



HAWICK HIGH SCHOOL

Extra Curricular Handbook

2024-2025



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HAWICK HIGH SCHOOL

Extra Curricular Clubs

WEEKLY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dance Club Lunch time Dance Studio Miss Wilson	Basketball Lunch time Games Hall Mr Gould	Diversity and Equality Group Lunch time D4 Miss Weaver	S4-6 Volleyball Lunch time Games Hall PE dept	Senior Darts Club Break time PE1 Mr McLean
Senior Netball 16:00 – 17:00 Games Hall Millie Comley	Junior Netball 16:00 – 17:00 Games Hall Miss Wilson	Boys Football 16:00 – 17:00 3G Mr South	S1/2 School of Rugby 16:00 - 17:30 3G	
S1 Hockey 16:00 – 17:00 Astro Ms Hume + S6	S1/2 School of Rugby 16:00- 17:30 3G	Girls Football 16:00 – 17:00 3G	S2 Hockey 16:00 – 17:00 Astro Lauren Grant	
Drum Club Lunch time Music dept Archie Gibson	S3 Hockey 16:00 – 17:00 Astro Lauren Grant	Young Writers Club Lunch time M6 Miss Williams	Senior Hockey 16:00 – 17:00 Astro Miss Knox	
Formula 24 Club Lunch time/after school T4 Mr Henderson	Science Club Lunch time S10 Mr Smith	Eco Committee Lunch time S4 Mrs Thomson	Think Tank Club Lunch time M19 Miss McGillivray	
	BGE Darts Club Lunch time PE1 Mr McLean	Badminton Club 4:00 – 5:00 Games Hall Miss Watret	BGE Darts Club Lunch time PE1 Mr McLean	
		S1 Art Club 15:45 – 16:45 H9 Miss Alderson		
Various times: HOUSE CAPTAIN PUPIL FORUM		S2 Art Club 15:45 – 16:45 H10 Mrs Hitchcock		

HAWICK HIGH SCHOOL

Extra Curricular Clubs

HOCKEY

The HHS hockey club offers training for S1-S3 pupils throughout the week. Sessions for S1 pupils take place on Monday's from 4pm – 5pm. Additionally sessions for S2 pupils take place on Thursday's 4pm – 5pm and S3 pupils Tuesday 4pm – 5pm. .

The hockey club offers the opportunity for pupils to represent HHS in competitive fixtures against other schools as well as regular interhouse events against fellow HHS peers.

Training takes place at the local volunteer AstroTurf.

For any further information, S1 pupils are encouraged to contact Ms Hume, and S2-3 pupils are encouraged to speak with Lauren Grant (Active Schools).



