

## S3 Skills Electives 2019/2020:

### Duke of Edinburgh Award

The Duke of Edinburgh Award is available to any pupil in S3 or higher at Kelso High School. It involves the completion of 3 areas of personal attainment (Volunteering, Physical & Skills) which is led by the pupil themselves, with support from key members of staff.

Further to this pupils will have lessons/training to support an expedition that all pupils must take part in. Skills such as map reading, first aid, navigation, wild cooking & developing self-reliance along with many more skills are developed along the way to ensure pupils are prepared appropriately.

### Inspiring Digital Enterprise Award

iDEA is a [programme](#) that helps you develop digital, enterprise and employability skills. Through a series of online challenges and events, you can win career and life enhancing badges, unlock new opportunities and, ultimately, gain industry recognised awards that help you stand out from the crowd. Discover skills you never knew you had and hone the ones you've already got by taking our online challenges. The challenges are split into core categories, each with its own series of badges to be won - **citizen, worker, maker, entrepreneur** and **gamer**. When you've taken enough badges in each of the categories, you will be able to earn an **Award** - a recognised symbol of your hard work, determination and skill. At beginner level, you can achieve the Bronze Award; and when you have mastered the basics, you can work towards the Silver Award, which is set at intermediate level. iDEA is about lifelong learning, for anyone who wants to develop their skills.

### Mindfulness

Mindfulness helps train your attention to be more aware of what is actually happening, rather than worrying about what *has* happened or might happen. We learn to bring greater curiosity to whatever it is we experience. Mindfulness trains us to direct our attention to whatever is happening in the present moment: our breathing, other physical sensations, thoughts, emotions, or even everyday activities like walking and eating. This awareness means we can respond more skilfully to whatever the present-moment throws at us. This course is both theory and practical based. For more info: <https://mindfulnessinschools.org/mindfulness-in-education/what-is-it/>

### Environmental Science

This course will help give you a scientific understanding of important and topical environmental issues that affect us all in the modern world. You will investigate key areas of the living environment such as biodiversity and the relationships between plants and animals and their non-living surroundings. You will also find out about how we as humans have had an impact on the environment round about us. You will work towards gaining a single unit pass in N3 or N4 Environmental Science. This will involve completing assessments throughout the year.

## **Introduction to Rural Skills**

This course has been developed with Borders College and will be delivered by them. Students will cover a variety of topics relating to Rural Skills including:

Working with animals, Agriculture, forestry, game keeping, horticulture and estate management.

The course will be delivered both on and off campus and will include practical and theory work. Students will work towards SQA units in Rural Skills.

### **Drama:**

Students will be developing skills in Creating, Presenting and Analysing through Drama. You will study different examples of acting through song, acting through spoken voice, develop characters in our own drama and start to learn about basic production elements such as costume and lighting.