

# St Ninian's High School

## Health and Wellbeing Lecture



Wednesday 4 November 2015

# What is Health & Wellbeing?

*“Learning in Health and Wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.”*

Education Scotland

# Health and Wellbeing

## Nurtured

For me this could be:

- Involvement in extra curricular team activities
- Learning about healthy lifestyle

Examples of this in action:

- Development of strong relationships as pupils learn to work together as a team
- Discussions and tasks within class about obtaining a healthier lifestyle

## Achieving

For me this could be:

Examples of this in action:

- Gaining recognition for my hard work and effort in class and in the department
- Working with others and reaching goals and targets set in each lesson
- Pupil of the Month/Class of the Year/Twitter/Website/Sports Awards
- Receiving feedback through the use of video analysis, peer and self-assessment and verbal evaluation throughout lessons

## Healthy

For me this could be:

Examples of this in action:

- Developing knowledge of how to have a healthy lifestyle for now and later life
- Involvement in physical activity on a regular basis helps towards a healthy lifestyle
- Appreciating the importance of physical activity and a healthy lifestyle through class lessons and clubs
- PE offered 3 times a week and the use of facilities and extra curricular activities available daily

## Safe

For me this could be:

Examples of this in action:

- Knowing all personal belongings are safe and protected in department.
- Confidence in dealing with equipment in the department
- Staff ensure changing facilities are locked when all pupils are in class and only open them when classes are finished
- Pupils given responsibility within lessons for collection of equipment and setting things up



## Active

For me this could be:

- Working towards being active on a regular basis (one hour per day)
- Having a variety of options available to get active

Examples of this in action:

- Three periods of physical activity a week. Use of facilities on a daily basis
- Access to football pitch and fitness equipment every lunch. Variety of extra curricular activities available every school day and a Saturday morning club



Lesson. Respecting the role of a team captain and taking advice and instruction during a lesson

- Differentiation within lessons

Leadership course offers role play within classes

- Offering skill practices at different levels to challenge pupils at different stages

## Responsible

For me this could be:

Examples of this in action:

- Responsibility of being in charge of equipment
- Leadership
- Pupils given the responsibility of getting equipment organised for the start of a lesson and putting it away neatly and orderly
- The opportunity to lead sessions and take charge of an activity through Sports Leadership and lead a class at primary level

## Included

For me this could be:

Examples of this in action:

- Being able to play as part of a team or group with peers in the class
- Opportunities to be included in a variety of different ways
- Mixed groups within the class allow relationships to form and individuals work together to get desired results
- Through extra curricular clubs, Commonwealth challenge, Olympic challenge and sponsored events



# Health and Wellbeing :

# English



## Nurtured

For me this could be:

- Being encouraged to express opinions in discussion and in writing
- Recognising and using my strengths by entering competitions

Examples of this in action:

- Staff organise writing and speaking competitions
- Staff help pupils to explore issues relevant to them and provide a framework for discussion

## Active

For me this could be:

- Participation in drama based activities, e.g. hot seating, role play
- Participation in the school library programme

Examples of this in action:

- Pupils are encouraged to take an active role in the study of drama
- Pupils liaise with the school librarian on appropriate programme of work

## Achieving

For me this could be:

- Developing confidence

Examples of this in action:

- Pupils are challenged to



## Respected

For me this could be:

- Confidence in expressing opinions when talking and listening
- Having pride in the presentation of my work and the content of my learning

Examples of this in action:

- Pupils are given the opportunity to talk to a variety of audiences, e.g. small groups and whole class
- Pupils develop an understanding of questioning skills and their work is displayed throughout department

## Responsible

For me this could be:

- Participation in paired reading
- Feedback findings of group and paired investigations

Examples of this in action:

- Appropriate pupils identified for paired reading
- Roles and responsibilities organised for group and paired work

## Included

For me this could be:

- Feeling involved in my learning choices
- The opportunity to write about what is personally important to me

Examples of this in action:

- Pupils are given the opportunity to choose texts to study
- Encouragement of personal writing from individual experiences

Examples of this in action:

- Staff choose relevant texts allowing pupils to reflect on their own and others' experiences
- Staff discuss social and emotional issues that affect transitional stages

cultured

s could be:

ing to solve problems  
approach challenges  
confidence

ing praise for the good  
do and advice on how  
improve if needed

Examples of this in action:

- Demonstrations of approaches to problem solving which build my confidence
- Promotion of a positive and inclusive ethos based on a mutual respect

Mathematics



Active

For me this could be:

- Feeling engaged in lessons and participating with confidence
- Knowing my achievements are recognised

Examples of this in action:

- Deliverance of interactive and engaging lessons
- Recognition of achievements through Puzzle of the Month, Pupil of the Month, Maths Challenges, etc



Respected

For me this could be:

