



TAIN ROYAL ACADEMY

ACADAMAIDH RÌOGHAIL BHAILE DHUBHTHAICH



Parents' Newsletter

Volume 8 Issue 7

Cuairtlitir

May 2009
An Cèitean 2009

Inside this issue

- Rector's Comment with Awards Ceremony Photos
- School Car Parks
- Inset Day
- Rural Skills
- Charity Day
- P7 Challenge Day
- Parents' Council
- Rose Garden Project
- Awards List
- Sports Champions
- Date for Sports Day
- Scottish U16 Football Shield
- Basketball Roundup
- Hockey News
- U15 National Football Final
- Swimming Success
- Girls Coca-Cola Sevens
- TRACC News
- Tain & Easter Ross Ward Forum

RECTOR'S COMMENT

We were delighted to have Nina Matheson, researcher with the BBC, as our Guest Speaker at our Awards Ceremony this year. Nina is not only a former pupil of TRA, but was School Captain, member of the school orchestra and Gizzen Briggs and many clubs and teams. Nina gave an excellent talk which was very well received by pupils and parents alike. Nina very ably spoke about how her time in TRA prepared her in so many ways for her study and career. Nina encouraged every single one of our young people, "to fulfil your potential by using the skills and gifts you've been blessed with".



TRA Jazz Band and two of our young pipers provided the music for the evening. School Captains Eilidh Munro and Patrick Butchard gave an entertaining account of their school days in TRA, before the certificates and trophies were awarded to the pupils as listed in the middle of this issue.



INSET DAY

Monday 15 June 2009

SCHOOL CAR PARKS

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

Just now our senior pupils are sitting their SQA examinations. We trust that their efforts and the hard work of our staff will pay off with very good results.

In addition to attainment in examinations we are keen to work together to help each pupil reach their potential across a wide variety of activities. This newsletter highlights many such ways in which our pupils excel - be it through skills for work classes,/

projects in the community such as the Beechgrove Garden, Rose Garden project, or testing themselves through outdoor activities. We very much wish our pupils to be confident in their abilities, in an appropriate way, and for them to aspire to be successful. We appreciate your help as parents, carers and members of the community, and would invite you to consider how you might become involved. We already have excellent involvement from many parents, businesses and the wider community.

We were delighted last week to welcome to TRA, Mr Dickson Mtete, Headteacher of Ekwendeni Community Day Secondary School, our link school in Malawi. Mr Mtete enjoyed his visit and our pupils and staff appreciated the insights he gave into life in Malawi and in Scotland. Details of his visit will be in the next issue.

In June we will welcome our Primary 7 pupils for their three day visit, following on from the success of their introduction to TRA last month, by way of a Challenge Day.

I hope that you enjoy this newsletter and as always don't hesitate to contact myself, one of the Depute Rectors or a Guidance Teacher should you have any queries or concerns.

Donnie Macleod

TRA CHARITY DAY

On the last day of term, before the Easter break, senior pupils under the guidance of Dr J Ross organised a charity day in school. Several events took place, including gunge the teacher, staff v pupils fancy dress football, sponsored leg wax and talent show raising the excellent total of **£1,253** which was distributed amongst several charities: Clic Sargent, Chest Heart and Stroke Scotland and Schools for Africa.

RURAL SKILLS

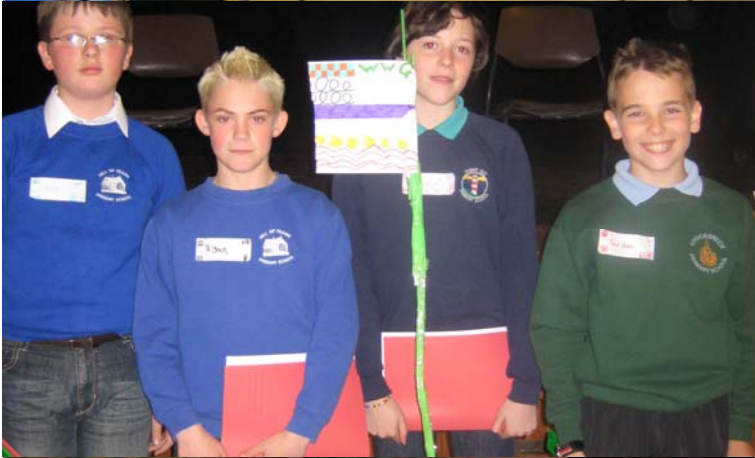
A skills for work course in Rural skills was piloted in TRA last session and has been very successful. The course aims to provide vocational opportunities for pupils and give an insight into vocational qualifications and career progression in rural industries. Pupils work on placement with an industrial partner gaining practical skills associated with the industry.