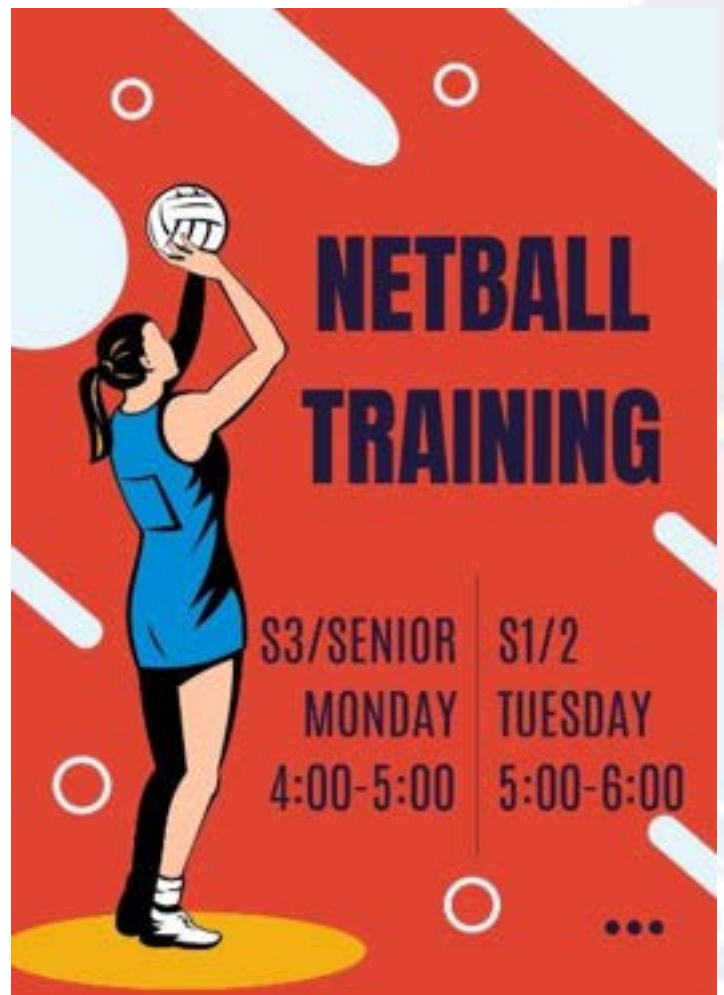
HAWICK HIGH SCHOOL

Extra Curricular Clubs

JUNIOR & SENIOR NETBALL

Get along to S1-2 Netball on a Tuesday evening after school from 4pm – 5pm in the Games Hall. Miss Wilson and Miss Watret will be there to put you through your paces and help you to learn new skills. You can come along just to enjoy the training with your friends, or to be more competitive and represent HHS against other schools !!

S3 – Senior Netball is held on a Monday afternoon from 4pm – 5pm. Former pupil, Miss Comley will be there to oversee the session and prepare the ladies for potential matches. All abilities are more than welcome!!



HAWICK HIGH SCHOOL

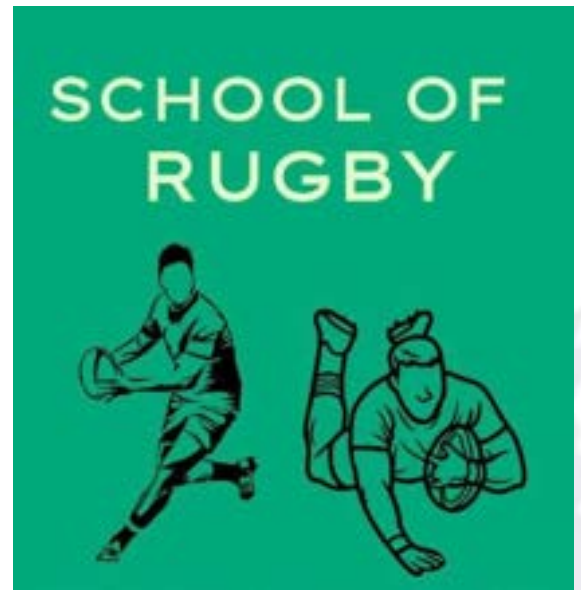
Extra Curricular Clubs

S1/2 SCHOOL OF RUGBY

The S1/2 School of Rugby sessions are held every Tuesday and Thursday 4:00- 5:30 on the 3G Pitch. These sessions are delivered by Graham Hogg and coaches.

The School of Rugby also offers Strength and Conditioning training at separate times for S1 and S2. The S1 Strength and Conditioning is held every Tuesday at 8am in the school gym with Matt Reid. The S2 Strength and Conditioning is held every Wednesday at 8am in the school gym with Matt Reid.

For more information, please speak to Mr South in the PE department.



DANCE CLUB

If you love to dance or want to try something new, come along to the Dance Club every Monday lunchtime in the Dance Studio with Miss Wilson! This club is perfect for anyone who enjoys moving to the music, whether you're into contemporary, hip-hop, or just want to improve your rhythm and coordination. You'll have the chance to learn new routines, express yourself creatively, and work with others in a fun and supportive environment.

HAWICK HIGH SCHOOL

Extra Curricular Clubs

DARTS CLUB

If you love watching Luke Littler play darts over the festive period then this is your sign to get involved yourself! HHS now have 4 darts boards in 'PE1' (upstairs in PE) which can be used by S1 – S3 pupils on Tuesday and Thursday lunchtimes. Bring your lunch! Senior pupils are welcome along for games during Friday break times from 10:50 – 11:10!

BADMINTON

All pupils are welcome in the Games Hall on Wednesday afternoons to play badminton! Organised by Miss Watret in PE, the club is open to all year groups and runs from 4pm – 5pm for all those who are keen to play. If you are lucky enough to have your own racquet at home you can bring it along with you, or alternatively borrow one from the PE department.

BASKETBALL

If you love basketball or want to improve your skills, come along to the Basketball Club every Tuesday lunchtime in the Games Hall with Mr. Gould! Whether you're a seasoned player or new to the game, the club welcomes everyone. Join us for an energetic and exciting lunchtime session, where you'll have the chance to develop your basketball skills, meet new people, and enjoy some friendly competition!

