

The Promethean

November Edition

Head Pupil Interview

Sport

Diabetes Awareness Day

World Diabetes Day is celebrated on the 14th of November every year, on the birthday of Sir Frederick Banting who discovered insulin, along with Charles Best. Their work has not only impacted diabetic patients but given the entire world hope.

The 14th marks a day of increasing the awareness and prevention of the illness and improving the lives of those diagnosed and living with it. To mark this remarkable occasion, communities are encouraged to wear the blue circle, to come together as a united group to share the responsibility in tackling this growing epidemic.

There are two types of Diabetes:

-**Type 1** which is a result of when there's insufficient insulin production in the cell.

-**Type 2** which is the failure of the insulin receptors to function. Experts recommend constant exercise, balanced diet, routine check-ups for early treatment and detection.

With knowledge, compassion, and collective action, we can ensure that people living with diabetes receive the care they need—and that future generations are empowered to prevent it.

This year's theme, "Diabetes at all stages", emphasises that diabetes can affect everyone young and old. Managing diabetes requires not only medical treatment but also supportive and knowledgeable environments.

These small steps can make a big difference, not only for individuals but also for communities striving to reduce the burden of chronic disease.

-**Rachel Yeboah**

Poppy Factory Reflections

-From Mrs Gooch and Ms Kelman's S3 History Classes

On Tuesday the 21st of October Mrs Gooch's S3 history class visited Lady Haig's Poppy Factory. We were welcomed by Davie and Dougie, two army veterans. We were split into two groups and then were taken on a tour of the factory. Lady Haig's Poppy Factory is the only factory that is run fully by veterans. While on our tour we saw many things, including how the poppies and wreaths are made and the difference in Lady Haig's Poppy Factory and other Poppy Factories. We watched a video of how the factory was founded and we were shown a room with pictures, songs and artifacts from World War 1. Overall, it was a very fun and interesting trip.

-**Katie Walker**

My trip to Lady Haig's Poppy Factory helped me fully grasp the impact of World War 1 and Remembrance Day. I was happy to learn that Lady Haig's Factory supports veterans to this day. Remembrance Day is important to celebrate because it remembers the lives that were lost and sacrificed from soldiers, civilians and animals. But it is also a day to remember the lives that were saved in the Great War, and it is not just about the past. Learning about the Great War made me realise the dangers and costs of war, and why it's so important to keep peace and remember to respect those who fought and sacrificed their lives in the war.

-**Chloe Blackwood**



Remembrance Day

Remembrance day is held every year on the second Sunday of November, and Armistice day on the 11th. It serves as an occasion to honour and commemorate the soldiers who lost their lives fighting in wars. It is a sign of both remembrance and hope for a peaceful future. It originated after World War 1 but has adapted to remember all those who died in wars. The day is marked by ceremonies, moments of silence, and poppies, inspired by the fields where they grew on the battlefields of the war.

The first remembrance day occurred on 11th of November 1919, exactly a year after the end of the First World War, it was held in Buckingham Palace and included a banquet and evening to honour the French Republic. King George V called for a 2 minute silence at 11am, and this tradition quickly spread. 'Remembrance day' was first known as 'armistice day' and it was born to honour those who had fought in the war. Over time, remembrance day broadened and now commemorates those who have served and sacrificed in war. Which prompted the name remembrance day to be widely adopted by many countries. Over time Remembrance Day traditions have adapted and changed but the message of remembrance day has stayed the same and ensures the past generations are never forgotten.

Whilst remembrance day often centres around adult soldiers it's important to remember the teenagers and young boys who lost their lives fighting. During WWII many boys lied about being 18 so they could enlist themselves to fight in the war.

In the 1930s boys could leave school by age 14 and start work, and whilst most of them ended up working on building sites or factories, to them being a soldier seemed more courageous. Bill Edwardes was one of these boys, when he was 16 he enlisted to serve in the British army and lied about being 18.