The partners, Fearn farm, Balmuchy farm, Tain Initiative Group and Forestry Commission, have been very enthusiastic about the course and have provided the pupils with valuable and amazing experiences. Some of the experiences include cutting down the school Christmas tree, delivering lambs, watching a caesarean section on a cow, featuring in 'Farmers Weekly' magazine and the 'Beechgrove garden' and making up the hanging baskets for the town. We look forward to continuing with this course with the next cohort of students. If you work in the rural skills sector and are interested in being involved with the course, please contact J Ross at the school.

J Ross



P7 CHALLENGE DAY



TRA PARENT COUNCIL

Behaviour is one of those words which attract the attention of parents and carers, especially of secondary school pupils. When pupils move on from primary to secondary education they begin a rapid process of 'growing up' and begin to challenge the values of the world around them. The established process of discipline in the primary school changes as children move on from S1 through their secondary school.

Depute Rector Alastair McKinlay presented an excellent session on the newly revised TRA Behaviour Policy to the April Parent Council meeting. The updated policy covers all aspects of discipline and behaviour from three aspects; pupil, staff and parent. There were several points for discussion at the end of the presentation which was well received by all present. Copies of the policy are available from the Academy.

The opportunity to examine a relevant subject in depth with the staff member responsible is one of the features of a Parent Council. We hope to continue these presentations in the future as a way of improving communication and informing parents/carers about the detailed life of the Academy.

There was further discussion at the April meeting of the transition from P7 to S1 with emphasis on the differences in the learning process between primary and secondary schools. Rector, Donnie Macleod, will pass on the concerns of parents over some of the hiccups recently experienced by pupils making the move from P7.

The final Parent Council meeting of the 2008/09 session will be held in the Library at the Academy on Tuesday June 16th commencing at 7.00pm. It was very encouraging to see some new faces at the April meeting. All parents/carers are made very welcome and invited to participate if they wish to do so.

Paul Hoggarth, TRA Parent Council

ROSE GARDEN PROJECT

As everyone in Tain will know **Tain Rose Garden** has recently undergone a major facelift. This project was planned and organised by Tain's voluntary organisations, Tain Initiative Group and Tain Task Force, in association with the Beechgrove Garden team. However the new garden development was truly a community partnership, as also involved were staff and pupils from Tain Royal Academy; children, staff and parents from Tain Nursery; local businesses; and many, many volunteers from within the community.



History of the Rose Garden...

In the early 1960s the town centre garden belonging to the National Commercial Bank (now the Highland Council Service Point building) was donated to the community of Tain. In 1966 the town decided to celebrate the 900th anniversary of its charter and invited ideas for a permanent memorial. The re-design of the garden as a Rose Garden, with 900 roses planted, was chosen. Amidst much celebration for Tain and the Highlands, Her Majesty Queen Elizabeth The Queen Mother, who came to the burgh to open the 9th Centenary Celebrations, officially opened the garden. Tain continues to be very proud of this occasion and royal visit and many photographs of the event and Her Majesty Queen Elizabeth The Queen Mother in Tain Rose Garden are displayed in Tain Through Time Visitor Centre.

Although at first an admired asset to the town, drainage and soil problems and perhaps a decline in maintenance once the old Town Council was replaced in 1975, all contributed to a marked deterioration in the garden in more recent times. Thus the use and

layout of the gardens has been a subject of discussion for many years.

