



TAIN ROYAL ACADEMY

ACADAMAIDH RÌOGHAIL BHAILE DHUBHTHAICH



Parents' Newsletter

Cuairtlitir

Volume 10 Issue 3

March 2011
Am Màrt 2011

Inside this issue:

- Rector's Comment
- Awards Ceremony date
- Duke of Edinburgh Awards
- Easter holidays and extra INSET day
- TRA Diary Dates
- Eden Court Theatre Trip
- School Meals increase
- Ragbag Appeal
- Study Leave arrangements
- Lepra Fundraising
- Eco-school news
- Gizzen Briggs Events
- TRA Orchestra/Junior Strings Easter Concert
- Film & Awards in Glasgow
- Gaelic Learners
- Ski Trip Italy 2011
- S1/2 Rugby News
- North Schools Cross Country Championships
- Ross-shire Swimming Gala
- S3 Highland Hockey Tournament
- TRACC Easter events, timetables and news

RECTOR'S COMMENT

I hope that you enjoy our latest parent newsletter. Our pupils and staff are involved in many activities within and out with the classroom. I hope that our newsletter gives you an insight into the variety of recent activities.

We are delighted that Mr Brian Sinclair has taken up his post as depute rector. Mr Sinclair joins us from Dunoon Grammar, we wish him success and welcome him to TRA.

Mrs Michele Murray retires from our school after eighteen years service. We are all very sorry to lose Michele but wish her well for the future.

You will notice more works around the school soon! The rear of the three storey block is being painted; we are to have our heating system partially upgraded by the addition of a Biomass boiler; the assembly hall and dining room are to be re-roofed and our office is to move, leaving the current office as a reception area.

Finally it is important that our S4, 5 and 6 pupils study very effectively between now and their SQA exams.

Donnie Macleod, Rector

TAIN ROYAL ACADEMY ANNUAL AWARDS CEREMONY

will be held in the
Assembly Hall
on Thursday 28 April 2011
at 7.30pm

Guest Speaker:
Mr Roy MacGregor
Global Energy Group

ALL WELCOME



**School Closes for Easter Holidays
on FRIDAY 8 APRIL**
School re-opens on TUESDAY 26 APRIL

ADDITIONAL IN-SERVICE DAY FRIDAY 3 JUNE

Parents should note that the Scottish Government has granted schools an additional in-service day this session.

CONGRATULATIONS to
Calum Ross on completing his **BRONZE**
and to Kim Best and Jojo Hurren on
completing their **GOLD**
Duke of Edinburgh Awards



TRA DIARY DATES

5/6 April	P7 Problem-Solving Days
6 April	Easter Concert
8 April	Charity Day
8 April	School closes for Easter holiday
26 April	School re-opens
28 April	Awards Ceremony
2 May	May Day holiday
4 May	SQA Exams start for S4
13 May	SQA Exams start for S5/6
3 June	Additional In-service Day
6 June	SQA Exams finish
16 June	TRA Sports Day
21/22/23 June	P7 Visits
23 June	P7 Parents' Evening
	1 July school closes for summer break and re-opens
	16 August for pupils

EDEN COURT THEATRE TRIP

On the 9th March students from S5 and S6 who are studying Higher English this year with Miss Pearson, enjoyed a night out at the theatre in Inverness. We went to the Eden Court Theatre to watch a performance by the Perth Theatre Company of 'Death of a Salesman' by Arthur Miller. This is one of the pieces of literature we have been studying for our final exam so it was a fantastic opportunity to see the drama performed live.

It was an excellent production with particularly strong performances from the actors playing the two central characters of Willy and his son Biff. Miller uses stage set, lighting and music to great effect in this play and it is only when you see a live production that you fully appreciate their importance in the play as a whole.

On the coach home quite a few of us commented that it was strange to hear Willy with an American accent as our own Daniel McKinney had played his part during readings in class, so we all associated the character with a nice Irish brogue! It was a great evening and will hopefully help the students to write inspired essays for their exam in May.

Jill Pearson, English Dept



SCHOOL MEALS PRICE INCREASE

From Tuesday 26 April a pupil meal will cost £1.95 in secondary schools.