Q&A Feature: Ms Watson

Education isn't just about lessons, exams, and trying to remember the periodic table (seriously, who still remembers all of it?). It's about shaping futures. To dig into this vision, we sat down with one of our Deputy Heads Ms Watson, who shared her journey, challenges, and hopes for our school community – with a few laughs along the way.

Q: Can you tell us About your journey to becoming a deputy head?

A: "I left school not to get into education and wanted to be a statistician, but then didn't like it and everyone had been suggesting I become a math teacher. After a while of working as a math teacher I wanted a challenge so I became the head of the maths department but then decided I wanted another challenge so I became the deputy head."

Q: What challenges come with your role?

A: Oh, where do I start? Balancing priorities is a constant juggling act. Students need support, staff need resources, making sure everything runs into the school calendar, meeting deadlines, doing good time management and using communication skills with a lot of people like staff pupils and more. (I feel like Ms Watson should join the circus with all the juggling she does do).

When Bill turned 17 he was tasked to be a stretcher-bearer on D-Day, where he carried the responsibility of picking up the wounded on battlefield. He made decisions who could be saved and who was not able to be saved. Bill's first battle was the attack of Mouen. At 17 years old, he was carrying the bodies of officers and men, a decade older than him, getting used to seeing wounds and death. The survival rate was low, he thought to himself, how could he possibly survive, if so many are dying around him?

"I was twelve when war broke out; I was 18 when it ended. People say to me,.. that was your youth gone'. It didn't go; it was just spent in a different way."

Women are also honoured during remembrance day for the crucial roles they contributed to the war efforts. They stepped beyond their traditional roles and became key to upholding the country during the war.

Women's work changed during the war when many had to take over jobs left behind. During this time the employment of women increased by 1.5 million and many of these roles were linked to the conflict. During WW2 women were given much larger roles and by 1943 90% of non-married women and 80% of married women were involved in war work directly.

Women took on a variety of different jobs including building aircraft's, working in factories and building ammunition. Many worked as nurses, medics and ambulance drivers. Women also took over agriculture to prevent food shortages, organising rations and wartime relief efforts. All the women that contributed to the war were brave and courageous and reshaped perceptions of what women could achieve long after the fighting ended.

-Heidi, Keane, Veronika Kosarieva and Aimel Raja Javed

Q: Who were your role models that inspired you to become the person you are now?

A: "My Maths teacher was an excellent teacher who listened to the kids and had time for them, and my football coach who taught me a lot about motivation and teamwork."

Q: How long have you been working at Leith Academy for?

A: "I have been working in Leith for 19 years" (that's almost two decades, longer than we've alive!)

Q: What does a typical day look like for you in Leith Academy?

A: "I come in early so I'm usually in around 7am and then I do some paperwork then welcome in people in the morning. I then spend time between being in the office and exam planning and the rest of the time I'm helping and supporting pupils and answering questions. Then at the end of the day I am sending emails."

Q: How do you ensure the schools values are reflected in daily activities?

A: "It is about modelling those values and going about your daily work showing respect to everybody. As well as being honest, fair, and making sure that in any activity or lesson everybody feels included, then that can make people feel more enjoyable to be there."

Closing Reflection

Ms Watson left us with a powerful piece of advice:

"You get what you put in."

Her words remind us that you should be the best version of yourself so that you can get the best in the future.

Last but not least, I would like to thank Ms Watson for being available for the interview, it is greatly appreciated.

-Jana Algebn and Amna Ahmad



The Sports Column

Welcome to The Sports Column where we cover all things sports and provide you with monthly updates.

Basketball:

At the end of last month, our Seniors found their way to a rather comfortable 87 - 41 victory. Later in the month, however, the seniors sadly fell to a 98 - 61 defeat, where the performance was better than the score line, and the juniors struggled to a 69 - 16. On the bright side, Leith bounced back very well with an emphatic 71 - 62 at Boroughmuir HS.



Hermitage Park:

Leith Academy always has a top of the range selection of sports that entices primary schools across the capital, and we're sure that won't be any different for 2026/27. So what better way to welcome the Primary 7s than to bring them to our home. That's just what happened in the 18th of November as Hermitage Parks Primary 7 class came to visit the PE department.

