



ST MARGARET'S
SCHOOL FOR GIRLS

WEEKLY NEWS

3rd to 7th November 2025



Les Misérables School Edition

The curtain has risen on Les Misérables School Edition, and what an unforgettable opening night it was! Our exceptionally talented pupils delivered a breathtaking performance, filling the stage with powerful vocals, raw emotion, and remarkable stage presence.

This production is made even more extraordinary by our all-female cast, whose passion and talent brought new depth and energy to this timeless classic. Their dedication and artistry shone through every moment, earning them a standing ovation from the audience.

Adding to the excitement, pupils received surprise video messages of encouragement from the West End cast of Les Misérables that fueled this unforgettable debut.

Photo highlights of these remarkable performances will be shared in our next newsletter!

Good Luck Video Messages



*from the West End Cast
of Les Miserables*



PE - Junior Netball

Mrs Fogiel



The Junior Netball team showed real grit and determination in their match against Albyn last week. Despite a strong team effort, they couldn't quite overcome Albyn's early lead.

The match highlighted their growing skill and teamwork, and displayed true resilience and school spirit.



PE - Cross-Country

Mrs Norval



Cross-country

We have been building more than just speed in our game sessions - we've been building character! After several sessions of cross-country running, we have completed four of our annual championship races. While not every student loves running, every participant earns house points and a shot at a medal. Most importantly, by completing the challenging course, they are actively developing invaluable skills like resilience and determination. Here are the results so far:

4-5 Junior

1st place Maisie Arnott
2nd place Zara Barclay
3rd place Lucy Smith

6 Junior

1st place Amelia Kane
2nd place Grace Kozak
3rd place Abigail Grant

7 Junior

1st place Alexa McArthur
2nd place Kylie McArthur
3rd place Ella Galbraith

I Senior

1st place Sophie Grant
2nd place Emily Marston
3rd place Ugonna Ugoala

PE - Cross-Country

Mrs Reid



Last weekend, Ella, Faye, Julia and Isla (7 Junior) competed in the East district cross country league in Kirkcaldy. The girls ran for Metro Aberdeen Running Club, participating in the Under 13 category, 2600 metre race. It was a tough course, but but all girls worked hard and had great fun.



First Aid in Action



St Margaret's Training Saves the Day (and Spotlights Vital Tech!)

An incident during the October holidays has underscored the critical importance of regular first aid training and modern location technology.

During a recent dog walk in the Keith Hall Estate woods, Karen Norval, Head of Physical Education, witnessed a serious equestrian accident. When a rider was thrown from her horse and lay motionless, years of training from St. Margaret's proved life-saving.

Karen recounts: "I followed what I had been taught. Gently touching her shoulder and speaking to her confirmed she was breathing and had, fortunately, landed in the recovery position."

While the rider was breathing, she was unconscious, requiring an immediate call to emergency services. This is where a crucial lesson emerged. Despite being shaken, Karen realised the challenge of directing the ambulance to a precise location deep in the woods, highlighting a common barrier to rapid response.

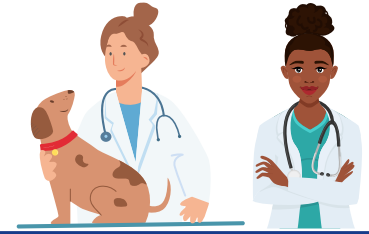
The rider was eventually taken to the hospital and is recovering well. However, this experience provided a powerful reminder of how we can better prepare for emergencies.

First Aid Takeaways for Our Community:

- **Location, Location, Location:** A recent first aid refresher course highlighted the 'what3words' app. This free tool can instantly provide emergency services with your precise `3-word` location, saving critical time.
- **Medical ID Access:** On Apple phones, squeezing the top buttons on either side can quickly access any stored Medical ID information (allergies, contacts, etc.)—another vital tool in an emergency.
- **The Value of Refreshers:** This incident is a powerful testimonial to the importance of regular first aid training. Knowing what to do in that crucial moment is invaluable.