From April 6 2011 the annual income threshold determining entitlement has changed for child tax credit.

All families must re-apply in **June** for the new session in August 2011.

Application forms are available at all schools, service points and on the council website, link as follows: <http://www.highland.gov.uk/learninghere/schools/schoolmeals.htm>

RAGBAG APPEAL

The school will once again be taking part in the Rag-Bag appeal. We will be collecting items during the first week after the Easter holidays. A bag for collecting unwanted clothes will be sent home with pupils after the holidays. But no need to fill a whole bag! One or two items brought in your school bag will be just as welcome! Parents can also drop off bags of clothes at the school.



AIM OF SCHEME

The Rag-Bag School Recycling scheme has been developed to:

- Raise awareness about textile recycling in the UK
- Increase recycling rates and helping the environment
- Raise money for school funds

STUDY LEAVE ARRANGEMENTS FOR SENIOR PUPILS 2011

For **S4** it will be from Tuesday 3 May (last day in school Friday 29 April) until Friday 3 June (first day in school Monday 6 June).

For **S5/6** it will be from Wednesday 11 May (last day in school Tuesday 10 May) until Monday 6 June (first day in school Tuesday 7 June).



First and Second year pupils recently took part in a fundraising event organised by the charity Lepira - Health in Action, which tackles the problem of leprosy in developing countries. Following an excellent presentation at assembly by Trish Pakenham on the disease, pupils raised money over a period of two weeks. Trish and a colleague then returned to the Academy to collect the money and, by way of thank you, to give the pupils a fun dance session in the games hall.

The total raised was £455.82, which is enough to cure 21 people of leprosy. Some pupils raised £21 individually and they have been rewarded with a Lepira T-shirt. Siobhan Holloway raised £50, which earned her a special badge and certificate.

This was a very good fundraising effort by our junior pupils, who were clearly affected by the stories of people who suffer from leprosy. Trish passes on her sincere thanks to all who took part in the fundraising.

Angus Gray, Depute Rec-

ECO-SCHOOL NEWS

The Eco-School committee must have everything in place so TRA can gain its bronze level Eco-School status.

The first Eco-School committee meeting was held at the end of February with 33 pupils from nearly all year groups and 8 staff members taking part in putting together TRA's Eco-School Action Plan.

Listed below are the projects in the action plan for 2011-12:

LITTER

Designing and displaying posters to deter people from littering.
Carry out a litter survey & organise a litter pick.

ECO-SCHOOL AWARENESS

Organise a Big Green day.

TRANSPORT - Survey pupils, staff and parents about how they travel to school.

SCHOOL GARDEN

Maintain the school garden and work towards supplying HE with vegetables, collect rainwater for watering the school garden and get the

compost bin system working better

SAVING ENERGY

Campaign to make sure all electrical equipment including PC monitors are switched off at the end of the school day.

As we progress on to working towards our silver level award we hope to tackle as many of these projects as possible throughout 2011 and 2012.

Events happening soon are:

On Wednesday 4th May all S1 pupils will take part in a litter awareness day run in conjunction with the National Spring Clean campaign 2011.

We are also hoping to hold the first ever TRA Clothes Exchange just after the Easter holidays. This will be open to all S3 - S6 girls and involves donating a few items of clothing that you no longer wear either because they are the wrong size or was an impulse buy and you don't actually wear it.

If you donate an item of clothing you can choose another, no money is exchanged but you may end up with something that you will wear and it has cost you nothing at all.

Eco-School Committee



The stage of Tain's Duthac Centre was packed with talent for this year's Gizzen Briggs Fiddlers' Rally. The Academy's traditional music group was joined by fellow musicians for a sell-out concert on Saturday 5th March. As conductor, the orchestra welcomed back one of its own - a former "Gizzen Brigger" - Colin McLean.

The evening traditionally begins with the pipers and this year the trio of Scott Duncan, Scott Murray and Cameron Macdougall performed a set of tunes which demonstrated their own individual talents and also the teamwork in their playing.

There are often surprises in the Fiddlers' Rally programme and this year the first tune began with staccato playing which led into a Black Eyed Peas tune. As Anna Macdonald, joint compere for the evening said, this was Black Eyed Peas meet The Roarin' Barmaid.

