



THE HEALTHY LIFE @ DUMFRIES HIGH SCHOOL



Promoting Healthy Bodies, Healthy Minds, and a Healthy Community

Termly newsletter - November 2025

WHAT IS OUR FOCUS?

At Dumfries High School, we are committed to helping all our pupils lead healthy and active lives. This termly newsletter is designed to support that goal by providing information on physical activity, nutrition, and positive lifestyle habits. Each issue will also share the sporting achievements of our pupils.

Pupils should prioritise the following three key areas when working towards a healthy lifestyle:

Be Active Every Day

Try to get at least 60 minutes of exercise each day, mixing things like walking, cycling, running, or sports. It helps with mood, concentration, and building strong muscles and bones.

Eat a Balanced, Nutritious Diet

Focus on having a variety of fruits and vegetables, whole grains, and lean protein. Try to limit sugary drinks, fast food, and processed snacks.

Prioritise Quality Sleep

Aim for 8–9 hours of sleep each night. Avoid screens in the hour before bed, and create a relaxing bedtime routine to help you wind down.

EXERCISE TIPS

- Try to break up sitting time – stand, stretch or walk every hour.
- Include vigorous activity (that really raises your heart rate) on at least 3 days a week.
- Fun counts: any activity that gets you moving – dancing, walking the dog, playing – all helps.
- Hydration is important – drink water before, during, and after exercising.

3 HEALTHY, LOW-COST TRY AT HOME MEALS

Having a balanced diet rich in fruits, vegetables, whole grains, and proteins helps improve concentration, boost energy, and supports young people's growth. Each term our newsletter will include three new recipes for our pupils and families to try at home.

VEGETABLE FRITATTA

Serves: 4 | Prep & Cook: 25 mins | Cost: roughly £1.80 per serving



HEALTHY CALZONE

Serves: 4 | Prep & Cook: 20 mins | Cost: roughly £2 per serving



CHICKEN PASTA WITH PEAS

Serves: 4 | Prep & Cook: 20 mins | Cost: roughly £2.50 per serving



Why these meals are great?

- Low cost, family friendly and easy to cook.
- Balanced nutrition: protein, vegetables and grains.
- It involves pupils cooking for fun as well as learning healthy habits.

EXTRA-CURRICULAR CLUB TIMETABLE

DHS EXTRA-CURRICULAR SPORT CLUBS 25/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCHTIME (13:20-13:40)				
FOOTBALL (Grass) S6 Prefects JUST DANCE (Gym) S6 Prefects	BADMINTON (Games hall) Sports Ambassadors	DODGEBALL (S1) (Gym) Young Sports Leaders	VOLLEYBALL (Games hall) S4-6 pupils vs staff	TABLE TENNIS (Viewing gallery) Mr Mitchell FOOTBALL (Grass) S6 Prefects
AFTER-SCHOOL (15:20-16:30)				
PICKLEBALL (Games hall) Mr Mitchell RUGBY (3G) Caitlin (Dumfries Saints) COUCH TO 5K (GIRLS) (Track) Mrs Adamson	BADMINTON (Games hall) Mr Smith	NETBALL (Games hall) Mrs Love, Ms Henry, Miss Johnstone & Miss Dobie FOOTBALL (3G) John Allison, Mr Monteith, Mr Hyslop & Mr Douglas	BASKETBALL (Games hall) Mr Hyslop GYMNASTICS (Gym) Miss Dobie	

TERMLY TRY AT HOME FITNESS CHALLENGES

Easy Plank Dance Challenge

Based on a TikTok “easy planking” trend: plank to the beat of a song, mixing in moves like shoulder taps, arm rolls, and up-downs.

Ab Dance Challenge

These core workouts involve dance-like movements (pelvic tilts, torso sways) that focus on your core. Choose a 2-3 minute song and do “ab dance” by moving your hips, arms, and core in time to the beat. Repeat a few times, then cool down.

Couch to 5K Challenge

Try to run a 5k from scratch. Allows beginners to go from little or no running experience to completing a 5 km run. Typically, a 9-week program with a mix of walking and running intervals, gradually increasing the running time each week. Many apps and online guides include tips on warm-ups, cool-downs, and tracking progress.

12,000 Steps a Day Challenge

10,000 – 12,000 steps is the recommended number of steps a young person should take in a day. Try to complete this every day for a month. Alternatively, set your own target if you exceed this number.

LOCAL CLUBS AND ACTIVITIES

Football

- Greystone Rovers Foundation 01387269423,
- Lochar Thistle FC - Contact via Facebook,
- Heston Rovers FC hestonrovers.co.uk

Gymnastics

Dumfries Y Gymnastics Academy – dygc.co.uk - Boys & girls 6-16 yrs; contact club for session times

Martial Arts / Karate

Dumfries Wado-Kai Karate Club - DG One & Lochvale House - Ages 5+; check evenings for teenage group

Athletics

Nithsdale Athletics Club, nithsdaleacmembership@gmail.com - All ages; contact club for training sessions

Dance

In Step Dance, 166 High Street, Dumfries , <https://www.instepdumfries.co.uk/> - Various age groups and styles

Rugby

Dumfries Saints Rugby Club, - Park Farm, DG27LU - U13-U18 youth section; check club for training nights

Hockey

Dumfries Hockey Club – dumfrieshockeyclub.com ,Youth 10-18 yrs; check weekly training nights

Swimming

DG Swim Club, 01387253717 - DG One Leisure Centre - Swim squads 6-18 yrs; evenings & weekend sessions

Multi-sport

Dumfries Sports Club , 50 Nunholm Road, DG11JW - 01387252527 - Tennis, squash, cricket coaching for juniors; evenings & weekends

SPORTING SPOTLIGHT

⚽ Football

- **U13s:** Won 7-2 away to Stanraer in the league.
- **U15 Girls:** Won their first round Scottish Cup away match vs Bishopbriggs Academy; next round at home later this term.
- **U16 Boys:** Progressed to 3rd round of Scottish Cup with 8-4 win vs Douglas Academy; next round vs Boclair Academy at home.
- **Senior Boys:** Began defence of JH Lorraine Trophy with 3-1 victory over St Joseph's Academy.

🏀 Basketball

- **Senior Boys:** Won 54-32 away vs Govan High School in first round of Senior Scottish Cup. They will now play away to St Aloysius' College in the second round later this term.
- The boys also performed well and won 51-11 against Dumfries Academy in the league.

🏐 Netball

- **Junior & Senior Teams:** Both teams played their first league match vs Stranraer Academy. The Juniors won and the Seniors narrowly missed out.
- Both teams also hosted Dumfries Academy recently. The girls competed very well.

🏆 Awards

- **Gold School Sport Award:** Recognising outstanding sporting opportunities for all pupils, awarded by SportScotland.

🏒 Hockey

- **S3 Boys & Girls:** Competed in Dr Turner's Hockey Tournament; girls finished 3rd, boys finished 4th.
- **S1 Boys & Girls:** Competed in Dr Turner's Hockey Tournament; girls and boys teams finished 3rd.

🎊 Events and Trips

- **Scottish Women & Girls in Sport Week:** From the 6th-12th of October, we celebrated Scottish Women and Girls in Sport Week. We recognised pupils and staff who are excellent role models and a held number of special PE classes, extracurricular clubs and a staff-vs-pupils netball match.
- **Netball Trip:** Forty S1-S6 pupils enjoyed an unforgettable evening at the Scotland vs New Zealand Netball Test Series in East Kilbride. They took part in fanzone activities, supported the Thistles in an exciting match, and even met players for photos and autographs.

UPCOMING EVENTS