FOOTBALL

If you are interested in playing football then get along to after school football on Wednesday afternoons. Training is offered to S1–S3 pupils on the 3G pitch. Girls football is led by Mr Halfpenny and boys football is led by Mr South and Mr McLean.

HAWICK HIGH SCHOOL

Extra Curricular Clubs

S4-6 VOLLEYBALL

Attention all S4-S6 students! If you're looking for a fun and energetic way to stay active, join the Volleyball Club every Thursday lunchtime in the Games Hall. For more information, contact a member of the PE department.

FORMULA 24 RACING

Join the Muirhall Energy F24 team where you will be responsible for the evolution of the cars design and maintenance. The Muirhall Energy F24 championship involves competing at race meetings, with venues throughout the country. Open to all year groups. This club runs every Monday lunchtime and afterschool. See Mr. Henderson in CDT for more information.



HAWICK HIGH SCHOOL

Extra Curricular Clubs

S1/2 ART CLUB

Get creative in the S1/2 Art Club every Wednesday after school, from 3:45-4:45. Experiment with different materials and techniques and work on exciting projects with your peers to develop your artistic skills!

Please contact Mrs Hitchcock or Miss Alderson in the Art department for more information and to receive a permission slip.



HAWICK HIGH SCHOOL

Extra Curricular Clubs

DIVERSITY AND EQUALITY GROUP

We are a welcoming bunch that meet Wednesday lunch time. We offer a safe space where pupils can come and be accepted and welcomed. We often discuss how to make HHS a more inclusive place in all aspects. Recently we have been engaging with a representative from LGBT youth Scotland to create posters that promote acceptance that we hope to soon circulate them in the school. Students can come any Wednesday and get as involved as they wish - all ideas and people welcome!



HOUSE CAPTAIN (seniors only)

There is 1 Senior House Captain per house.

The main roles of the Senior House Captains are listed below:

- Lead, support and motivate all students in their house, ensuring high levels of participation and engagement in house competitions and events.
- Work closely with PT Wider Achievement and the House Mentors, providing ideas and support for all championship-based events
- Build positive relationships with the Junior House Captains and support them in their role throughout the year.
- Plan and deliver engaging house assemblies
- Organize and lead regular house meetings with House Mentors and Junior House Captains
- Attend meetings with PT
- Make regular visits to registration classes to promote house events and gather stories of Wider Achievement across the school
- Award 'House Pupil of the Month' with the support of House Mentors
- Regularly update the house display boards
- Be an excellent role model in behavior, attitude and dress at all times
- Build a positive identity for their house



HAWICK HIGH SCHOOL

Extra Curricular Clubs

JUNIOR HOUSE CAPTAIN (S1-3 only)

There are 3 Junior House Captains per house – 1 student from each BGE year group. The main roles of the Junior House Captains are listed below:

- Support and motivate all students in their house, ensuring high levels of participation and engagement in house competitions and events.
- Communicate well with the Senior House Captains and help them with all championship-based events.
- Contribute to the planning and delivery of house assemblies with the help of Senior House Captains.
- Attend regular house meetings with House Mentors and Senior House Captains
- Assist the Senior House Captains in updating the house display boards.
- Be an excellent role model in behavior, attitude and dress at all times
- Build a positive identity for their house



HAWICK HIGH SCHOOL

Extra Curricular Clubs

PUPIL FORUM

The pupil forum meets roughly once a fortnight in D8 during a class period. During these meetings, students are able to give the viewpoints of their classmates on any issues in school. They also discuss what is going well, what could be improved on and which members of staff to give a praise postcard to.

At the beginning of each academic year tutor groups nominate who they wish to represent their class at the forum

Students gain skills in speaking, critically thinking, being part of a formal meeting, and a Saltire award for volunteering in this way.

DRUM CLUB

Do you have a passion for rhythm and drums? Join the Drum Club every Monday lunchtime in the Music Department, led by senior student Archie Gibson! Whether you're a beginner or an experienced drummer, this club is a great place to improve your skills, learn new techniques, and have fun making music with others. You'll get the chance to explore different styles of drumming, experiment with rhythms, and be part of a lively and creative group. Grab your sticks and come join the beat!



