***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 3rd September 2018***

***Focus:***

**[Daily Prayers](../../../Prayers/Prayers%202018%20-%202019/Monday%203%20September%202018.docx)**

* [**A Vision of Education for Our Young People**](file:///\\snhm02\Staff$\All%20Staff\Focus%20For%20The%20Week\Focus%2018-19)
* [**C19: Permission for Pupils to be Out of Class**](file:///\\snhm02\Staff$\All%20Staff\Focus%20For%20The%20Week\Focus%2018-19)
* [**Focus On Corridor Movement, Racism, Bullying**](file:///\\snhm02\Staff$\All%20Staff\Focus%20For%20The%20Week\Focus%2018-19)
* **The first Catholic Leadership Meeting of this School Year will take place at 3.30pm – 4.15pm on Monday 3 September and will be led by Fr Baillie. This is for any pupil involved or who would like to be involved in the faith life of the school including pupils who are part of the Life Group, the SCIAF Group, No Child Taken, those who read at Mass or are involved in any other activity.**

**[Extra-Curricular programme booklet](https://blogs.glowscotland.org.uk/er/StNinians/files/2017/09/FINAL-Extra-Curricular-2017-18.pdf)**

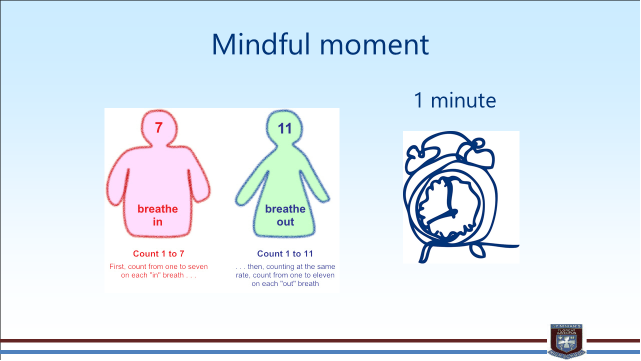
**Mental Health Awareness**

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**Mental Health Awareness**

**Strategies to help with Anxiety:**

**Research has shown that children who experience problematic anxiety can be successfully taught how to cope better with it. Research indicates that the most effective treatment for anxiety disorders is Cognitive Behavioural Therapy (CBT). CBT aims to teach children how to face their anxieties and how to think about situations in a different way so they are able to better manage their anxiety. Cognitive Behaviour Therapy consists of: Learning about anxiety and what causes it (psycho education) Learning relaxation skills Realistic thinking (cognitive exposure) Problem solving Gradually facing the fear/anxiety (graded exposure) Child anxiety management strategies (taught to parents)**



**S1**

[**Film Club**](../../PSHE%20Newsletter%20content%202018%202019/S1/Film%20Club%20ad%20sept%202018.pptx)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](../../PSHE%20Newsletter%20content%202018%202019/GIRFEC%20and%20HWB%20Lessons/S1%20GIRFEC%20Booklet.pptx)

**First Aid Class for 1a7 – Wednesday 5 September 11.30am**

**Please collect guest from the reception prior to start of the lesson**

[**Body Image**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\body%20image%20slides%2025%2008%2017.pptx)

[**My first week in St.Ninian’s**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Lower%20Phase\S1%20PSHE\Study%20Skills%20and%20Induction%20material\S1%20First%20Week.ppt)

**[Induction Slides](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\Powerpoint for Standards and Expectations including induction slides 2018 2019.pptx)**

**Pupil Council Nominations to be completed ASAP. Please forward names to year head.**

**S2**

[**Film Club**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\Film%20Club%20ad%20sept%202018.pptx)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](../../PSHE%20Newsletter%20content%202018%202019/GIRFEC%20and%20HWB%20Lessons/S2%20GIRFEC%20Booklet.pptx)

[**Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian’s Sports Council**](file:///\\snhm02\Staff$\All%20Staff\Sports%20Council%20Elect.pptx)

[**Body Image**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\S2%20Body%20Image.pptx)

[**Study Skills for year ahead**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\Lesson%202%20PSHE%20and%20HWB%20what%20to%20expect%20S2.ppt)

[**Body Image**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\S2%20Body%20Image.pptx)