Anna was joined by Saoirse Ramsay in providing links throughout the programme. Both girls also made substantial contributions to the evening's musical items.

The range of Gizzen Briggs' musical styles was very much in evidence. There was a measured, controlled rhythm in opening tunes; there were driving, syncopated rhythms in Superfly; there was the subtle build up in Cleveland Park; there were beautiful, lilting passages in Hamnataing (Marion Gordon's clarsach and Anna Macdonald's fiddle featuring); and there was the lovely slow air, Maggie West. These are merely samples of an extremely varied programme of excellent performances.

One of the features of the programme was the variety of musical textures as one instrument after another was featured in tunes. Too many to list, there were many excellent moments as sets were punctuated by solo passages or as groups of instruments gave special colour.

Individual performances were very much in

evidence when songs were performed by Kaitlin Ross and Anna Macdonald. Kaitlin sang Saints and Sinners, accompanied by members of the orchestra, with Kathryn Wilkie featured on guitar. Kaitlin herself later played guitar to accompany Anna Macdonald's singing. Both girls drew very enthusiastic applause.

The accordionist Sandy Brechin was guest artiste for the evening. He is a favourite performer for the Academy's senior Christmas dance and the audience was given a clear indication of why this is. Not only was his playing superb, his "craic" was also excellent. He told stories of his Uncle Roddy and of poor Porto the rat. He was partnered by Ronan Martin on fiddle. Ronan is originally from Tain and a very fine musician. His set of step-dancing tunes was one of the highlights of the evening.

The build up to the end of the programme included some old favourites. The lovely Ivan Drever tune, Leaving Stoer, featuring the guitar players, was a real pleasure. There then followed a set featuring a variety of instruments including mandolins and conga. Eventually the audience was given the traditional and much-anticipated climax with The Gael which culminated in a dramatic black-out from David Geddes on the lights.

The back page of the programme listed Gizzen Briggs' activities over the last year. They have been taking music to the local community and farther afield. Not only that, but they have been given excellent support. Local musicians have contributed, and Dagger Gordon's input was clearly evident throughout the programme for example - both in his own playing and in tunes written and prepared by him. Local businesses were generous in donating to the raffle and parents and friends of the performers had done a power of work to make the Fiddlers' Rally happen.

This was another immensely successful Gizzen Briggs Fiddlers' Rally. It was a real

A Gray



THE SOUND OF GIZZEN BRIGGS

A tribute to their many concerts, penned during the Performance in February 2011

Sounds fresh, vivacious, lively, fast
Come from the stage's special cast
The band packed tightly on the stage
Give of their best whate'er their age
Colin conducts with verve and skill
And stabs the air as if to kill
With Debbie poised beside the throne.
The string players are all her own.

A vig'rous start in minor key
With bows in perfect synchrony
Then - up the speed - to major leap
And still the perfect rhythm keep
Held from below by mournful drone
In unity the fiddles come
The tempo quickens bar by bar
All playing with increasing power.

Harp, cello, keyboard, whistle, drum
Bass, mandolin, accordion
Guitar, tin whistle onward play
Each in its own distinctive way
Adding its flavour to the dish
Which, served this way, is much enriched
Wit and accordion strong and fast
Add spice to musical repast

At interval the joyful feast
Ensures all appetites are pleased.
The pipers come on once again
And hotch and blow with might and main
And honoured guests from all around
Add their own versions of fresh sound
A solo fiddle, bow atwirl:
Sharp edged sounds make the rafters dir!

Rhythms of working, dance and song
With sturdy tempo haste along.
The dance tune with a steady beat
Brings thumping of three hundred feet
Faces maturing year by year
New faces with familiar
All held by music's common thrall
The web that captivates us all.

Attending concerts o'er the years
When rousing sounds fall on the ears
Of well loved tunes from fingers young
And lilting voices raised in song
Each year new fingers old notes reach
Successive waves on music's beach
From humble startings many rise
With Debbie's training, to the skies
From humble start to polished skill

Andy Love



TRA ORCHESTRA, STRING GROUP, JAZZ GROUP,
WOODWIND GROUP featuring JUNIOR STRINGS

EASTER CONCERT

in TRA Assembly Hall

on **Wednesday 6 April 2011** at 7pm

Admission £3, £1.50 concession; Raffle



Gizzen Briggs are delighted to welcome **Anna Massie Mairearard Green** with **Saltfishforty** to a lunchtime concert on **Sunday 10th April**.