While awaiting proper long term plans, Tain Task Force, a local voluntary group, undertook a temporary makeover of the garden a number of years ago, arranging for fresh gravel to be laid on the paths, a general tidying up, the removal of rose bushes from the areas where they were no longer flourishing and planting these areas with bedding plants to brighten the garden up. The planting responsibility was then taken over by Highland Council but this was gradually reduced to one corner only in most recent years. One set of plans was drawn up but various technical, legal and funding difficulties prevented these coming to fruition.

Tain Initiative Group, together with volunteers from Tain Task Force and Tain Gardeners Club, undertook to turn Tain Rose Garden, once again into a town centre garden of which we can be proud. The view was that not only would a beautiful community garden offer a social venue but it would also add to the economic prospects for Tain and the surrounding area.

Project Development...

In 2008 Tain Initiative Group applied to the Beechgrove Garden Community Garden Competition for assistance with the Rose Garden development. The project was chosen from hundreds of applications from across Scotland. The Beechgrove Garden offered the services of a top quality landscape designer, Kirsty McLean, to work with the community to design a new garden.



Funding was raised from various grants and donations and work began on the project in January

2009. A local contractor was appointed to carry out the hard landscaping and building works, including building beautiful sandstone walls in the garden from precious Tain sandstone reclaimed from within the town. Volunteers carried out all the garden landscaping works including creating and planting flowerbeds, trees and grassed areas.



Mr Agnew, from TRA, was approached to discuss plans for incorporating a wooden pergola, to grow climbing roses, in the garden and the possibility of the pupils designing and installing this structure. Mr Agnew was immediately enthusiastic and saw this as a great opportunity to involve pupils in a community initiative. As anyone who has seen this beautiful structure in the garden will witness, this has turned into an outstanding feature and is central to the overall design. Mr Agnew dedicated huge amounts of time and skill to designing and installing the pergola and the pupils of his XL class gained fantastic practical experience working in the garden on this feature. Mrs Scott also provided a huge amount of support to the pupils on this project.



Also working in the garden were Dr Ross and the Rural Skills group of pupils. All of the pupils carried out a range of jobs within the garden and hopefully gained knowledge and hands-on experience of plants and garden design and, importantly, were able to be fully involved in developing the garden at the heart of their community.

In order to showcase the wealth of talent amongst the young people in Tain and demonstrate how the garden will be used in the future, a 'Beechgrove Ceilidh' was also held. The community were delighted to host Gizenbriggs, the Tain Pipe Band and Highland dancers as the entertainment for the evening.



During their time working in the garden and the three days of filming by Tern TV for the Beechgrove Garden programme, the pupils' hard work, dedication, enthusiasm, talent and excellent behaviour was outstanding and the school and community should be proud of them all. The film team and presenters were hugely impressed with Tain's young people.



The Beechgrove Garden programme on Tain was broadcast on BBC2 on 6th May.

It was a tremendous showcase for Tain and it was fantastic to see many of the TRA pupils on the programme.

*Fiona Robertson
Tain Initiative Group*

S1 ACHIEVEMENT

DISTINCTION

Elspeth Hayes
 Marion Gordon
 Aimee MacDonald
 Nina Pennick
 John Allan
 Scott Ferries
 Alexandra Melville
 Iseabail Moffat
 Naomi Rodgers
 Daire Holloway
 Lindsey Munro
 Scott Murray
 Teresa Au

MERIT

Jessica Fraser
 Francis McCaffrey
 Shona Amos
 Ross Gollan
 Hannah Greenlees
 Allan Robb
 Oriana Ross
 Rachael Griffin

S1 EFFORT

DISTINCTION

Jessica Fraser
 Lauren Macdonald
 Natasha Shearer
 Emily Doherty
 Francis McCaffrey
 Lindsey Munro
 Nina Pennick
 Megan Graham
 Kelsey MacIvor
 Naomi Rodgers