Girl's Football Event:

A massive event for the juniors! On the 25th of November, players from Hibernian FC, the Sky Sports Cup runners up and SWPL Champions, came to Leith Academy to do some fun events with the S1-S3 girls.

There were girls from ages 11-14 and ranging abilities in a significant day to promote girls' football



Volleyball Scottish Cup Fixtures:

Both the senior boys and girls' teams played in the Scotland's premier cup tournament for high schools, against very good sides. The girls' team played first, losing 2-0 to North Berwick despite playing well, with Ana Da Rocha Zella being the stand out figure in the match. The boys' team also sadly slumped to a 2-1 defeat, this time to Lochgelly, again putting in a good performance, this time Patryk Les being the POTM.

-Kaden Cameron Carr

Head Girl Interview

Last week we sat down with one of our Head Pupils, Amy McLeod Gardner. She was elected as Head Pupil, alongside Aiden Morrice and Foggo Sheperd, after a lengthy voting process.

Amy told us that it is very exciting being Head Pupil, but admitted that she wasn't confident she would get the role so "it's a nice confidence booster to know people believe in me. I've been at Leith for six years and to be head girl at the end of it is really nice." One of the things she's enjoyed so far is getting to meet new people and represent the school in different ways. One example of this was the day herself, Aiden and Foggo were appointed as Head Pupils when they got to welcome Jenny Gilruth, the Scottish Cabinet Secretary for Education, to Leith Academy.

We found out that being Head Pupil comes with a lot of responsibilities such as helping organise school events, sort out roles for other prefects, as well as communicating between pupils, House Heads, and Senior Management to make Leith Academy the best that it can be. On top of this Amy is doing three Advanced Highers, applying for university and playing basketball. Thankfully having two other Head Pupils helps ease the load.

Lastly, we wanted to find out what advice Amy would have for pupils considering applying to be Head Pupil in the future. Her main advice was to not be scared to give your opinions. She admitted that at times she has found this daunting, but that "it's important that your voice is heard and that you speak up, because if you don't that might be somebody else who's not represented, or their issues aren't heard."

We really enjoyed getting to know Amy and to understand the role of Head Pupil. The main thing we took away from our conversation was that you shouldn't be afraid to try and that hard work will pay off in the end. She has definitely inspired us to want to apply for Head Pupil in the future, and we hope she's inspired you too!

-Morrigan Skail and Rodiat Adedeji

Christmas Giveaway



On the 5th December we will be having our Annual Christmas Giveaway. An opportunity for us to come together and support what can be a difficult time of year.

This event is free of charge and open to families of our local community, to help spread the cost at Christmas.

We are still looking for donations. This can be anything such as:

- Toys & Games
- Clothes & Toiletries
- Food & Treats
- And so much more!

Speak to Ms Sutherland, or a member of the English Department for more information.

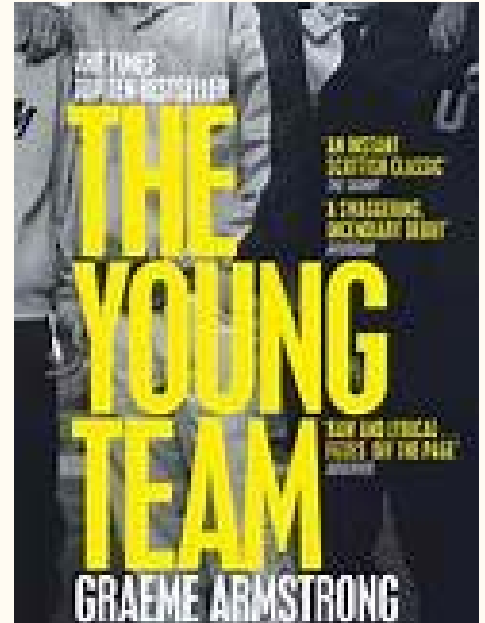


Motivation Speakers at Leith

A very inspiring figure came to our school to present his spectacular life story which touched many around the UK. This role model is Graeme Armstrong.