Both duos have thrilled audiences in Tain in recent years at the annual Gizzen Briggs Fiddlers' Rally. Anna and Mairearard are currently in the middle of an extensive Scottish tour which stretches from the Borders to Orkney.

Saltfishforty the dynamic duo of Douglas Montgomery and Brian Cromarty from Orkney, join Anna and Mairearard on many of the Scottish dates.

Anna from Fortrose was the "Radio Scotland Young Musician of the Year" in 2003. She is multi talented playing guitar, fiddle and mandolin.

Mairearard, from Achiltibuie, was voted "Composer of the Year" at the Scots Traditional Music Awards in 2009. Mairearard who plays the accordion and pipes has composed many tunes that are immensely popular in today's traditional music scene such as "For the Young," "The Dram behind the Curtain" and her beautiful waltz "MaggieWest".

Saltfishforty bring their own blend of Orkney magic to their compositions with Brian's "Tea and Toast" being well received the last time the duo were in Tain.

Prior to the concert, Gizzen Briggs players will take part in workshops with the four and the results of their labours will feature in a combined finale. The concert kicks off at 12.30 and tickets are available from The Wool Shop in Tain or at the door. Tickets are priced at £7.00 and £4.00.

FILM G AWARDS FOR GAELIC CLASSES

S2 have produced the following report on their trip to the Film G awards in Glasgow on the 18th of February 2011 and to Stirling Castle the following day.



Turas Duaisean Film G Aithris air a dhèanamh le Eòghann Peutanach, Johan Nic Mhaoir, Daibhidh MacAmhlaigh, Chloe Bryce, Micheal Bremner

An deidh cho math sa rinn sinn an-uiridh bha sinn ag adharc air adhart ri film eile a dheanamh am bliadhna. 'S e "Làmh an uachdar" an cuspair a thug Film G dhuinn. Thàinig am beachd dhuinn nuair bha sinn air turas sgoile gu Sabhal Mòr Ostaig. Chuir na balaich na bagaichean aca gu cùl a bhus agus chaidh iad a chluich ball-coise. Fhad s a bha na balaich a-muigh a' cluich ball-coise thàinig na clann-nighean agus ghluais iad bagaichean na balaich dhan aghaidh. Anns am film thuit an tidsear na cadal agus nuair a dhùisg i bha an clas fadalach. Ruith i a-nall dhan na balaich, thuit na balaich gun robh na nigheanan aig na bùithtean ach bha na clann-nighean air an tràigh. Fhuair na balaich na seataichean cùl agus mar sin fhuair iad làmh an uachdair.

Thoisich sinn a' fholmhadh air an latha mu dheireadh teirm an Dàmhair. Bha an film suidhichte air cladach Dòrnach agus bha torr spòrs againn ga fholmhadh.

Chaidh am film a rinn an darna bhliadhna ainmeachadh airson duais "Riochdachadh as fheàrr" agus mar sin fhuair sinn cuireadh dol gu oidhche nan duaisean ann an Glaschu.

Dh' fhàg sgioba sgoilairan bho Baile Dhubhthaich a' dèanamh air Ghlaschu ann am mini-bus dearg.

Dh'fhàg sinne Acadamaidh Rìoghail Bhaile Dhubhthaich aig 11: 30 airson a' dol gu Ghlaschu airson na duaisean Film G. Stad sinn aig Ard Sgoil Allt a' Mhuillein airson a' cruinneachadh le 5 sgoilearan agus an tidsear aca. Chaidh sinn gu Dobbies ann an Peairt airson a' faighinn biadh. Cha robh am biadh uabhasach math, agus bha na suiteas aca grànda. Nuair a ràinig sinn an "Euro Hostel" chaidh sinn suas gu na rumannan againn. Chuir sinn ar aodach spaideil oirnn agus chruinnich sinn leis na sgoilearan eile sìos aig an aonad fàilte. An uair sin, choisich sinn gu an seann margaid measan airson na duaisean Film G.