MERIT

Bonnie Crawford
 Marion Gordon
 Elspeth Hayes
 Aimee MacDonald
 Sean MacIvor
 Stephanie McPhee
 Alexandra Melville
 Iseabail Moffat
 Liam Montgomery
 Surya Morrison
 Rachel Moynes
 Scott Murray
 Naomi Smith
 Toby Law

S2 ACHIEVEMENT

DISTINCTION

Stephen Butchard
 Connor Horton
 Emma Beesley
 Evangeline Sellers
 Cathleen Trimble

MERIT

Rachael Morrison
 Finlay Murray
 Calum Ross
 Kirsty Smith
 Anna Stewart
 Elijah Carey
 Calum Cowper
 Rebecca Murray
 Kirsten Ross
 Erin Smith
 Emma Stout

S2 EFFORT

DISTINCTION

Emma Stout
 Ross Munro
 Calum Ross
 Kirsty Smith
 Stephen Butchard

MERIT

Connor Horton
 Alison Macdonald
 Rebecca Murray
 Laila Rattanaphitak
 Kirsten Ross
 Gillian Mackenzie
 Seamus Trimble
 Kieran Allison
 Emma Beesley
 Liam Duffus
 Amber Gibb
 Duncan Jackson
 Elliott Kingdon
 Rachael Morrison
 Emily Murdoch
 Anne O'Brien
 Keith Oman
 Evangeline Sellers
 Erin Smith

S3 ACHIEVEMENT

DISTINCTION

Thomas Pryde
 Daniel McKinney
 Megan Mackay

MERIT

Toni Denton-Saville
 Christina Jamieson
 James MacKenzie
 Dale Maver
 Andrew Beattie
 Jade MacLennan
 Donald Matheson
 Graeme Smart

S3 EFFORT

DISTINCTION

Thomas Pryde
 Heather Crawford
 Christina Jamieson
 Dale Maver
 Daniel McKinney

MERIT

Andrew Beattie
 Cornelius Pelka
 Graeme Smart
 Aislinn Abbott
 Kieran Cunningham
 Roy Gibson
 Conner MacKay
 Megan MacKay
 James MacKenzie
 Jade MacLennan
 Donald Matheson
 Corina Smith

S4 ACHIEVEMENT

DISTINCTION

Tamara Hardy
 Chloe Rodgers
 Joanna Hoggarth
 Christina MacLeod
 Catherine Mair

MERIT

Kimberley Best
 Martin Campbell
 Nicola Chisholm
 Laila Hudson
 James Lachlan
 Suzannah Love
 Steven Ross
 Ellen Torrance

S4 EFFORT

DISTINCTION

Suzannah Love
 Zoe Macleod
 Catherine Mair
 Chloe Rodgers
 Kimberley Best
 Gillian Blyth
 Tamara Hardy

MERIT

Fiona Gregory
 Amy Jack
 Lachlan James
 Connie MacDonald
 Hannah MacDonald
 Katie Melville
 Rebecca Sydenham
 Kathryn Wilkie

S5 ACHIEVEMENT

DISTINCTION

Neil Gordon
 Laura Beesley
 Katie Bremner
 Sam Brennan
 Michaela MacDonald
 Shona Berque

MERIT

Andrew Graham
 Naomi MacIvor
 Alexander MacLeod
 Debbie Morris
 Daniel Rice
 Sophie Robertson
 Calum Ross
 Kiera Scott
 Maire Trimble

S6 ACHIEVEMENT

DISTINCTION

Patrick Butchard

MERIT

Gregor Murray

S5 EFFORT

DISTINCTION

Katie Bremner
 Andrew Graham
 Debbie Morris
 Laura Beesley
 Shone Berque
 Sam Brennan
 Lauren Farquhar
 Neil Gordon
 Sarah Groves
 Liam Hailes
 Alister Mackintosh
 Calum Ross

