



## P7 into S1

# Information Presentation for Parent's & Carers



# Overview

- What is Pastoral Support?
- Who are the Pastoral Support Teachers?
- Current S1 Pupil Experiences
- Support available to you and your child at St Ninian's
- Positive mental health
- School Uniform
- Full details: where to access information

# Pastoral Support

At the heart of St Ninian's High School are the Gospel values of tolerance, respect and compassion and these values underpin the work of the Pastoral Support staff. Each pupil is a unique human being with their own strengths, talents and weaknesses. It is the task of the Pastoral Staff to nurture and guide our young people to 'be all they can be'.



# Pastoral Support

- Every pupil has a Pastoral Support teacher
- This teacher will work with you and your child from S1 to S6
- They will be a constant point of contact for your child and will have one lesson with them every week during PSHE
- Pastoral staff are there to help pupils settle in and offer support during their time at St Ninian's
- They will also look to work with you as parents/carers to achieve the best for your young person



# Meet the Pastoral Support Team:



Miss Green



Mr Gallagher



Mrs Ward



Mr Low



Mrs Ward



Mr McKean



Mr McMaster



Mrs McCallum  
PT  
Mental Health



Mrs Marshall  
PT  
Support for Learning



Mrs Miller  
PT Wider Achievement  
& Raising Attainment

# Current S1 Pupil Experiences

“At the start of high school I was nervous but once I got to know people in my classes I have enjoyed it. I like new subjects, and I have made new friends from my class and other classes. It’s been great.”



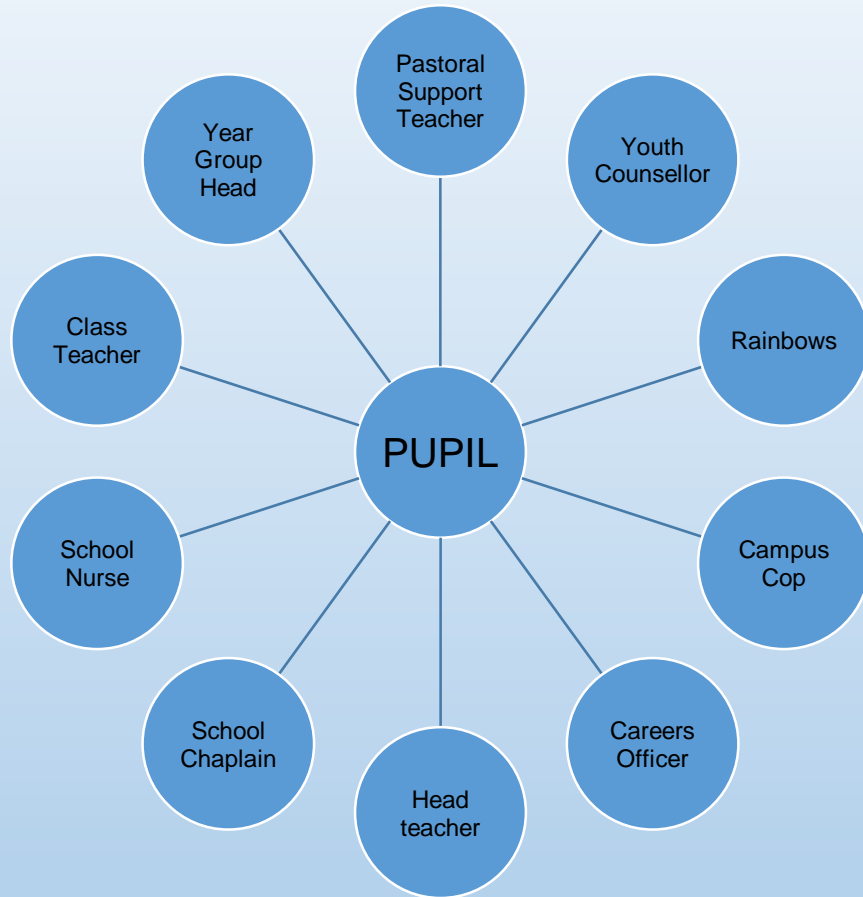
“At first I was nervous, but everyone was really nice and welcomed everyone in my year. There are so many opportunities to try new things and there are loads of clubs to join where you can meet new people. S1 has lived up to my expectations and has been a great experience.”



“As soon as I walked in the doors all my nerves were gone as there are always people you can ask for help. I have made lots of new friends from lots of different schools. All the subjects are amazing and teachers are always happy to help. There are lots of different clubs, so there will definitely be something for you. You will get used to finding your way around. First year has been a great experience so far.”



# Support available to your child



## Group Support

- Mindful art & mindfulness techniques
- Resilience programme
- Communication Comics
- Achieve Team
- Dyslexia strategies group
- Reading Rocks

# Positive Mental Health

## **You can encourage your young person to practice mindfulness**

Use websites to facilitate mindfulness and positive changes. The my life/ 'stop, breathe and think' allows for a simple 'check in' and then generates personalised guided exercises and other helpful support to navigate challenges with calm.

**The app can be downloaded by following this link: <https://my.life>**

## **Look for positive messages**

In challenging times we all cope in a variety of different ways.

You can support your young person to look for positive and accurate on-line messages and supports, for example

<https://www.actionforhappiness.org/> provides helpful calendars and clear positive advice.

**Focus on  
what's good,  
even if today  
feels tough**



# School Uniform

The wearing of school uniform is invaluable in conveying a sense of community, wellbeing and purpose. It helps to establish respect between pupils & staff and reinforces the moral values embedded in St Ninian's, a community of faith, love & learning.

Wearing of school uniform :

- Indicates a sense of pride in the school and helps pupils to form positive attitudes to the school and to their school work.
- Protects children from the harmful effects of social distinction and competitive dressing .
- Promotes the school's identity in the community, with our immediate neighbours, local business and industry.
- Assists staff in the task of supervising pupils and keeping unwelcome visitors out of the school .



# STEVENSONS

SCHOOL UNIFORM OUTFITTERS

## Your local branch is Glasgow

310 Clarkston Road, Muirend, Glasgow, G44 3EG

Tel: **0141 471 8278**

**31<sup>st</sup> May – 26<sup>th</sup> June:** Walk-in customers welcome.  
Monday – Saturday 9.00am – 5.30pm

**28<sup>th</sup> June – 1<sup>st</sup> August:** Open for pre-booked appointments, Click&Collect and Blazer drop off for braiding, pockets and awards only

**2<sup>nd</sup> August onwards:** Walk-in customers welcome.  
Please refer to our website for information on extended opening times.



# Where to access information

- [School website](#)
- School [Twitter](#) account @stninianshigh
- Telephone: 0141 577 2000
- School mail: [schoolmail@st-ninians.e-renfrew.sch.uk](mailto:schoolmail@st-ninians.e-renfrew.sch.uk)
- S1 Ins1ight booklet – Information for parents and carers (to be hyperlinked once finalised)

We look forward to working with you  
and  
welcoming your young people to  
St Ninian's High School

