



PHS HT Community Update 22/5/26

Open Water Swimming Safety

Please take great care if you are swimming in open water such as the Tweed. This is an important safety message to all.

OPEN WATER SWIMMING SAFETY CODE

Stop and Think, Spot the Dangers

- Make a risk assessment before every swim - identify hazards, consider the risks and your own abilities, and take precautions to avoid harm.
- Wear appropriate swimming attire for the conditions - well-fitted wetsuits offer both warmth and buoyancy.
- Always carry a means of calling for help.
- Alcohol/drugs/prescription drugs can reduce coordination, impair judgement and reaction times, and affect your body's response to cold.
- Make sure you know where you can get out before getting in.
- Check for any signage or flags which could warn you of potential risks.
- Be aware of other water activities that may pose a threat to you, such as powered craft and angling.
- A brightly coloured swim hat and a tow float can help you to be seen.
- Stay close to shore unless you are an experienced cold water swimmer.
- If you begin to feel unwell at any point, let somebody know and leave the water immediately.
- Cover all cuts, shower after swimming and to try not to ingest water whilst swimming.

Stay Together, Stay Close

- Swim with others if possible. Always let someone know where you are going and when you will be back.
- If you experience cold water shock, float on your back until you can control your breathing. If you have a tow float, use it to help you float.
- Lean back, extend your arms and legs, keeping nose and mouth clear from the water.
- Call for help and then swim to safety.

In an Emergency, Call 999

- If you see another swimmer in trouble, do not put yourself at risk. Call 999 or 112.
- Tell the person to stay calm and float.
- Look for a throw line or life ring to help whilst you wait for emergency services.

Tanzania Social Night

On Friday night we hosted our first big social night in the school to raise funds for the school Tanzania trip 2027. It was a huge success, raising £2800 towards the work we will be doing in

Tanzania. Big thanks to Allan Marr from Marrs bingo for keeping the crowd entertained. Also huge thanks to all the local companies that provided fabulous prizes, including Jim Davidson gas appliance and heating engineer, R Wilson and son electricians, Irvine plant Ltd, Gordon arms Hotel in West Linton and many more. And of course a huge thanks to all those that came along and made it a success. What a fabulous venue it is!



Halyrude Primary School Sports Day

Message from Halyrude Primary School

A huge thank you to all the wonderful pupils from [Peebles High School](#) who helped set up and run our sports day today. You stayed organised, enthusiastic, and positive despite all the downpours, and your hard work helped make the day a success.

Contribute.







SBC S1-3 Ensemble Day

Peebles pupils perform for final BGE Ensemble Day of the academic year with Instrumental Music Service. Wind, brass and percussion instrumentalists, as well as string players rehearsed a dynamic programme of arrangements from Deep Purple's Smoke On The Water to Supercalifragilistic as well as the theme tune from Meet the Flintstones. Great teamwork, focus and leadership demonstrated by all.

Contribute.





French Exchange

One last post from the French Exchange, we couldn't not share this wonderful video put together from our French hosts! <https://www.facebook.com/reel/1671637980542875>

Inspiring Young Minds

On Wednesday 20th May, the Inspiring Young Minds group enjoyed a trip to the National Museum of Scotland in Edinburgh. Pupils enjoyed exploring the many and varied exhibits within the Museum, including several interactive displays; as well as the incredible views of Edinburgh from the roof terrace. They also paid a visit to Greyfriars Bobby's grave and statue (we resisted the temptation to rub his nose though!) The pupils' behaviour, engagement and timekeeping were impeccable throughout the trip and they were a credit to the school. Well done Phoebe, Lewis and Rubin!

Contribute