MERIT

Chloe Anne Cowe
 Ryan Dryburgh
 Lee-anne Fraser
 Jonathan Hackett
 Michaela MacDonald
 Naomi MacIvor
 Amy MacAngus
 Lauren Mitchell
 Rachele Murray
 Lief Paterson
 Jack Raven
 Sophie Robertson
 Abby Summers
 Maire Trimble
 Linzi Wallace

S6 EFFORT

DISTINCTION

Neil Patience

MERIT

Kerry Brady
 Patrick Butchard
 Ruth Gilmour
 Gregor Murray
 Stuart Robb
 Imogen Rodgers

SPECIAL PRIZES

John Paterson Prize for Creative Writing

Hepburn Prize for Oral French

Consulate Prize for Oral German

Chief of the Clan Ross Prize for Gaidhlig

The Owen Karl Finlayson Memorial Trophy

Shelagh Munro Walkington Prize for Leadership

Blanche J Douglas Trophy for Community Service

Parkin Loy Prize for Excellence in Woodwork

Garrick Singers Prize for Endeavour in Music

William Beaton Prize for Outstanding Contribution to Music

Oldale Shield for Brass/Woodwind

Tain Choral Society Trophy

The Ali McGregor Memorial Prize for Traditional Music

Andrea Webber Dance Memorial Trophy

David Fair Memorial Cup for Excellence in Sport - Boys

David Fair Memorial Cup for Excellence in Sport - Girls

Patrick Butchard

= Shona Berque

Debbie Morris

= Debbie Morris

Katie Bremner

Anna MacDonald

Scott Fraser

Patrick Butchard

Lauren Mitchell

= Lee-anne Fraser

Alex Zucconi

Melissa Whitehead

Patrick Butchard

Alister More

Lindsay Hallford

Imogen Rodgers

= Lauren Fernie

Kathryn Wilkie

Gregor Murray

Sammy Vass

SPORTS CHAMPIONS

S1 BOYS

Stuart Greenlees

S1 GIRLS

Shirley Smart

S2 BOYS

Donald Matheson

S2 GIRLS

Corina Smith

S3 BOYS

Martin Smith

S3 GIRLS

Steffanie Hughs

SENIOR BOYS

Kevin Gilmour

SENIOR GIRLS

Anna Giograndi

SCOTTISH UNDER 16 FOOTBALL SHIELD

So close but yet so far! After a great run in the Scottish Under 16 Shield, Tain were finally defeated at the quarter final stage by the eventual winners of the national competition, Dumfries High School. In what was a very tight game, the players gave their all but just came up a bit short against the very well organised and physically bigger Borderers who proved themselves better equipped to overcome the bumpy grass surface at Grant Park.

The game itself started at a very fast pace with Dumfries having the better of the first period of play creating a few scoring opportunities. After 23 minutes they made the break through scoring a very well taken goal. Tain found it difficult to gain a foothold in the game but kept plugging away to keep the score to 1-0 at half-time.

A glimmer of hope came in the 60th minute when Ryan Johnston crossed from the left and Martin Smith latched on to the ball to level the scores. For a few minutes it looked as if the Tain team might just snatch a win but Dumfries fired home a second goal and with TRA chasing the game in the last few minutes they scored a third to seal victory.

Again, the boys proved themselves to be tremendous ambassadors for their school, playing the game in an excellent spirit. Overall, their cup run was a fantastic experience for everyone concerned and those who took part will carry forward fond memories of their accomplishments. Perhaps, the result of their final game may well have been different if the tie had been on the school Astroturf pitch. This would have played to the passing strengths and team play of the TRA boys but, unfortunately, a ruling from the Scottish Schools F.A. prevented this from happening and the players can have no complaint with regards to the final outcome.

Thanks are also due to Mr Dennis Bridgeford, who refereed the match in a very efficient manner. Dennis has, for many years, supported football in Tain Royal Academy and we are very grateful for his contribution.