HAWICK HIGH SCHOOL

Extra Curricular Clubs

SCIENCE CLUB

If you're curious about the world around you and love experimenting with science, come along to the Science Club every Tuesday lunchtime in S10 with Mr. Smith! This club is a great opportunity to explore exciting scientific concepts through hands-on experiments, engaging discussions, and fun activities. Whether you're passionate about chemistry, physics, biology, or just love discovering how things work, the Science Club is the place to be.



YOUNG WRITERS CLUB

Do you have a passion for writing or a story you've been eager to share? Join the Young Writers Club every Wednesday lunchtime in M6 with Miss Williams! Whether you enjoy writing short stories, poetry, or just letting your imagination run wild, this club is the perfect place to nurture your creativity and develop your writing skills. You'll have the opportunity to collaborate with other budding writers, take on fun challenges, and receive feedback to help your writing grow.

HAWICK HIGH SCHOOL

Extra Curricular Clubs

ECO COMMITTEE

Are you passionate about protecting the planet and making a difference in your school community? Join the Eco-committee every Wednesday lunchtime in S4 with Mrs. Thomson! This group is dedicated to promoting sustainability, raising environmental awareness, and implementing eco-friendly initiatives around the school. From organizing recycling drives to planning green projects, the Eco-committee is a great way to get involved, share your ideas, and help create a more sustainable future. Come along and be part of a team working to make a real impact!



THINK TANK CLUB

Join the Thursday Think Tank every week during lunchtime in M19 with Miss McGillivray! Whether you're looking to tackle tricky homework questions, solve challenging puzzles, or just enjoy a quiet space to focus, the Think Tank is the perfect place for you. This fun and friendly club provides a supportive environment where you can collaborate with others, boost your problem-solving skills, and make homework a little less stressful. So bring your lunch, bring your brain, and come see what new challenges await!

WIDER COMMUNITY

Extra Curricular Clubs

LMDA

LMDA offers dance lessons in highland, tap and stage.

Classes are £3.20 each. You must pay in blocks of 10 and can't mix and match between dance styles.

Sessions are on Tuesday, Wednesday and Thursday nights.

Students have the opportunity to participate in a yearly show in the town hall and can do optional medal tests.

For more information on how to join, contact Lesley on Facebook.



GOT 2 DANCE

At Got2Dance there are a variety of classes to suit all types of people for various commitment levels. Take a look at the class details below to see what you can get involved in and the many opportunities provided.

ACRO - Acro is the perfect class to develop new skills, tricks and techniques which can also help with Disco Freestyle.

MUSICAL THEATRE - Musical Theatre class gives dancers a chance to dance to all the great musicals.

DISCO - Disco Freestyle is a very fast paced style of dance. Dancers travel around the room whilst dancing.

STRETCH - This class is designed to help dancers learn safe stretching techniques both individually and with a partner.

STAMINA - This class is designed to give dancers training where they will work up a sweat and improve base fitness levels.

COMPETITIONS - All dancers have the chance to join our competition crew. This group travel up and down the UK attending competitions.

PERFORMANCES - Dancers take part in a yearly show, which is a great way for them to show what they have learnt throughout the year.

LYRICAL - Lyrical dance classes are a combination of ballet and jazz that uses music with lyrics to inspire movement.

For more information and to book:

Telephone: [07955 763420](tel:07955763420)

E-mail: hello@got2dance.co.uk



HAWICK SAXHORN BAND

The Junior Band is a new section to Hawick Saxhorn Band and has nearly been running for a year. The band are already showing great potential and have been successful in previous contests.

If you currently play a brass instrument or are interested in learning, the Junior Band are always looking for new members!

Rehearsals for the Junior Band and Beginners lessons are as follows :-

Beginners Lessons : 6.00pm-6.30pm

Junior Band : Thursday 6.30pm - 7.00pm

Beginners lessons are free!

The band welcomes all players both young and old; experienced or beginners.