Born in 1991 in Airdrie, Scotland, he grew up amid gang violence, drugs, and friends who were a poor influence on him. As a teenager, he was involved in “young team” gang culture which brought him to a very low state, until all he could think about was his troubled friends, and reading *Trainspotting* by Irvine Welsh too inspired him to change his path.

After battling addiction and leaving the streets behind, Armstrong studied English and Creative Writing at university in the hopes of being able to help more youngsters across Scotland learn from him and not repeat his mistakes.



His debut novel, ‘The Young Team’ (2020), draws on his own experiences, telling the story of a Scottish teenager caught in gang life and addiction.

Written in gritty Scots dialect, it took seven years to complete and faced hundreds of rejections before publication. Despite this the book became a bestseller, winning multiple awards, and earned Armstrong a place on Granta’s “Best of Young British Novelists” list.

Now a writer and speaker, Armstrong uses his story to help others escape the same cycle he once lived.

-Kim Brunelli, Angel Nakhozwe

D&D club

Want to play Dungeons and Dragons? If you haven't ever played it but want to experience another world where you get to go on magical quests and adventures, then you should join the DND club! We meet at the RMPS huts every Thursday! It is a bit popular right now, so you will have to get on a waiting list – Contact Mr McKee to get on the list!

Newspaper Club

Would you want to be part of this? If you're interested in writing or editing, then you should join the School Newspaper club – the Promethean. Come along to Room 9 during Wednesday lunch, if you want to see your voice reflected here!

Model United Nations (MUN)



Would you like to be a world leader during a Monday lunchtime?

Ever wanted to declare war against a peer? Well, we argue about resolutions and have fun doing it, so join us at the PSE huts during Monday lunchtime! (We even get to wear suits and go on field trips sometimes...)

Do you want to advertise a club? Then scan the QR code!



Creative Writing

Artists of the Month

REMEMBRANCE DAY

The poppies sway in the cold air,
Reminding us of those who were there.
People who fought in the darkest days,
So we could live our lives our way.
We stand together, still and quiet,
Thinking of every brave soul reaching higher.
Their courage shines through all the years,
In every moment we spend right here.
Their stories stay in what we do,
In the peace we have and the choices too.
In laughing with friends, and walking free
Things they helped protect for you and me.
Even though time keeps moving on,
We don't forget the ones now gone.
We honour them with every breath,
Grateful for what they gave in death.
So on this day, with heads held high,
We think of them beneath the sky.
We promise to remember always,
The heroes of those long-ago days.
And as the poppies glow bright red,
We thank the ones who once said,
"I'll go, I'll fight, I'll do my best."
So we could live with peace and rest.

-Zevida Masade



Andrew Thomson (S1)



Lola Dobson (S3)

If you would like us to publish your own creative writing (under 500 words), then please email it to Ms. McConnell
Sarah.1.McConnell@leith.edin.sch.uk
or talk to an English teacher to publish it in the school newspaper. You can publish under a pen name or anonymously, if you don't want to put your name to your writing. We believe your words deserve to be heard!

Puzzle of the Month

Each month there will be a puzzle to solve and a prize up for grabs!

If you think you know the answer, either go and find Miss McConnell or send her an email at: sarah.1.mcconnell@leith.edin.sch.uk

The first person to tell her the correct answer will win a sweet treat! Every person who tells her the correct answer will have their name entered into a draw and every 4 months we will draw a name out and they will receive a larger prize!

Solve this riddle to win a prize:

I am found in school but never learn,
I can be hard to get but easy to burn.
With me, you doodle, write, and jot.
Without me, your homework's not so hot!
What am I?



Art work submissions

If you have any artwork that you want others to see, then you can publish it here! You can send a picture of your art work to Ms McConnell at:
Sarah.1.McConnell@leith.edin.sch.uk
or you can ask your art teacher to send it to us and we will publish your artwork. If you want to put out your art anonymously, or under a nickname, then tell us to do so and we will! We believe your artwork deserves to be seen!

Get Involved!

Scan the QR code below to tell us about any topics you would like us to write about:

