a ground tour. I did the ground tour and it was really amazing. We got to see the sponsor bars and the stadium. It was huge. Some of the girls ran a lap. I just sunbathed and watched the abseiling. The tower tour was also amazing. You got a full view of



Munich and the park.

Jenna Murcar

Abseiling was one of the most fantastic experiences of my life! Walking along that roof and then tipping back to abseil, I would do it every day if I could! The huge tower had the most amazing view I have ever seen. The lift was funny because everyone's ears were popping!

Some of the **buildings** we saw were

absolutely amazing! For example the big cathedral, BMW factory, Allianz Arena, Olympic Park and even the Youth Hostel were different! The statues were pretty cool too!, like the giant walking man and the 3D map of Munich! Some of the art in the gallery was really nice as well.

Joanna Hoggarth

The Alps, wow! After a long trek



up a steep, twisty hill this was the view that met us. All that was stopping us from falling down a



150m gorge was a rickety old wooden rope bridge holding about thirty tourists. But what a view it was! Neuschwanstein (a fairytale like castle) mounted on a rocky hill on one side, and a spectacular view of the Alps on the other.

Craig Simpson

Despite the freezing water, there was a definite heat in the Alps. Whereas in Scotland, it's just cold, windy and rainy a lot of the time **Katie Melville**

Once back on the bus we travelled to a **Monastery** where we had our dinner of Pancake Soup and Beef Stew and Dumplings. I can honestly say that it was the best meal I had in Germany!

Alasdair Mackintosh

At the **Bavaria Film Studios** we saw how they made things look like

they're flying and looked like parts of their body had gone by covering them with blue material. We got to sit on the dragon from 'A Never Ending Story.' We saw Asterix's hut and Oblix's quarry. We saw how they put names under people who were talking on the news. We saw fake buildings that had been used in films just for people walking in and out. We made our own film that showed us how we can splice things together and speed things up.

After seeing that we went to a small cinema called Wir Lieben Kino. It was a 4D cinema, making it look like things were popping out of the screen. It was scary. There was an old man that kept talking in German and doing an evil laugh. We had to have a thick pole across our chest to stop us falling as our seats jerked and wobbled making our tour of the mine more real. After that we went to see a stunt show. It was amazing and funny! Mrs Love got to smash a sugar bottle over a man's head. It was funny! We were shown how they use sound effects. A man came out of a fire covered in flames, wearing a flameproof jacket of course! They also acted as burglars trying to escape from the police. It was great! **Suzie Love**

We went **swimming at the Olympia Park**, the pool was huge. There were diving boards that went up to ten metres. Julie, John, Alex, Ally, Mrs Love and me all jumped off it and it was the scariest thing I have ever done in my life!

Rachael Vass

Goodbye Munich - I would definitely return to Munich. We all had so much fun, I enjoyed every minute of the trip. Germany is a nice country and it's a lot cleaner. I don't think I saw one piece of chewing gum on the ground. I wish I could go again next year and do it all over again!

Carlene Murray



JUNE SITTING OF THE SCOTTISH PARLIAMENT

This past weekend has seen Dundee host the 8th AGM of the Scottish Youth Parliament. As MSYP for Caithness, Sutherland and Easter Ross I went down along with a group of four other Highland MSYPs to represent the youth of our area. The event was largely taken up with training and workshops to help MSYPs connect and communicate with the community. The weekend also included the SYP internal elections, in which we elected a new chair (John Loughton MSYP) and new Subject Committee conveners. Also up for grabs were twenty places in the UK Youth Parliament, which I am now a member of, for the 'Scotland' region.

The youth parliament is now set to promote itself in the Highlands, and to take up an active role within the community. As one of the candidates for chair rightly pointed out, 'grassroots, grassroots, grassroots' and it is grassroots we intend to focus on this year. In line with this, I intend to hold surgeries at every school in Caithness, Sutherland and Easter-Ross including TRA. I also hope to send out a small consultation to all schools regarding SYP and their awareness of its existence. SYP is in the midst of forming close links with HYV and the Youth Forums, to gain a broad view of issues that matter to young people in Highland. I understand that transport is a large concern, so I will work closely with the new Transport Convener (Gillian Slider MSYP - Ullapool) to make sure our dire bus and train services are addressed. It has also come to my attention that many communities still have no facilities such as youth cafes, so I will also bring this up with the sport and leisure committee.

It's going to be an exiting year for SYP and for the constituency. Look out for us!

Alexander MacLeod MSYP, S4



Reminder to parents that we offer a **HOMEWORK CLUB** on Tuesday, Wednesday and Thursday at lunchtime for all pupils. It takes place in the school library resource centre and staff are on duty to help. We think this is an excellent opportunity for our pupils and would like to encourage more pupils to attend.