M Stainke

Ross-shire Pentathlon S1 Girls Champion
Paterson Shield - **Shirley Smart**

Ross-shire Pentathlon U15 Boys Champion
Alan Duff

Ross-shire Athletics U15 Boys Champion
Alan Duff

Ross-shire Schools Athletics S1 Girls
Champion EIS Cup - **Mary Maclellan**

Ross-shire Schools Athletics S1 Boys
Champion - **Stuart Greenlees**

S1 Boys Ross-shire and North of Scotland
Cross Country Champion - **Ross Gollan**

Tain Royal Academy - Winners of

S1 Girls Ross-shire Hockey Tournament
Highland Tournament - Ruthven Cup

S2 Girls Ross-shire Hockey Tournament
and League Champions

S1 Highland Basketball League

Ross-shire Swimming Champions

Ross-shire Mixed Relay Swimming Champions

TAIN ROYAL ACADEMY



ANNUAL SCHOOL SPORTS

THURSDAY 18 JUNE 2009

at 1.00pm

TRA UPPER SPORTS FIELD

ALL WELCOME

BASKETBALL Round Up

Season 2008-9

Senior Boys

The season started with the senior teams in action in the Highland League. Tain entered two boys' teams in the league with the "A-team" putting in good performances beating Fortrose and Wick and finishing 2nd in the league.

Senior Girls

The senior girls faired even better, qualifying for the final tournament. Hosting Fortrose they won 45-27 and after a long journey to Wick they won 30-13. At the finals tournament in Glen Urquhart High the girls had a tough, physical semi-final against Grantown Grammar and unfortunately lost 18-8.

U15 Boys

Our U15 boys' team mainly consisted of U14 boys so despite disappointing losses to Alness and Fortrose they played extremely well and have a strong team to build on for next year.

U15 Girls

The U15 girls faired slightly better in their league, beating Fortrose 27-14 in their first game. Unfortunately, due to missing a number of influential players a narrow 12-16 loss to Wick resulted in a three-way tie for 1st place in the area pool. Tain missed out on qualifying for the finals by 1 point.

U14 Girls

The U14 girls had a strong start to the season in the Scottish Cup with a comprehensive win over Craigmount High School, Edinburgh. They won 60 – 28. Their quarter final was another home tie this time facing Arbroath High School. Despite strong performances from the Tain girls the experienced and well-organised Arbroath team won through 57-17.

S1 Girls

The S1 girls had a mixed and very short season! Due to a distinct lack of teams to play the poor girls kept getting through the Scottish Cup rounds by forfeit so when they eventually got a game they were at the semi-final stage and faced a very strong Arbroath High School team. They undertook a long journey south but fell to a heavy defeat. Their other game of the season was in the Highland "League" against Fortrose. The girls played extremely well in this game and won 25-16. With no other teams entered they can unofficially say they are the best in Highland!

S1 Boys

The S1 boys had an amazing season coming very close to a fairytale ending... It all started back at the end of October when they welcomed a very, very late Auchenharvie Academy. Tain played well and looked to have the game wrapped up at half time leading 18-8, but a big fight back from the visitors took the game from TRA who lost 19-21. Despite this loss the boys qualified for the Scottish Plate quarter finals. They travelled down the A9 and put in a terrific performance beating Perth Grammar 34-11 to set up a semi-final at home to Craigmount High School. With a large, vocal home support TRA played some very strong, team basketball working especially hard in defence and finished the first half 22-0. The second half was equally strong with a final score of 47-8.

Before the Scottish Plate final the boys had some Highland League action. In their area pool they beat Fortrose and Alness to qualify for the final in Inverness against Millburn Academy. The game was close for the first half but Tain's experience at Scottish level paid off and their fast break offence was executed numerous times to pull away to a decisive victory. Top scorer was Scott Murray with 18 points.

The freshly crowned Highland League Champions had one last game for the season, in Glasgow. A large coach of players and supporters travelled down for the day. Everyone had a long, nervous wait for tip-off against Grove Academy. The opposition were strong and physical but TRA had a narrow 6-3 lead at the end of the first quarter with baskets from Scott Ferries (10 points) and James Murdoch (8 points). In the second quarter Allan Robb (4 points) and John Allan (6 points) added to the TRA scoreline. At half time they trailed Grove by just 1 point. The second half was just as nail-biting – with Mr McKinlay and Miss Pottie using all three time-outs to issue vital instructions to the team. TRA were playing hard and fast but unfortunately baskets weren't dropping and Grove stole the victory 32 – 28.