Careers

Ms Brown

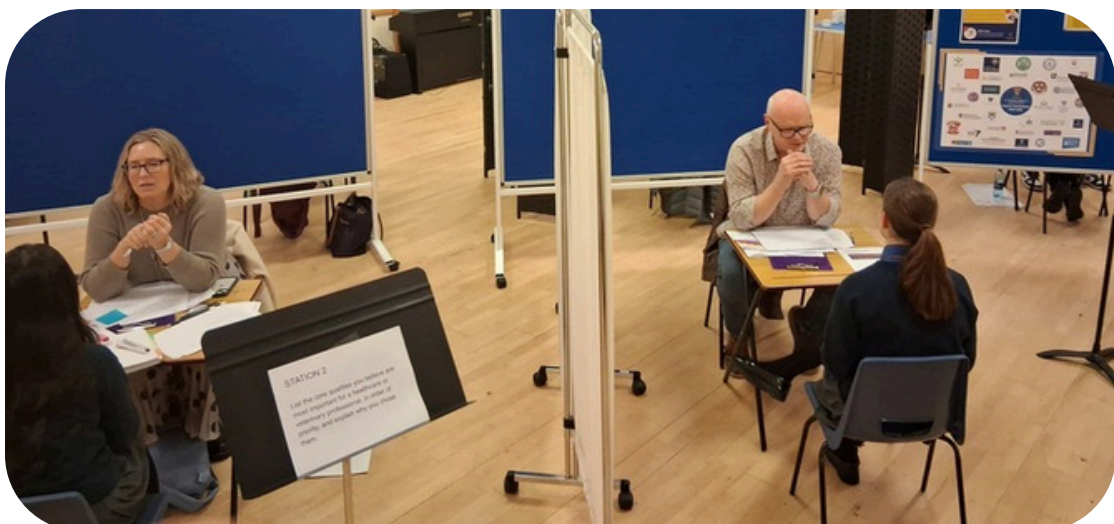


On the evening of Tuesday the 28th of October, we aspiring medics and vets from St Margaret's and Harlaw Academy had the amazing opportunity to take part in mock MMI's and panel interviews with trained professionals from both fields. We were fortunate enough to meet practising vets, GP's, neurosurgeons, physicians, neurologists and many more inspiring individuals.

Each professional provided us with individual and personalised feedback, helping us to identify our strengths and areas for improvement. This invaluable experience has not only boosted our confidence but also given us a real insight into what to expect in the real interviews ahead.

The evening was incredibly useful and encouraging, and it has undoubtedly prepared every one of us for the next big step in our journey. We would like to extend a huge thank-you to everyone who volunteered their time to support us - your guidance has truly made a difference!

Ayah (VIS)



Junior School Book Fair

Mrs O'Neill

The Junior School Book Fair is taking place in the school gym this week and next, giving pupils the chance to browse a fantastic selection of books and create their own wish lists. Parents can order titles using the link sent home with the girls, and will also have the opportunity to explore the book displays during the Junior Parents' Evenings on Monday 10 and Tuesday 11 November.



Art & Design

Miss Wood & Mrs Bedford



Higher trip to Edinburgh

The Higher pupils studying Art & Design visited the Andy Goldsworthy exhibition at the National Gallery last week. Celebrating Goldsworthy's 50 year career, the girls were met with large scale installations, film, drawings and photographs focusing on his recurrent theme of the interrelationship between people and the land.



They also visited the Portrait Gallery where they were tasked with finding inspiration for their own portraits. The girls discovered different styles of portrait in a range of different media. Their findings will aid them with their expressive portfolios.

3 Junior

Ms Dressel

As part of their topic on Scotland Junior have been learning about tartan and on Wednesday morning visited Slater Menswear.