- Feeling my opinions matter and knowing I can discuss my learning and progress with peers and teachers
- Feeling respected and treating peers and teachers with respect

Examples of this in action:

- Respect given to all pupils and promotion of positive behaviour in department
- Displays of pupil work in the classroom and throughout the department



Responsible

For me this could be:

- Opportunities to improve and demonstrate my commitment to doing well
- Feeling confident enough to be able to ask for help if I need it

Examples of this in action:

- After-school supported study for all pupils. Sixth Year mentors and classroom helpers available
- Promotion of different approaches and identifying areas of difficulty



Included

For me this could be:

- Feeling that I am a valued member of my class
- Participating confidently in paired and group activities

Examples of this in action:

- Involvement of pupils in regular class discussions, group and paired activities. Ensuring that appropriate support is available for all pupils
- Promotion of an inclusive ethos



- Awareness of what I am good at and where I need to improve
- Encouragement to self-assess and awareness of progress

learnt in the future



Healthy

For me this could be:

- Feeling happy when I come into the Mathematics department
- Awareness of healthy eating and identifying positive lifestyle choices

Examples of this in action:

- Sensing a positive, welcoming ethos in the department
- Encouragement to make healthy decisions within the Better Buys project



Safe

For me this could be:

- Feeling safe in the Mathematics department
- Being able to confidently approach staff with any concern

Examples of this in action:

- A constant staff presence in the department, welcoming and guiding pupils
- Staff encourage pupils to share concerns



# Health and Wellbeing: Modern Languages



## Nurtured

For me this could be:

- Being inspired to reach my potential
- Receiving praise for my hard work, commitment and effort

Examples of this in action:

- Pupils feel confident and competent
- Pupils feel valued and supported in class

## Active

For me this could be:

- Engaging in project work, e.g. IT Power Point
- Being encouraged to participate in class discussions and share my opinions with my teacher and peers

Examples of this in action:

- Pupils are encouraged to develop communication and team working skills
- Pupils made to feel their opinions are valued and respected by teachers and peers

## Achieving

For me this could be:

- Awareness of lesson Learning Intentions and being able to discuss my Success Criteria with my teacher
- Being encouraged to develop independence and autonomy

Examples of this in action:

- Pupils know how to improve and understand the next steps in their learning
- Pupils can evaluate their own performance

## Healthy

For me this could be:

- Ability to cope with normal stresses of everyday life

Examples of this in action:

- The workload given is of a standard sustainable to the age and stage of



## Respected

For me this could be:

- Taking on roles when working collaboratively
- Being involved in my own target setting

Examples of this in action:

- Pupils feel empowered by being given responsibility for tasks within a group setting
- Pupils gain a sense of ownership over their own learning and development

## Responsible

For me this could be:

- An awareness of the standards of behaviour and attendance expected of me
- The responsibility for my own resources, e.g. dictionaries

Examples of this in action:

- Pupils show a willingness to accept responsibility for their own actions
- Pupils develop responsibility and maturity skills

## Included

For me this could be:

- Receiving additional support and care when I need it
- Acknowledging diversity and understanding it is my responsibility to challenge discrimination

Examples of this in action;

- Extra support is always available for pupils during school and outside school hours, particularly at exam times
- Classes are split into ability levels to suit the needs of each learner

Safe

For me this could be:

experience of a positive learning environment

opportunity to build positive relationships with teachers and peers

Examples of this in action:

- Pupils feel supported and feel comfortable to express their opinions in class
- Pupils feel able to approach teachers and discuss issues that

# Personal, Social and Health Education

- Emotions
- Self-Esteem
- Stress, Anxiety
- Self-Harm
- Coping Skills
- Nutrition
- Healthy Eating
- Body Image
- Keeping Active
- Drugs
- Alcohol
- Smoking
- Substance and Effects
- Internet Safety
- Anti-bullying
- Peer Pressure
- Domestic Abuse
- Support Offered

# Extra-Curricular Activities

- Faith and Spirituality (4)
- PE and Sport (30)
- Performing Arts (12)
- Film and Media (2)
- Home Economics (2)
- Art, Design and Technology (6)
- Languages (1)
- Board Games (2)
- Literacy and Numeracy (6)
- Science and Environment (4)
- Computing (2)
- Volunteering and Awards (6)



# School Trips

- Belgium
- Beijing
- Berlin
- France Watersports
- S2 France Ski Trip
- S6 France Ski Trip
- London
- Salamanca
- Valencia
- Auschwitz
- Rome
- Ghana
- Hong Kong
- Carfin
- Premiership Football
- World Cup Gymnastics
- Iceland
- Lochgoilhead

# Events


- Active Girls Day – Friday 2 October
- Ladies Night – Friday 2 October
- Halloween Discos – Tuesday 27 and Thursday 29 October
- Health and Wellbeing Lecture – 4 November
- Pamper Evening – Friday 20 November
- Family Ceilidh – Friday 27 November
- Burns Night – Friday 29 January
- Health and Wellbeing Night – Tuesday 21 March