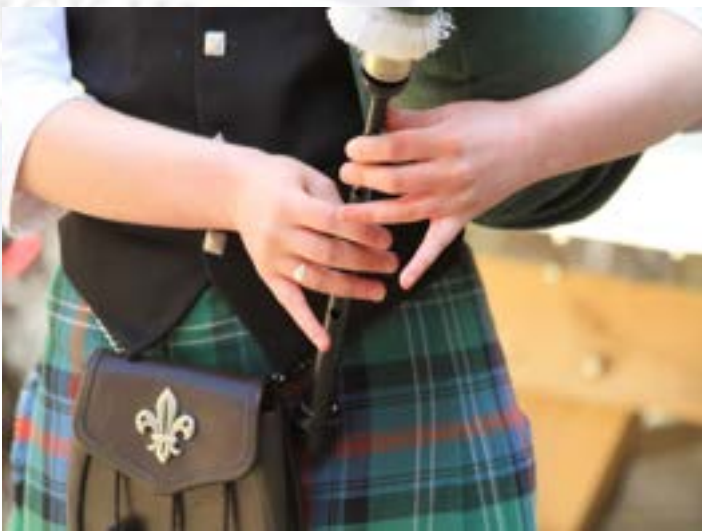
WIDER COMMUNITY

Extra Curricular Clubs

HAWICK SCOUT PIPE BAND

The Hawick Scout Pipe Band offers the opportunity for students to learn to play the chanter or the drums. Piping tuition and practices are on Monday evenings at 7:15pm at the Scout Hall, 9 Union Street, Hawick. Students will learn to play the chanter and progress to the Bagpipes, with the opportunity to play with the Band on parade or at concerts. Drumming practice is held on Thursday evenings from 7:15pm with more advanced piping. This is then followed by band rehearsals for all upcoming events from around 8pm.

If you would like any more information about joining the pipe band, please contact Pipe Major Michael Bruce at michaelbrucebsc@gmail.com.



WIDER COMMUNITY

Extra Curricular Clubs

ESCAPE YOUTH SERVICES

Escape Youth Services is a locality wide youth provision delivering opportunities throughout the Teviot and Liddesdale area of the Scottish Borders to those aged 9 and over.

Their vision is to enhance the lives of young people, building a positive future, by developing and sustaining a supportive service where young people can succeed and increasing the range, quantity and quality of youth-led provision.

They offer drop-in sessions, 1:1 support, groupwork, holiday activity programmes and a variety of skills-based projects including arts, sports, creative media and life skills.

They also actively encourage participation in opportunities in fundraising, youth achievement and volunteering.

Weekly drop-in sessions

Escape Youth Cafe @Hawick Youth Centre

Mon 6:30pm to 9:00pm - P7 to S2

Tues 6:30pm to 9:00pm - P6 to P7

Wed 6:15pm to 8:30pm - Cooking session - Open to all from P6 up

Thurs 7:00pm to 9:30pm - S1 up

Fri 7:00pm to 10:00pm - S1 up

Cost: £1 per session

Burnfoot Youth Club @ Burnfoot Hub

Thursdays 7-9pm P7 up

Cost: currently FREE

Denholm Youth Club @ Denholm Village Hall

Fridays 7-9pm

Cost: £2 includes refreshments and snacks

First session is free for new members.

More information on all Escape Youth services is available on their website at

www.escapeyouthservices.co.uk.

You can follow Escap Youth online

@EysEscape

To

register: www.escapeyouthservices.co.uk/membership

Enquiries: admin@escapeyouthservices.co.uk

Tel: **01450 378001**



WIDER COMMUNITY

Extra Curricular Clubs

ACT 1 YOUTH

In Act1, young people get the opportunity to learn about all things theatre. This includes production, performance, props, dramatic interpretation, singing, dance and movement.

Act 1 meet on a Tuesday evening at Trinity Church from 6pm-8pm.
Cost is £2 per week paid termly in lump sum.

If you are interested in joining, please email info.act1youth@gmail.com

Attendance is by membership only.



ACT₁
ABOUT COMMUNITY THEATRE Youth

WIDER COMMUNITY

Extra Curricular Clubs

HAWICK BOXING

Hawick Boxing Club offers a welcoming environment for young people to get involved in boxing, fitness, and personal development. Our junior sessions are held on Wednesdays from 5:30-6:30 PM and are open to children aged 7-14. These sessions are priced at £8.40 per month.

As juniors progress, they are encouraged to move on to our more advanced classes for carded boxers, held on Tuesdays and Thursdays from 5:30-7:00 PM. These classes are open to those aged 15 and up and cost £15.59 per month for individuals up to the age of 18.

No need to book in advance—just come along, introduce yourself, and speak with one of our friendly coaches. Whether you're interested in boxing or simply looking to improve your fitness, we're here for everyone.