Chaidh an cuirm duaisean Film G a chumail anns an seann margaid measan air Dihaoine an 18mh den Ghearrain. Bha tòrr daoine cudromach ann mar actaran is presentearan ainmeil neo daoine a tha air BBC ALBA gu tric. Bha còig roinnean diofraichte ann airson clann eadar na n-aoisean 12 is 17. Bhuannaich "Òran Anam" bho Àrd-sgoil Sheumais Ghilleasbaig ann an Dùn Èideann an duais Film as Fhèarr agus bhuannaich iad cuideachd an Riochdachadh as Fhèarr agus 's e sin an roinn anns an robh sinne.

Ann an roinn na h-inbhich fhuair Paul Steele le Aodainn am film as fheàrr agus Stiùiriche Oileanaich as fheàrr.

Am bliadhna bha an Cuirm Duaisean Film G toilichte gus fàilte a' cuir air Màmran. Thàinig na 6 gillean ri chèile mar còmhlan-ciùil nua-Ghàidhlig ann an 2010 agus bhon uair sin tha Màmran air saoghal na Gàidhlig agus na Beurla a' thoirt mar stoirm. Mu thràth, tha iad air a bhith a' cluich aig fèiltean air feadh an Roinn-Eòrpa agus Alba.





An deidh dhuinn Glaschu fhàgail, chaidh sinn gu Caisteal Struighlea. Sheall Domhnall MacCoinneach sinn mun cuairt air a' chaisteal. Sheall e geata a chaisteal, an talla mor, an eaglais, an cidsean agus chord an taigh-tasgaidh Reiseamaid nan Gaidheal Earra-Ghàidheal is Cataibh rinn uile. Dh'innse Domhnall dhuinn mu dheidhinn gach aite. An deidh a' coimhead mun cuairt air a chaisteal chaidh sinn air ais air a' bhus agus air ais air an rathad.

Chòrd an turas rinn gu mòr agus bu thoigh leinn dol air ais an ath bhliadhna.

Pupils from S2 and S3 Gaelic travelled to the Awards Ceremony of Film G in Glasgow on the 18th of February 2011. Our film "The Difficult Trip had been nominated in the category for the best production. We had been given the subject "The Upper Hand". The idea emerged whilst on a departmental trip to Skye in the mini-bus when the girls ousted the boys from their preferred seats.

The Awards were held in the Old Fruitmarket. There were lots of people from the media world and the Gaelic band Manran performed.

On our road home we visited Stirling castle and were shown round, in Gaelic, by Donald MacKenzie. Although we didn't bring home a prize this year we all enjoyed the trip and hope we will be there again next year.

*Rupa Robertson,
Gaelic Department*

GAELIC FOR LEARNERS

Members of the Gaelic community in Tain would like to offer Learners Gaelic classes to adults, particularly parents who have children in Gaelic Medium Education (GME) or who are considering putting their children into GME. With this in mind we are trying to gauge how much interest there would be.

If you would be interested in participating in Learners Gaelic classes please fill in the following form and return to Tain Royal Academy school office by Friday 8 April.

✂

.....

I would be interested in finding out more about Learners Gaelic classes

Name

I am a parent/carer/other

I can be contacted on phone number

E-mail

✂

SKI TRIP - ITALY 2011

We arrived at the front of the school at 8am and boarded our deluxe double decker bus to begin our journey down to Edinburgh airport on Saturday 12th February. We were all extremely excited to be making our way to Italy and unfortunately for our teachers, were making a lot of laughter. When arriving at the airport we checked in and headed to departures where we waited patiently for boarding.

Once we had landed in Milan our first problem occurred, Hollie had left her passport aboard the plane. After Mrs Scott's negotiating, the border security believed that we weren't trying to sneak Hollie into the country, and that she had actually left her passport on the plane. We were presented with our second problem at baggage when our skis didn't arrive. Mr Magowan's short investigation found that our skis had been left in Edinburgh and that we would not get them until Tuesday morning. Thank goodness for ski hire!