The Scottish Plate
Runners Up and
Highland League
Champions

Individual Successes

The following players were selected to the Highland Region Development Squad: Finlay Murray, Scott Murray, Cameron Fryer, Megan MacKay, Anna Stewart, Rachael Morrison and Kitty Trimble.

Rachael and Anna also got through the first round of selection to the Scotland U15 National Squad. Although they missed the cut for the team they have done very well this season and have great potential to make the team next season.

J Pottie



TAIN STORM TO VICTORY IN HIGHLAND TOURNAMENT

On Thursday 26 March, Tain travelled to Nairn with two S1 hockey teams to compete in the Highland District S1 Hockey Tournament. Fourteen teams from across Highland Region participated in the competition. When the minibus left Tain the sun was shining, however, by the time we got across the Kessock Bridge the rain was horizontal and a grey sky looming in the distance. The girls' spirits were however not dampened and by the time we had reached Nairn they were keen to get started.

Team One were drawn against Charleston Academy, Dingwall Academy, Elgin High School and Milnes High School in their pool. They got off to a fantastic start and won 3-0 against Charleston and carried their winning streak against Dingwall and Elgin. The final game was the toughest and after a tightly fought match the girls held Milnes to a 0-0 draw.

Team Two faced Charleston, Fortrose, Kingussie



and Inverness High School. The team worked hard together and produced some quality play against some very tough opposition and were unlucky at times not to capitalise on long periods of possession. Unfortunately, the team did not gain enough points to go through to the finals.

However, were lucky enough to get cover and dry off from the pouring rain.

As winners of their pool, Tain 1 got through to the finals and came up against both Fortrose and Millburn Academy. The first game against Millburn we won 2-0. It was then time to face our biggest rivals, Fortrose. Tain got off to a brilliant start by scoring quickly after a succession of excellent passes from midfield to attack. Fortrose however upped their game and started to drive into Tain's defensive D. This resulted in them scoring a goal. However, as it was struck outside the attacking area the goal was disallowed. Tain held on and went on to win the Ruthven Cup and were crowned S1 Highland Champions 2009. Both teams have shown dedication this year in training and it has certainly paid off. Well done girls - keep up the hard work!!

Team 1 - Elspeth Hayes, Jacqueline Greenlees, Anna-May Dwyer, Marion Gordon, Georgia Dryburgh, Aimee MacDonald, Emma Foster.

Team 2 - Sophie McCoy, Amy Urquhart, Eryn Jedan, Hannah Greenlees, Jade Stewart, Kirsty MacLeod, Robyn Morrison.

Nicki Dillon, PE Department



UNDER 15 NATIONAL FOOTBALL TROPHY FINAL

North of Scotland Schools **3** Glasgow Schools **1**

Tain Royal Academy pupils, Callum Macdonald and Chris Gordon were part of the victorious North of Scotland under 15 squad that beat Glasgow Schools in the final held in Links Park, Montrose, on Saturday 16th May, 2009. This is the first time that the North team has ever won this trophy so both Callum and Chris can very proud of their achievements.

Anyone wishing to see a fuller report on the game can log on the Scottish Schools Football Association website under the section marked 'news'.

SWIMMING SUCCESS

Over thirty swimmers from TRA travelled to the pool at Dingwall on Friday 20th March to compete in the Ross-Sutherland Inter-Schools Swimming Gala. This is always a fiercely contested event between ourselves and Dingwall.

The pupils were a credit to the school and it was great to see them supporting and encouraging each other. It was really important that we had a pupil supporting TRA in every event as every point was going to count if we hoped to beat Dingwall. At the half-way point we had a 3 point lead and things were looking good.

The relays are always a good event for us and plenty of cheering helped us win five of the eight relays. This meant we had won the overall contest by ten points.