# Improving Health, Improving Attainment






# School Website



## St Ninian's High



- HOME
- INFORMATION ▾
- ACHIEVEMENT ▾
- CURRICULUM FOR EXCELLENCE
- CAREERS
- CHILD SAFETY
- PASTORAL SUPPORT ▾
- PUPIL VOICE
- PARENTS/CARERS
- FAITH MATTERS

### LATEST INFORMATION

- Calendar 2015-2016
- Developing the Young Workforce Implementation Plan 2015-2020
- Extra Curricular Programme 2015-16
- Faith Report 2013-14
- Saint Ninian's School Handbook
- School Holidays 2015-16
- School Holidays 2016-17
- Severe Weather Contingency
- The Catholic School

### VENERABLE MARGARET SINCLAIR NOVENA

Venerable Margaret Sinclair Novena

FOLLOW ME ON TWITTER

### -LATEST NEWS

## HEALTH AND WELLBEING LECTURE

🕒 NOVEMBER 3, 2015 👤 MRS GORMAN

We are delighted to announce that Scotland's Chief Medical Officer, Dr Catherine Calderwood, is delivering a Health and Wellbeing lecture at St Ninian's High School tomorrow (Wednesday 4 November), at 6pm. She will be joined by Chris Oliver who is Professor of Health and Physical Activity at Edinburgh University and Orthopaedic Surgeon at Edinburgh's Royal Infirmary.

Our Keynote speaker, Dr Catherine Calderwood (@cathcalderwood1) will discuss why she embarked on a career in medicine and her own experience of juggling a highly successful professional career while maintaining her physical, emotional and mental wellbeing.

### CONTACT DETAILS

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### SCHOOL HOURS

Monday: 0845 - 1530  
Tuesday: 0845 - 1530  
Wednesday: 0845 - 1440  
Thursday: 0845 - 1530  
Friday: 0845 - 1440



# School Twitter @stninianshigh

The screenshot shows the Twitter profile of Saint Ninian's High School (@stninianshigh). The header includes navigation links for Home, Notifications, and Messages, along with a search bar and a 'Tweet' button. The profile picture is the school's crest, which features a shield with a cross and the motto 'FLOREAT IUVENTUS'. The bio states: 'Latest news and information for pupils, parents, staff and partners of St Ninian's High School, East Renfrewshire, Scotland'. It also includes the location 'UT: 55.79686,-4.10075', the website 'ea.e-renfrew.sch.uk/stninians', and the date 'Joined January 2010'. The statistics show 8,301 tweets, 92 following, 3,491 followers, and 19 likes. The 'Following' button is highlighted. The 'Tweets' tab is selected, showing two tweets from 'St Ninian's Art @stniniansart'. The first tweet is a retweet of a post from @stninianshigh and @riversidemuseum, celebrating a fantastic end to a day. The second tweet is also a retweet, mentioning Class 1E and 1G enjoying a trip to the riverside museum. Both tweets include photos of students and a vintage car. The 'Who to follow' section lists 'Standard Life Invest @SLI...', 'St Cadoc's Primary @stcad...', and 'Greenock Morton @Morton...'. The 'Trends' section shows '#RedCups' as a trending topic, promoted by Starbucks UK, and 'John Terry' as another trend.

Page Safety Tools

Home Notifications Messages

Search Twitter

**ST.NINIAN'S**  
FLOREAT IUVENTUS  
HIGH SCHOOL

TWEETS 8,301 FOLLOWING 92 FOLLOWERS 3,491 LIKES 19

Following

**Saint Ninian's**  
@stninianshigh FOLLOWS YOU

Latest news and information for pupils, parents, staff and partners of St Ninian's High School, East Renfrewshire, Scotland

UT: 55.79686,-4.10075

ea.e-renfrew.sch.uk/stninians

Joined January 2010

Tweet to Message

6 Followers you know

**Tweets** Tweets & replies Photos & videos

Saint Ninian's Retweeted

**St Ninian's Art** @stniniansart · 1h  
A fantastic end to a fantastic day! Well done S1!! @stninianshigh @riversidemuseum

Saint Ninian's Retweeted

**St Ninian's Art** @stniniansart · 1h  
Class 1E and 1G enjoying their trip to the riverside museum @stninianshigh @riversidemuseum

Who to follow · Refresh · View all

**Standard Life Invest** @SLI\_...  
Follow Promoted

**St Cadoc's Primary** @stcad...  
Followed by St Ninian's PE...  
Follow

**Greenock Morton** @Morton...  
Follow

Find friends

**Trends** · Change

**#RedCups**  
The Starbucks red cups have returned.  
Promoted by Starbucks UK

**John Terry**  
47.4K Tweets about this trend