On arrival at the hotel we were provided with dinner. To our surprise we were given a three course meal, lasagne, a meat dish and chocolate mousse. We soon discovered we would have three courses starting with a pasta dish every night. There was no hope for some of us who had planned to lose some weight! In the evening we collected our ski hire before heading to bed as tired travellers.

We awoke the following morning and were given our groups, beginners and advanced. Our first day of skiing began with our instructors, Armando and Roberta. By lunch time we were talking about how enjoyable we had found our morning of skiing and that we were fully looking forward to the week ahead of us. That evening we all took part in bum sliding on plastic discs down a black, yes black



slope! We sped down the slope in all different shapes and directions where we discovered our bum sliding champion, Scott Fraser. Mr Magowan turned a blind eye to snowballs and suffered a black eye the following day.

Monday, Valentine's day! Some unusual valentine cards were exchanged between boys and girls rooms from admirers over night, these were the talk of the morning and brought on many laughs. Whilst skiing we discovered Benedict had memorised the 'code of conduct'. None of us were to step out of line in the presence of Benedict, he became the man of conduct. In the evening we had a disco at the hotel, we all broke it down on the dance floor and our ladies man, Callum asked another guest at the hotel to take part with him in some Scottish dancing. Unfortunately the DJs didn't favour our music, but Callum still made a girl feel very happy!

On Tuesday, Joanna Hoggarth became Helga overnight. She hit the slopes with her hair in high pig tails with her head held high until...she had a hilarious fall on the first slope of the morning. With her pig tails vertical she lost control and flew off down into the trees. In view of everyone, her hero Armando helped her up a steep slope back onto piste in one piece. This was only one of many falls that day, it was ice skating night.

We discovered Michael Fernie was an Olympic skater speeding round the rink whilst our figure skaters, Kathryn Wilkie and Julie Vass stuck in the middle of the rink, showing off their routine.

Wednesday brought Sophie Macleod flat on her backside when she was wiped out by a snow boarder. Furthermore Callum tried to show off, resulting in doing a 180 and flying backwards into the trees.



Mr Magowan tried to do the same, following Callum into a ditch. In the evening we went for Pizza where the younger girls fell in love with the waiter who posed for Anna-May's photos.

Unfortunately our skiing began to draw to an end. On our last day we took part in a slalom race. Our predicted winner Finlay did very well and received a gold medal for his abilities. We had a final few memorable falls from Kathryn in the advanced group and Michael and Callum in the beginners group who collided with a bang. As the day drew to an end we met our instructors back at the hotel for a



presentation. We received awards for our level of skiing capabilities and thanked our instructors for their teaching, patience and help in our journey to becoming Olympic skiers.

All in all each and every one of us had an enjoyable and memorable time. We made new friends and

learnt you don't know someone until you go on holiday with them.

Thank you to Mr Magowan and Mrs Scott for their time organising the trip and taking care of us. It wouldn't have gone ahead without them both.

Joanna Hoggarth S6

S1/2 RUGBY REPORT



This season the S1/2 Rugby team has been very successful only losing one game which was the first game of the season. Since then they have been unbeaten, winning their two league games and the S1/2 tournament at Highland rugby Club. The boys still have four league games to play due to cancellations before Christmas because of a little snow. If the boys win these games they will secure the league. Well done to all the boys this season who have turned up to training in the poor conditions. The boys have also made a special effort to support the school uniform wearing it to travel to all the games.

Tom Magowan, PE

NORTH SCHOOLS

CROSS COUNTRY CHAMPIONSHIPS

We started our journey to Gordonstoun for the NSCCC on a lovely sunny day. Sheila Gollan and myself Julie Cleghorn, took a team of 2 girls, Marion and Catriona Gordon and 9 boys, Finlay Murray, Scott Fraser, Ally MacLellan, Ruairidh Gollan, Sean Scott, Ross Gollan, Kieran Robbins, Joshua Rodgers and Cameron Macintosh to compete in the cross country for their school. The trip to Gordonstoun was very musical with Cameron's voice the most often heard! Gordonstoun itself is a lovely school with amazing facilities which included the cross country route. The course was scenic, but very flat and fast and ranged from 3km to 4.4km.