Feel free to get in touch if you have any questions.

hawickboxing@yahoo.com or you can contact us through messenger on our Facebook page.



WIDER COMMUNITY

Extra Curricular Clubs

HAWICK MARTIAL ARTS CLUB

The Hawick Martial Arts Club is a fantastic opportunity to meet new people, keep fit and learn about this brilliant sport.

Classes are held at 17 Commercial Road every Monday and Thursday from 6pm to 7pm for young people aged 6 to 13. Classes for young people aged 13+ are held Monday and Thursday from 7pm to 8pm.

Cost is £5 a class (first class is free). If young people are keen to join, there is £15 membership one off payment and yearly license fee of £20. If young people wish to grade, it is £15/£20 per grading.

For more information, contact the club using the below details:

Facebook: <https://www.facebook.com/share/1Fgm7bN4wp/>

Instagram:

<https://www.instagram.com/reiverskickboxing?igsh=MXN3bHBpN2wwcnM5dA==>

Mobile: 07542707650

Email: martialartsclub@hotmail.com



HAWICK GUIDES

By girls, for girls, powered by volunteers - we help all girls know they can do anything. Young people can join either the Rainbows, Brownies or Guides, according to their age.

Rainbows - aged 4-7

Units held on a Monday and Thursday evening

Brownies - aged 7-10

Units held on a Monday, Wednesday and Thursday evening

Guides - aged 10-14

Unit held on a Wednesday evening

More information on specific unit times and venues can be gained by going to www.girlguiding.org.uk

Girlguiding are also always looking for volunteers. If you enjoy helping the girls achieve the very best they can, can give 1-2 hours a week and if you are over 18, we'd love to hear from you too! Inspiring the youngsters (and not so young) to grow in confidence and independence, through fun, and friendship.



HAWICK JUNIOR GOLF

Hawick Golf Club has an excellent facility to support young people who are interested in golf.

We currently have more than 80 junior members ranging from Primary schools who take part in our weekly summer coaching to the high school students ranging up to age of 18 years old. Our junior membership categories are split into 3 age groups, all ages are entitled to free Golf coaching. Junior 1 Under 14 - £30 Junior 2 14-16 - £75 Junior 3 - Student 17-18 - £120

Our aim is to give our youngsters a warm welcome as well as providing coaching and encouragement to learn and understand how to play golf. At Hawick Golf Club we offer free Sunday coaching with our practice areas, driving nets and putting greens being open 7 days a week. We offer our juniors weekly competitions with the opportunity to win some fantastic prizes and trophies as well as input from our PGA pro. It's a great way to meet new friends and be supported in a friendly environment whilst learning a new skill. Our junior competition and coaching season runs from April through to October with the opportunities not only to play at Hawick but also be part of the team who represent Hawick at other clubs.

If you are interested in becoming a member or would like to come and try, please contact our administrator on 07709 137274 or Kenny Forsyth on 07498 715116.



TEVIOTDALE HARRIERS

Teviotdale Harriers train every Wednesday night 6pm till 7pm, meeting at the Haugh in the darker nights and the bandstand in the lighter nights.

Membership annually cost £13 and training annually costs £48 (which can be set on a payment plan). We have a membership. Of 100+.

We have 7 club races run on different terrain at varying distances, an uphill mile race in conjunction with the 1514 club in May, Christmas Relays for members and family members and we also hold our presentation evening at the end of the season. Throughout the year there are also the chance to run for the club at league races and national level races throughout Scotland.

Any queries please contact teviotdalesecretary@gmail.com



HAWICK YOUTH FOOTBALL

Hawick Youth Football offers an exciting opportunity for high school-aged players, specifically the Under-15s (2010 age group, S3). Training takes place twice a week on Monday and Wednesday evenings from 5:30 to 7:00 pm on the 3G pitch, with all sessions led by dedicated volunteers. The team competes in the Edinburgh League, with games held every second Sunday at varying times, typically around 11:00 am.

While parents kindly provide transportation to matches in Edinburgh, all kit is supplied, and there are no additional game costs. Players pay a membership fee of £15 per month, which covers the entire year. New players are welcome to attend a training session and can sign up if they decide to join.

The club also welcomes younger players, with the 2013 age group moving up to high school next year, giving them the perfect opportunity to get involved.