A cheque for **£1,054.32** was sent to Comic Relief at the end of last term. The pupils and staff participated in several fund raising events, organised by S6 and staff, including a Slave Auction, Blind Date, Disco, Non-Uniform Day, Teachers' Dancing, a Karaoke and Gunging a Teacher. Mr Stainke won this 'dubious' honour and was gunged alongside School Captains Katie Patience and Tyler Stewart.

THE BREAKFAST CLUB is ongoing!

We offer toast (10p), waffles (15p) with various spreads; cereal bars (25p); fresh fruit (10p); frubes (25p); flavoured milk (20p); milk (15p) and fruit juices ((10p).



The most popular breakfast is hot buttered toast and fresh apple juice. Mrs Ferguson is in bright and breezy every morning at 8.00am to begin serving breakfast!

TRA SPORTS DAY 2007



S1



S1



S2

SPORTS CHAMPIONS

- | | |
|--------------|-------------------------------|
| S1 GIRLS | Amy Ross |
| S1 BOYS | Donald Matheson |
| S2 GIRLS | Rachael Vass |
| S2 BOYS | Alan Duff and
Martin Smith |
| S3 GIRLS | Bryony Keys |
| S3 BOYS | Liam McIntosh |
| SENIOR GIRLS | Kayleigh Cattanach |
| SENIOR BOYS | Liam Rostock |



S3



S2



HOUSE RESULTS

- | | | |
|----------------|---|------------|
| STRUY | - | 188 |
| DUTHUS | - | 169 |
| MORRICH | - | 163 |
| GARRICK | - | 137 |

BELGIUM TRIP 2007

We left Tain at 7.00am and went to pick up Mr Jones from Inverness. We stopped off at Kinross Service Station - after all that travelling we deserved a break! We carried on down to Newcastle where we got the ferry. We were early for the ferry so we stopped in Whitley Bay and shopped!

When we boarded the ferry onto the main deck we were shown to our cabins which were on the second deck. Once we sorted ourselves out we went up to the main deck for dinner.

After getting off the ferry it was back on the bus and on to Cloth Hall. The Cloth had been burned down during World War 1 and was considered sacred. It was rebuilt the same as it was before it got burnt down.

Next was the visit to Sanctuary Wood which has been preserved since WW1. Inside the Sanctuary Wood there was equipment used in the war that had been found outside. After walking round we went out to the trenches that were the exact trenches that had been fought in.



We then went to Menin Gate. The Menin Gate was a memorial to all the missing soldiers. There were over 55,000 names. Every night since the war at 8pm they have held the Last Post ceremony with the exception of WW2. Sarah Groves and Rory Cunningham laid a wreath of poppies which was an honour because our school had never been asked to do that before. After dinner we went to our hostel.



Next day we went to Vimy Ridge. Vimy Ridge had trenches that had been reconstructed by replacing the sand bags with cement bags. There was also a tunnel which had been reconstructed and a Canadian lady took us round them. The Canadian Memorial, over sixty metres high had angels at the very top and had been carved by man once it had been built.



We went on to a French graveyard called La Targette which contained 12,000 graves and a small British graveyard.



Next stop was the Somme Battlefields and on the British front line there was a statue of a Highlander. Gavin and Linzi laid a wreath just in front of it and

Victoria read out a prayer.



Thiepval was a memorial to the missing soldiers that fought in the Somme and holds 73,000 names for the French and British soldiers who died nearby. We all had a poppy to place next to a soldier with the same surname as us from a local division.



Up early next day to visit Tyne Cott, the biggest British military cemetery in the world with 11,956 burials and there are panels at the back which hold 34,888 names of the missing.



Last stop was a theme park and we had a great time there for three hours.

The week was over and it was time to go back to the ferry and head home. Since it was our last night there was a disco and some performers. We got to stay up late even though we had an early start heading home next day.

We would like to thank Mr Jones, Mrs Gardiner, Mr Agnew and Ms Skinner for making it so enjoyable.

*Linzi Wallace and
Lauren Mitchell*

THE ST DUTHUS COOKS TOUR OF ROSS-SHIRE

To celebrate the Highland year of Culture the pupils of St Duthus School followed in the wake of the "Lady who ate Scotland" and set off in the mini bus (not a bike) on a cooks tour of Ross-shire. What foods would we find that grew locally and where would we find ourselves?

We began with a trip to Shin Falls to see the salmon running, but were out of luck, we did however cook a nice piece of salmon in class and followed this up with a visit to the Bannerman's fish factory.