Julie Cleghorn



ROSS-SHIRE SWIMMING GALA



On the 11th of March 2011 a trophy hungry team of TRA swimmers set off from the Academy to Dingwall Leisure Centre for the annual Ross-shire Swimming Gala. There were four schools at the competition which is a considerable lesser number than previous years. The Tain team's mood was set after an inspirational speech on the bus from the wonderful Mrs Scott and every individual was determined to bring the big trophy home. Tain were pretty much dominant throughout the individual races with some huge performances from the likes of Polly Melville and Eryn Skinner both of who are part of the national highland swim team squad. Also calling the likes of Julie Vass and Katie Melville out of competitive swimming retirement and both senior girls proved they "still had it." A big shout also must go to the team manager Calum MacDonald who was there to urge the team on!

Before the relays at the end of the gala, Tain had a lead in overall points against a strong Dingwall team. Everything was to play for in the relays as the points counted for double. In the end it was down to the senior boys and girls teams. If they won the relays the trophy was coming back to Tain (where it belongs). The senior girls team won easily. The team consisted of

Katie Melville, Anna Stewart, Michelle McMenemy and their captain Julie Vass. It was now down to a victory from the senior boys. The boys had their strategy ready. Leading things off was the powerhouse Reece Stewart. Then came Jack McIntosh and he passed over to Finlay Murray and the last leg in the relay was swam by the captain Alasdair Mackintosh. The senior boys won with half a length to spare. There was an eruption from the Tain end of the pool and looks of despair on the faces of the Dingwall team. Tain had secured one trophy.

Now it was time to win the mixed relay trophies. The mixed relay has to have a member from each age group in it. A first year, second year, third year and senior pupil. The girls mixed relay team won their trophy with the boys being narrowly pipped at the finish, but there was reason to believe there was a dodgy start by the Dingwall team who won the trophy. Overall it was a great day for TRA winning the double. "I am very proud of what the team have achieved" as quoted by manager Calum MacDonald. Also a big thank you must go out to Mrs Scott and Mrs Fraser who kept us right for the day.

*Alasdair Mackintosh & Julie Vass
Senior Swimming Captains*

S3 HIGHLAND HOCKEY TOURNAMENT

On Thursday at 12:00 we all assembled in front of the dazzling red mini bus all ready for action.

We arrived at the sparkling new Dingwall Academy and raced up to the Astro turf. After a quick jog up and down we got into our positions for our first game, Gordonston. We had all been dreading this game after a nasty experience with the same team a year before. We were all so nervous, but before we knew it the whistle blew to signal the end of the game. We had won with a fantastic goal from Georgia, making the score 1 - 0.

Our second game with our distant friends Alness produced a score 3 - 1 for us. Kingussie was our next game. Being renowned as shinty players these aggressive hockey players proved no match for us as we won again with a score of 2 - 1. After a nerve-racking game with Charleston we won again scoring 2 - 0 with the help and



skill of our goalkeeper Megan Graham. Our group then won overall which meant we had to travel to Ross County astro to play in the finals. After a brief warm up on the sand astro (which was like playing ice hockey) we leaped into the game with Milburn Academy. It soon became

clear that this first class team were unbeatable, but our enthusiasm in the game never faltered. With 1st and 2nd place out of our reach we battled against Charleston for 3rd. Although we had all run out of energy we managed to secure a 2 - 0 victory. Giving us the triumphant win of being placed 3rd out of 10 teams overall.

Well done to all the players: Georgia Dryburgh, Jacqueline Greenlees, Anna-May Dwyer, Iseabail Moffat, Aimee Haden, Amy Oliver, Eryn Jedan, Kirsty Macleod, Megan Graham, Marion Gordon and Rachael Griffin.

Marion Gordon S3



FITNESS SUITE OPENING TIMES

MON	TUES	WED	THURS	FRI	SAT	SUN
0700 - 2100	0700 - 2100	0900 - 2100	0700 - 2100	0900 - 2100	0930 - 1330	0930 - 1330

NOTE: All users must go through an induction before using the fitness room for the first time (16yrs+). Contact reception to book a place.

Young Guns (14-15yrs) can use the Fitness Suite on Tuesdays and Thursdays only between 1600-1700.