The other two trophies are decided by the mixed relays. This is a team of boys and girls with a swimmer from each age group. The boys' team of Ross Gollan, Finlay Murray, Reece Stewart and Gregor Murray swam well to win again, the fifteenth time! This was closely followed by the girls' team of Alex Melville, Michelle McMenemy, Mairi Pickett and Julie Vass also cruising to victory.

TRA returned home with all three trophies for the second year running.

Well done everyone!

A Scott, PE Department

GIRLS COCA COLA SEVENS

The S1 and S2 girls' football team had played really well to win the district tournament. So, on Wednesday 25th March they returned to Dingwall to play the regional stage. It came as a bit of a surprise to have Dornoch and Golspie also in our group. Easter Ross is obviously very strong in girls' football!

The first game the girls played was against Lossiemouth High School. Despite the coaching given before the game, the girls made a nervous start and were missing Anna Stewart in goals as she was away on a course, but the girls held it together for a no score draw.

The next game was against Golspie and Shirley Smart hit the back of the net after less than a minutes play. Unfortunately this was the only goal. The result was 1-0 to Tain in the game against Dornoch.

Lossiemouth had however beaten both Golspie and Dornoch by three goals and therefore were section winners. TRA must now wait to see what happens in the other section to see if they will go through as best runners-up. They are a very talented team and were a credit to the school, so let's hope they make it.



A Scott



Our Easter activities went really well, all classes were well attended and we received good feedback from participants and tutors. We are now arranging our summer programme so more exciting activities for all ages will be available.

FITNESS CLASSES

Monday 10.30 - 11.30	3rd Agers Keep Fit Multi Purpose Hall
Monday 19.15 - 20.15	Cardio Cycle Multi Purpose Hall
Tuesday 19.30 - 20.30	Circuits Games Hall
Wednesday 10.00 - 11.00	Cardio Cycle Multi Purpose Hall
Wednesday 19.00 - 19.45	Aqua Aerobics Swimming Pool
Thursday 19.30 - 20.30	Body Tone Games Hall
Friday 10.00 - 11.00	Pilates Multi Purpose Hall

For full details of fitness suite and swimming pool opening times, please contact the TRACC Office.

HIGH LIFE

And don't forget Your High Life card should be swiped at Reception on every visit to TRACC. For those of you not already on a direct debit membership, the process is easy. Fill in your details at reception, pay your first monthly amount in cash, and we'll collect your money by direct debit each month.

For those on income based allowances (and their families), we have a special budget price of 50p per visit if you produce evidence of your benefit category when you complete your application form. For those on Disability Living Allowance, 50p per visit also applies to you.

EVENING CLASSES

We have an opportunity for running computing class "Introduction to the Internet". Please contact reception if you are interested in booking a place. Dates and times not confirmed until we have appropriate numbers. We are also looking to provide Art Workshops. Please register your interest at reception. Limited spaces available so please contact TRACC on 01862 893767.

CARDIO CYCLE

We now have ten bikes available for our Cardio Cycles classes taken by Kath Houlston. These are proving very popular, so why not come and give it a try, places must be booked weekly, contact reception for more information.

Tain and Easter Ross Ward Forum

Thursday 11th June 2009

in the Seaboard Memorial Hall, Balintore

from 7.30pm to 9.30pm

(Tea and coffee available from 7pm)

Main Topic: Tourism - Highland Council and Visit Scotland representatives. How can we enhance tourist information available for visitors in the Easter Ross communities?

Secondary Topic: Stagecoach - Bus timetabling queries in the Ward.

Members of the public are welcome to attend.

There is a 20 minute public question and answer session at the end of the Forum.

If you have an enquiry about the Tain and Easter Ross Forum; would like to submit questions in advance of the meeting; or have any special requirements/needs to help you take part, please contact Carol Elliot at Tain Service Point or by phoning 01349 886643 or by emailing carol.elliott@highland.gov.uk.

Further information can also be found on the Highland Council website www.highland.gov.uk under "Your Ward".