Tartan was banned after the Battle of Culloden in 1746 and was not allowed to be worn again till 1782.

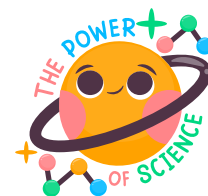
Before modern dying methods were available, the wool was dyed with natural materials such as plants and berries. It takes 7.3m of tartan to make a traditional kilt.

During the visit the girls enjoyed looking through the tartan sample books to see if they had a family tartan. Some of the girls found their family tartan.

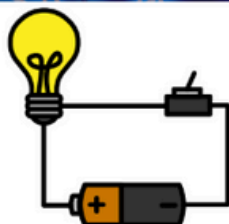


4 & 5 Junior

Miss Ross



Today I went to aberdeen science centre and I went on a minibus. as soon as I got there I met a man called Sam he was very enthusiastic!!!



SAM TOLD ME THE RULES: NUMBER ONE NO RUNNING AND NUMBER TWO DON'T CLIMB ON ANYTHING. THEN SAM TOOK ME TO A ROOM WHERE I DID A WORKSHOP ON CIRCUITS. I GOT TO MAKE A CIRCUIT. AFTER THE WORKSHOP I WENT TO DIFFERENT ZONES WHERE YOU COULD DO DIFFERENT THINGS. AFTER THAT IT WAS TIME TO GO BACK TO SCHOOL IN THE MINIBUS. THEN I HAD LUNCH AND WROTE THIS AND I LOVED IT!

SOFIA TOFT!!!



MONDAY 3RD NOVEMBER

This week we went on a school trip to the Science centre to take part in the circuits and electricity workshop.

The girls loved exploring how electricity works through fun, interactive activities and were excited to share what they'd learned.

3.11.25

THE SCIENCE TRIP

By Xiyu

Beginning

Today we went on a school trip to the science centre! The place is called Aberdeen Science Centre. It felt really cool when we went on a mini bus, because I've never been on one before. I think it took 10 minutes. We were all excited.



MORE INFORMATION

There were 4 zones that made the building. Space/Energy was on the first floor, and Make it was on the second floor, I think. That means Test It was on the second floor and Life Science was on the first floor.



MORE INFORMATION

We also did circuits, which are little wires connected together with batteries. It's a bit frustrating, when the people next to you manage a hard one, while your still stuck at it. My partner was Samantha, my BFF. We got through fast because we're BFFs.

CONCLUSION

To sum this up, it was so fun, like the way when something's boring, but with friends it isn't! Definitely my favourite school trip. If I could go again, I most certainly would.

When we came back to school we created some recount articles to capture all the highlights of the day.

It was a wonderful day of learning, laughter, and discovery, one that truly sparked the girls' curiosity about science.

THE NURSERY
ST MARGARET'S



Nursery Newsletter

Many of the children have been talking about Bonfire Night this week. By creating their own fireworks, the children have been developing their sensory awareness, coordination and problem solving skills.

To support and extend literacy skills, there were a variety of ways for the children to develop their fine motor skills using fireworks as inspiration.

In gym this week, the children were learning about balancing and rolling.

As well as having to listen carefully to the instructions, the children had to keep themselves safe and be sure to leave space between them and their friends.



Article of the Week

Clarissa (VM)



Aunty Flo, Shark Week, The Red Tide, Nature's gift, That Time of the Month; are all phrases to describe the word we aren't bold enough to say. Periods. It's somewhat comical that this measly seven letter word has the power to quiet a band of restless teenage boys, make your coworkers cheeks flush, and make men and women simultaneously uncomfortable - but why is this? Has our society just agreed that this issue, affecting over 2 billion people every month, isn't an acceptable topic to discuss without the use of veiled terminology?