FITNESS CLASSES

MONDAYS 11, 18 & 25 April	1930 - 2030	Circuits Small Gym	Age 16+
THURSDAYS 14 & 21 April	0930 - 1030	Spinning* Multi Purpose Hall	Age 16+

HOLIDAY ACTIVITIES

ACTIVITY	AGE	DAY	DATES	TIME
Bouncy Castle Sessions	5yrs & Under 6-12yrs	Tuesdays	12 & 19 April	1.00-1.45pm 1.45-2.30pm
	5yrs & Under 6-12yrs	Fridays	15 & 22 April	1.00-1.45pm 1.45-2.30pm
	5yrs & Under	Saturdays	16 & 23 April	10.00-10.45am
Pool Games	8-14 years	Mondays	11, 18 & 25 April	3.00-4.00pm
	8-14 years	Thursdays	14 & 21 April	3.00-4.00pm

No need to book a place, just turn up on the day. Children under 8 must be accompanied by a parent or guardian at all times.

HIGH LIFE MEMBERSHIP SCHEME

The High Life Membership scheme allows you and your family to choose leisure options which suit your lifestyle and your pocket.

Choose from our All Inclusive Membership, Budget Membership or Pay-As-You-Go Membership. We have something to suit everyone, contact us for further information.



Tain Royal Academy Community Complex
Hartfield Road, Tain

Call 01862 8893767 for more information

EASTER SWIMMING POOL TIMETABLE

MONDAY 11 APRIL - MONDAY 26 APRIL 2011

MONDAYS	
0715 - 0830	Lane Swimming
0830 - 1130	Open Session
1130 - 1230	Family Session
1300 - 1400	Fun Session
1400 - 1500	Open Session
1500 - 1600	Pool Games
1600 - 1700	Lane Swimming
1700 - 1800	Family Session
1800 - 1900	Fun Session
1900 - 2030	Open Session
TUESDAYS	
0715 - 0830	Lane Swimming
0830 - 1000	Open Session
1000 - 1100	Over 50's Session
1100 - 1230	Family Session
1300 - 1400	Lane Swimming
1400 - 1600	Open Session
1600 - 1700	Fun Session
1700 - 1800	Open Session
1800 - 1900	Happy Hour
1900 - 2030	Adult Session
WEDNESDAYS	
0930 - 1100	Family Session
1100 - 1400	Open Session
1430 - 1600	Staff Training
1630 - 1800	Lane Swimming
1800 - 1900	Family Session
1900 - 2030	Open Session

THURSDAYS	
0715 - 0930	Lane Swimming
0930 - 1130	Open Session
1130 - 1230	Over 50's Session
1300 - 1500	Open Session
1500 - 1600	Pool Games
1600 - 1700	Lane Swimming
1700 - 1800	Family Session
1800 - 1900	Fun Session
1900 - 2030	Open Session
FRIDAYS	
0930 - 1030	Fun Session
1030 - 1130	Open Session
1130 - 1230	Family Session
1300 - 1400	Lane Swimming
1400 - 1600	Open Session
1600 - 1700	Lane Swimming
1700 - 1800	Family Session
1800 - 1930	Open Session
1930 - 2030	Adult Session
SATURDAYS	
0930 - 1100	Open Session
1100 - 1200	Happy Hour
1200 - 1315	Open Session
SUNDAYS	
0930 - 1030	Open Session
1030 - 1130	Family Session
1130 - 1315	Open Session

NOTE:

Admissions Policy: Children aged 0, 1, 2 or 3 must be accompanied by a responsible adult at a ratio of 1 adult to 1 child. Children aged 4, 5, 6 or 7 must be accompanied by a responsible adult at a ratio of 1 adult to 2 children. Swimming sessions vary in time from between 40 minutes to 1hr 15 minutes. A band system may be in use at times to control numbers and usage.

Family Session: Children must be accompanied by a parent or guardian. The admissions policy will be relaxed to allow children aged 0 to 7 to be accompanied by a responsible adult at a ratio of 1 adult to 2 children. The deep end of the pool will be roped off and out of use during these sessions.

Pool Games: Various fun activities in the pool for 8-14years. No need to book, just turn up.

Happy Hour: The cost of the session will be 50p if you come in within the first 20 minutes of the session.