We then visited two local farms and helped to lift the vegetables, saw the crops growing and fed the cows and the sheep. Thinking about the cows then led us to visit a dairy where we saw the cows being milked and then popped in to the ice cream factory next door to sample the products. On our next trip we visited the cheese factory in Tain.

Discussion of the grain grown on the farm prompted us to visit Glenmorangie Distillery! No sampling was allowed. Off then to Grants the bakers to see the bread and pies being made. At Glachbeg Croft on the Black Isle we milled our own flour and made the most wonderful scones.

In all we made ten visits and saw the best of Highland food and drink! We appreciated what it was that made us Highlanders and a visit to the Museum of Childhood helped us to understand what life was like for our grandparents and of course we cooked lots of Scottish dishes with the best of local produce. We even decorated our own mugs at Anta Pottery.

Our thanks go to everyone who made us so welcome on our visits.

As you can see the weather wasn't always good to us!

Claire
Malcolm
Scot
Rachel (*missing from the photo*)

Ali
Alistair
Gregor



See some more photos of our visits and read the comments at the top of the next page, from some of the pupils. M Munro, TRA HE Department

Cheers! - *the gang*



The Distillery smelled of whisky. We have that smell in Invergordon too! - *Gregor*



Did my Granny sit at a desk like this? - *Claire*



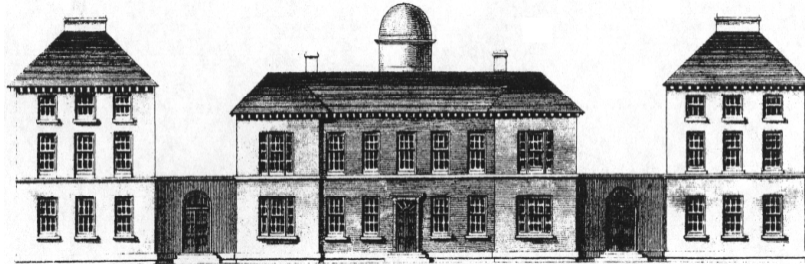
We had fun playing games outside with lots of old fashioned toys. Some of us walked on stilts. The coffee shop was good too - *Gregor*

The chick was shaking in my hand - *Ali*



Glachbeg. I didn't think I was going to enjoy this trip. I thought it would be smelly! It was really good. - *Scot*

One of the young bakers at Grants showed us how the pies were made (Anyone recognise Andrew - one of our ex pupils) - *Claire*



"The latent spark of Genius"

An Exhibition of the History of Tain Royal Academy

There will be an exhibition of photographs, magazines, original scientific instruments and other memorabilia in the Old St Duthus (Collegiate) Church, Tain from 7 – 11 August. This exhibition will cover many aspects of the history of the Academy including:

- Rectors and their staff
- Where did the money come from?
- Medical & missionary pioneers from TRA
- Dux & prize medals
- Illustrious former pupils
- Original scientific instruments and library lists

Books of old school photos, admissions registers and First and Second World War records will also be on display.

We will be working in close co-operation with Tain Museum where we hope to have a display of additional items from their collection.

Opening times:

Tue 7th	10:00 am – 5:00 pm
Wed 8th	10:00 am – 5:00 pm
Thu 9th	10:00 am – 8:00 pm
Fri 10th	10:00 am – 5:00 pm
Sat 11th	10:00 am – 1:00 pm

SUMMER HOLIDAYS - Programme of Activities

The full programme for summer holiday activities is now available from TRACC (telephone 893767 to request a leaflet or watch for your child bringing it home through schoolbag-mail).

This summer, as with others, we are delighted to have the services of a student to run our **Playscheme**. Jenny is hard at work planning every detail, with the theme for this year being the Circus. There will be days of Circus skills, including juggling and **Bubbles the Clown**



will be making a visit to Playscheme to ensure that everyone is in the mood for the Big Top. Arts and Crafts will use the central theme throughout the six weeks, and the culmination will be the **Celebration of Summer** on Tuesday 6th August, which families and friends of all those attending Playscheme will be welcome to attend. The **Fancy Dress Disco** is on Wednesday 17th July and the Playscheme Party for all on Friday 10th August.

Throughout the summer **all day care** will be run from 8.30am to 5.30pm Monday to Friday with a range of exciting opportunities under the watchful eye of Lauren. **Football coaching** for primary ages is on every Tuesday and Thursday throughout the six weeks, and, new for this year, **archery** (which **MUST** be booked in advance) is on Wednesdays 4th and 18th July and 2nd August.



We once again welcome, courtesy of **HealthWays**, the return of **Stage Makeup** on Wednesday 25th July and **Geordie Haig's Splash Posters** on 8th. **Kindergym** makes a welcome return to TRACC every Friday and will also make an appearance under the Active Schools/HealthWays banner in Fearn and Portmahomack.