The issue of women's healthcare not being taken seriously isn't new, and these harmful norms are affecting our most vulnerable everyday. In a multitude of developing countries women's healthcare is grossly underfunded by the government. This is due to rising period poverty and the stigma that periods are impure and shameful. In some parts of the world women are often shunned from their homes and communities, and are forced to live in huts for the duration of their menstrual cycle. How is it fair that these women are being alienated for a natural process, one that they can't even control?

Article 2 - No Discrimination, Article 28 - Access to Education, Article 24 - Health, Water, Food, Environment. Menstruation is a normal part of life that needs to be openly discussed, not hidden. We need to ensure that all women, regardless of education, background, religion and race are treated equally. Effective menstrual management is a fundamental human rights issue and without proper facilities and resources, individuals face serious health risks and a violation of their basic dignity. We need to make sure all women have the ability and resources to manage their period safely, free from shame, judgement, exclusion and in line with the highest standard of health attainable to them.

Furthermore, girls shouldn't be regularly skipping classes because of the mandatory toilet rules at their school, which ignorantly don't account for periods. Educational environments, where students spend significant time of their day, should provide readily accessible and free period products to ensure no one's education is disturbed by menstruation.

Education is our most powerful tool and instead of using it to spread misinformation about periods, we should use it to educate ourselves and our most vulnerable on the matter, ensuring everyone is left safe and supported. We don't have to wait until the new year to start invoking change; making a social media post about periods, leading an open and insightful discussion among friends or simply correcting someone who might have gotten the facts a bit wrong, are all things we can do to bring back dignity to the vital topic of women's health.



Festive Events

Get into the festive spirit and join us for our second annual Christmas Carol Singalong. Enjoy your favourite carols, with our Director of Music on piano and Miss Tomlinson and senior pupils leading the singing. Friends and family are warmly invited. [RSVP for this event.](#)



St Margaret's PTA invites you to get into the Christmas spirit at our Festive Family Disco on Tuesday 16 December, from 6.15pm to 7.45pm in the school hall. Enjoy an evening of music, dancing and festive fun for pupils and their families. We'll have glitter tattoos, Christmas crafts, fun stalls and refreshments. [Buy Tickets here.](#)



Café Philosophie

19 November
12:45 to 13:40
St Margaret's School



YOU!
CAN*

**NARA
MORISSON**

Nara is a psychotherapist, trainer and speaker who is passionate about mental health related issues and helps people overcome anxiety, understand themselves and build confidence. With experience working with communities, Nara will talk about what it means to belong and share practical ideas about feeling accepted, valued and connected.

@café.philosophie

Where S5 & S6 pupils can extend their understanding on a topic and discuss it in an open and safe place. Café Philosophie is a joint initiative between The Outreach Group at Fountainhall Church, ABCC & QXHCC.

Tunes For Tots

Family music sessions for children aged 0-5

SATURDAY
29 November 2025
10am, 11.15am
& 12.30pm

Venue: **Greyhope
School and
Community Hub,
Aberdeen**



Please sign up
via the link or QR code

First come, first served

Free!

Tunes For Tots

Join us for a 35 minute musical journey where you can listen, sing and dance with musicians in a relaxed and friendly atmosphere.

This is the perfect first experience of live music: no instruments or previous musical experience required.

We have 3 sessions to choose from:

10am-10.45am **Quiet Session** (Quieter session with a smaller capacity).

11.15am-12pm **Session 2** (recommended for ages 0-2)

12.30pm-1.15pm **Session 3** (recommended for ages 3-5)

All sessions are suitable for ages 0-5 accompanied by parents/carers. We have suggested a recommended age for each session, but these are also suitable for families with more than 1 child of different ages.

Join musicians from the **BBC Scottish Symphony Orchestra** and presenter **Lucy Drever** for 35 minutes, with time at the end to meet the musicians.

Sessions are **FREE** but sign-up is essential as it is first come, first served.

Venue: **Greyhope School and Community Hub, Tullos Circle, Aberdeen, AB11 8HD**



Please sign up via the link or QR code
bbc.in/TunesAberdeen2025