**[Induction Slides](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\Powerpoint for Standards and Expectations including induction slides 2018 2019.pptx)**

**Pupil Council Nominations to be completed ASAP. Please forward names to year head.**

**S3**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](../../PSHE%20Newsletter%20content%202018%202019/GIRFEC%20and%20HWB%20Lessons/S3%20GIRFEC%20Booklet.pptx)

[**My WoW Ambassador Programme**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\MyWoW%20PSHE.PPTX)

[**Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian’s Sports Council**](file:///\\snhm02\Staff$\All%20Staff\Sports%20Council%20Elect.pptx)

[**Balanced Diet**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\Balanced%20Diet.pptx)

[**Exercise Health and Fitness**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\Exercise%20health%20and%20fitness%20%20wb%2028%2008%2017.pptx)

**[Induction Slides](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\Powerpoint for Standards and Expectations including induction slides 2018 2019.pptx)**

**Pupil Council Nominations to be completed ASAP. Please forward names to year head.**

**S4**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](../../PSHE%20Newsletter%20content%202018%202019/GIRFEC%20and%20HWB%20Lessons/S4%20GIRFEC%20Booklet.pptx)

[**Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian’s Sports Council**](file:///\\snhm02\Staff$\All%20Staff\Sports%20Council%20Elect.pptx)

[**Study Tips – Inside the mind of a Procrastinator**](https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare)

**PSHE Booklet – Health and Wellbeing Pages 10, 11, 12 & 13.**

**Complete Term 1 Sections**

[**Study Skills for S4**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\S4%20Study%20Skills.pptx) **–** [**Study Skills Video**](https://clickv.ie/w/Wj8j)

[**Work Experience – Please go over with your respective classes**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\August%20Work%20Experience%20placement.pptx)

**Pupil Council Nominations to be completed ASAP. Please forward names to year head.**

**S5**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](../../PSHE%20Newsletter%20content%202018%202019/GIRFEC%20and%20HWB%20Lessons/S5%20GIRFEC%20Booklet.pptx)

[**Study Skills – in booklets, highlight the different types of approach to studying. Use ‘Notes’ page for this activity**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S5\Study%20Skills%2025%2008%2017.pptx)

[**Study Tips – Inside the mind of a Procrastinator**](https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare)

**[Induction Slides](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\Powerpoint for Standards and Expectations including induction slides 2018 2019.pptx)**

**Urdu Class for Nat 5 and Higher begins Friday 25th August. Please make those concerned aware of this.**

**Pupil Council Nominations to be completed ASAP. Please forward names to year head.**

**S6**

[**Caritas Award**](../../PSHE%20Newsletter%20content%202018%202019/S6/caritas%20award%20PSHE.PPT)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](../../PSHE%20Newsletter%20content%202018%202019/GIRFEC%20and%20HWB%20Lessons/S6%20GIRFEC%20Booklet.pptx)

**Stuart Ivory "Money Talks" sessions 6a3 and 6a4 – Thursday 6 September 1.00pm. Please collect guest from the reception prior to the start of the lesson**

**First Aid Class for 6a2 – Thursday 6 September 1.00pm**

**Please collect guest from the reception prior to the start of the lesson**

[**Study Tips – Inside the mind of a Procrastinator**](https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare)

**Pupils are to leave class at 1.45pm to avoid corridor congestion**

[**All about me – Complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S6\All%20about%20Me.doc)

**[Induction Slides](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\Powerpoint for Standards and Expectations including induction slides 2018 2019.pptx)**

[**S6 Service Slides**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S6%20Service%20Updated.pptx)

***Heriot Watt University Open Days***

***Saturday 29 September***

***Friday 26 October***

***Those interested in Textiles and Design, there will be a separate open day at the Scottish Borders Campus in Galashiels Friday 12 October and Friday 16 November (10am to 4pm each day).***

**Pupil Council Nominations to be completed ASAP. Please forward names to year head.**

[**My World of Work**](file:///S:\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%2016\Career%20Lessons\Career%20Lessons%202015-16\S2\Intro%20My%20World%20of%20Work\My%20World%20of%20Work%20East%20Renfrewshire%2016+%20Nov2011.ppt)

**S6 Service – encourage pupils to sign up to volunteering opportunities that are on offer throughout the year**

T. Low