If you want to improve your aquatic skills, **Tain Turtles** for primary ages and **Terrapins** for pre-school ages will provide week long crash courses in swimming instruction and there are plenty of open and family sessions. **Swim Breakfast** will continue throughout the summer on Mondays and Thursdays

The **fitness suite** will be open seven days a week - so no reason to get out of the habit there, with **fitness classes** also running throughout on Tuesday and Thursday evenings. **Third Age Fitness**, Wednesday fitness class and **Pilates** will also continue for much of the summer - but phone first to check.

The **pitch and games hall** will also be bookable for one-off activities, and the **pool** can be booked for that summer birthday party.

Also look out for **Active Schools Summer activities** in

the area - with other events taking place in Inver, Balintore, Portmahomack, Edderton, Fearn as well as at TRACC. Watch out for the **Active Schools**



Cycle Skills Challenge at TRACC and Inver - and make sure you come prepared with a properly fitting cycle helmet.

Around Tain, take part in the **Big Wild Read at Tain Library**, join the **HealthWays Walking Group** on Tuesdays, starting from TRACC at 1.00pm, each week, visit the **Pipes and Fiddles Exhibition** at Tain Through Time, or check out activities at **Tain Golf Club** and **Tain Tennis Club**.

Ross County will also be here again during week 30th July to 3rd August, to help those aged from 5 years to 14 to hone their **football skills**.

As we near the end of the holidays, the **Glenmorangie Tain Highland Gathering** will take place, as usual, in the Glenmorangie Field, and TRACC staff will be there to staff the gates and feed the workers. Willing volunteers for the day (Thursday 9th August) should speak up now! **Active Schools** will be holding a **Come & Try event** as part of the main Games - in the main arena between 10.30am and 12.00.

Friendly staff will be on hand throughout the summer at TRACC to advise on any of the above activities, and to help you and your children enjoy a full and active summer. Need more information on any of the above? Just call the TRACC Office now on Tain 893767.

Catherine Morgan, TRACC

ENTITLEMENT INFORMATION



FREE SCHOOL MEALS AND ASSISTANCE WITH SCHOOL CLOTHING

can be claimed if you are receiving any **one** of the following:

- Income Support
- Income-Based Job Seekers Allowance
- Child Tax Credit, but **NOT** in receipt of Working Tax Credit, **and** your income is less than £14,495 effective from 6th April 2007 (as assessed by the Inland Revenue)
Please note that if you are in receipt of Working Tax Credit you do not qualify for Free School Meals or Assistance with School Clothing.
- If you are 16 – 18 yrs old and receive any of these benefits in your own right then you can claim for yourself
- If you are an asylum seeker receiving support under part VI of the Immigration & Asylum Act 1999.

EVIDENCE REQUIRED

The Benefits Agency state that an applicant in receipt of any of these benefits is provided with one of the undernoted documents, which must be evidenced with your application:

- A Current Letter of Entitlement
- B Tax Credits Award Notice
- C Home Office Immigration Form

FAILURE TO PROVIDE EVIDENCE OF ENTITLEMENT WILL DELAY YOUR APPLICATION.

Under no circumstances will Highland Council make contact with the Benefits Agency to establish benefit entitlement. Claims will not be backdated and will only come into force once the required benefit evidence has been confirmed.

AMOUNT OF ASSISTANCE FOR SCHOOL CLOTHING

- For eligible applications received up until 31 December 2006: - **£50 per pupil**
- For eligible applications received after 1 January 2007: - **£25 per pupil**

Only one payment per pupil per school year is paid

Please Note:

A new Application needs to be submitted for the start of every new school session in August.

Successful applications meeting the criteria for eligibility will be entitled to receive Free School Meals and a Clothing Grant for each school pupil. Application forms for academic year 2006-07 will be available from June 06.

Free School Meals will be effective immediately and the applicant will be advised in writing. A cheque for Clothing Grant will follow in due course. Payment is made directly to the applicant for the sum of £50 or after December 06 £25, for every eligible child in Primary or Secondary school. This assistance is not available for Nursery pupils. Payment for Clothing Grants will be issued from July onwards. Please note: payments will be in the form of an uncrossed cheque. **NB** *Some banks will require photographic proof of identity.*

Should your circumstances change that affect your entitlement, you must inform the Council's Catering Services immediately. Education, Culture & Sport, Catering Services, 30 Harbour Road, Inverness, IV1 1UA, or e-mail marilyn.ross@highland.gov.uk. Fax (01463) 715180. Any enquiries can be made by telephoning (01463) 251300