WIDER COMMUNITY

Extra Curricular Clubs

HAWICK GIRLS BRIGADE

Hawick Girls Brigade offers a fun and supportive environment for girls of all ages, taking place at the Wilton Parish Church Hall on Wellfield Road, TD9 7ET.

The program is divided into different age groups: Explorers (ages 5-7) meet from 6:00 to 7:00 pm, Juniors (ages 8-10) meet from 7:00 to 8:30 pm, and Brigaders (ages 14-18) meet from 7:00 to 8:30 pm.

Brigaders have a voice in shaping their activities, ensuring their experiences are meaningful and enjoyable. The Girls Brigade is a place where lifelong friendships are formed, offering a safe space for girls to discuss concerns with friends and leaders who truly care. With no pressure on appearance, ability, or background, GB allows girls to just be themselves.

For more information, visit their website.



WIDER COMMUNITY

Extra Curricular Clubs

Stable Life

Stable Life offers a range of horse riding lessons and hacking experiences suitable for all ages and abilities. Whether you're a beginner or an experienced rider, we provide tailored lessons to help you improve your skills. Our lessons start from just 2 years old, and we offer group lessons for all ages.

Specializing in beginner riding lessons, we ensure a supportive and enjoyable environment for those new to riding. For more information, feel free to contact us at info@stablelife.org.uk.



HAWKS FLOORBALL

Hawick Hawks Floorball offers a mixed team experience for players of all skill levels. Training takes place every Monday at the Old Baths in Hawick. Once a month, they also hold Sunday sessions, accommodating players from outside the town. The team has two age groups, Under 13 and Under 16, who train together, but are kept separate during games.

The Hawks compete in local games in Kelso, Hawick, and occasionally travel to Perth for away matches. Additionally, the Under 13 and Under 16 teams have the opportunity to compete in the British Championships in Cheltenham every June. Players progress from the youth teams to the adult squad and even have the chance to represent Great Britain, as six boys from the team have made it to the GB team in the past.

The first session is free, and subsequent sessions are £3 each.

To join, simply contact the Hawks via email, phone, Facebook, or Instagram.



HAWICK AND TEVIOTDALE AMATEUR SWIMMING CLUB

The Hawick and Teviotdale Amateur Swimming Club provides an excellent opportunity for children who have completed the Swim Skills program and wish to continue their swimming journey. Whether for leisure, fitness, or to progress into competitive swimming, the club offers training twice a week at Mansfield Road in Hawick. This is a great environment for swimmers to develop their skills, improve fitness, and enjoy the benefits of swimming in a supportive and encouraging setting.

To join or for more information, call 01450 374440 or email hatasc@btinternet.com.



WIDER COMMUNITY

Extra Curricular Clubs

HAWICK SCOUTS

The Hawick Scouts offer a fantastic opportunity for young people to develop essential life skills in a fun and supportive environment. The Scout Group meets at the town's Army Cadet Hall, with different sections for various age groups. Children aged 6-8 years meet on Tuesday evenings from 6:15 to 7:15 pm, while children aged 8-10½ years meet on Monday evenings from 6:00 to 7:15 pm. For young people aged 10½-14 years, sessions are held on Wednesday evenings from 6:30 to 8:00 pm. Some sections may have a waiting list, so it's advisable to contact us in advance.

Visit borderscouts.org.uk for more information.



WIDER COMMUNITY

Extra Curricular Clubs

HAWICK CADETS

Are you looking for a challenge or looking to meet new people?

Hawick army cadets is looking for people ages between 12-18 years old to come and join.

Hawick ACF is based at 10 Union Street Hawick TD9 9LF from 7pm-9pm on Mondays.

For more info please come along or visit the website.



» **BECOMING AN ARMY CADET HAS HEAPS OF BENEFITS. THE MOST OBVIOUS BEING THAT YOU GET TO TAKE PART IN LOADS OF **EXCITING AND CHALLENGING ACTIVITIES** SUCH AS **FIELD CRAFT, ADVENTURE TRAINING, FIRST AID, MUSIC, SPORTS AND SHOOTING, TO NAME BUT A FEW.** «**

WIDER COMMUNITY

Extra Curricular Clubs

If you would like to promote your club in this handbook, please contact Hawick High School and ask for the Principal Teacher of Wider Achievement.

Call: 01450 372429

Email: hhs@scotborders.gov.uk