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***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 10th September 2018***

***Focus:***

**[Daily Prayers](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPrayers%5C%5CPrayers%202018%20-%202019%5C%5CMonday%2010%20September%202018.docx)**

* [**Metacognition & Self- Regulated Learning**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CBulletin%205%5CMetacognition.docx)
* [**Summary or Recommendations Poster**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CBulletin%205%5CSummary_of_recommendations_poster.pdf)

**[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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**What is World Suicide Prevention day?**

World Suicide Prevention Day is held each year on **10 September**. It's an annual awareness raising event organised by International Association for Suicide Prevention (IASP) and the [World Health Organisation (WHO)](http://www.who.int/en/)

**Why is it important?**

More than 800,000 people take their lives each year across the world. In the UK and ROI, more than 6,000 people die by suicide a year - an average of 18 a day.

**Other sources of information**

Samaritans is here round the clock every single day for the year for anyone struggling to cope. If you're worried about someone, or would like emotional support yourself, please get in touch.

**What you can do**

1. Start a conversation today if you think a friend, colleague or family member may be struggling.
2. You can also join us on Twitter to spread the word.

### How can people reach out?

It can be daunting to approach someone who is struggling to cope; you may not know what to say, [how to start a difficult conversation](https://www.samaritans.org/how-we-can-help-you/what-speak-us-about/if-you%E2%80%99re-worried-about-someone/how-start-difficult) or worry that you'll make things worse. However, you don’t need to be an expert. Often, just asking if someone's OK and letting them know you're listening can give people the confidence to open up about how they're feeling.

**S1**

**First Aid Class for 1a9 – Wednesday 12 September 11.30am**

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

**First Aid Class for 1a1 – Friday 14 September 10.40am**

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

[**Healthy Eating**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CHealthy%20Eating%20ppt%2004%2009%2017.ppt)

[**Film Club**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CFilm%20Club%20ad%20sept%202018.pptx)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CGIRFEC%20and%20HWB%20Lessons%5CS1%20GIRFEC%20Booklet.pptx)

[**Body Image**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5Cbody%20image%20slides%2025%2008%2017.pptx)

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

**S2**

[**Internet Safety**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CStaying%20Safe%20online.ppt)

[**Film Club**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CFilm%20Club%20ad%20sept%202018.pptx)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CGIRFEC%20and%20HWB%20Lessons%5CS2%20GIRFEC%20Booklet.pptx)

[**Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian’s High School**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CSports%20Council%20Elect.pptx)

[**Study Skills for year ahead**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CLesson%202%20PSHE%20and%20HWB%20what%20to%20expect%20S2.ppt)

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

**S3**

[**Mental Health and Wellbeing**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CMental%20Health%20and%20Wellbeing%20S3-S6.pptx)

**The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.**

**[Study Skills](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS3%5C%5CS3%20Study%20Skills.ppt)**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CGIRFEC%20and%20HWB%20Lessons%5CS3%20GIRFEC%20Booklet.pptx)

[**My WoW Ambassador Programme**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CMyWoW%20PSHE.PPTX)

[**Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian’s Sports Council**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CSports%20Council%20Elect.pptx)

[**Balanced Diet**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CBalanced%20Diet.pptx)

[**Exercise Health and Fitness**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CExercise%20health%20and%20fitness%20%20wb%2028%2008%2017.pptx)

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

**S4**

[**Mental Health and Wellbeing**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CMental%20Health%20and%20Wellbeing%20S3-S6.pptx)

**The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.**

**Work Experience – pupils who have yet to hand in a green form should log on to WorkIT and request placements. Usernames and Passwords can be obtained from Mrs Kennedy**

**PSHE Booklet – complete skills learned in each subject**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CGIRFEC%20and%20HWB%20Lessons%5CS4%20GIRFEC%20Booklet.pptx)

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

**Complete Term 1 Sections**

[**Work Experience – Please go over with your respective classes**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CAugust%20Work%20Experience%20placement.pptx)

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

**S5**

[**Mental Health and Wellbeing**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CMental%20Health%20and%20Wellbeing%20S3-S6.pptx)

**The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.**

**[Importance of Sleep](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS5%5C%5CThe%20role%20of%20sleep%20in%20teens%20S5.ppt)**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CGIRFEC%20and%20HWB%20Lessons%5CS5%20GIRFEC%20Booklet.pptx)

[**Study Skills – in booklets, highlight the different types of approach to studying. Use ‘Notes’ page for this activity**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CStudy%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](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CPowerpoint%20for%20Standards%20and%20Expectations%20including%20induction%20slides%202018%202019.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**

[**Mental Health and Wellbeing**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CMental%20Health%20and%20Wellbeing%20S3-S6.pptx)

**The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.**

[**Caritas Award**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS6%5Ccaritas%20award%20PSHE.PPT)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CGIRFEC%20and%20HWB%20Lessons%5CS6%20GIRFEC%20Booklet.pptx)

**Stuart Ivory "Money Talks" sessions 6a5 and 6a6 – Thursday 13 September 1.00pm. Please collect guest from the reception prior to the start of the lesson**

**First Aid Class for 6a3 – Thursday 13 September 1.00pm**

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

[**Link to school website and advice on completing Personal Statement**](https://blogs.glowscotland.org.uk/er/StNinians/2016/09/19/good-advice-on-preparing-your-personal-statement/)

[**Link 1 – Advice on completing Personal Statement**](https://blogs.glowscotland.org.uk/er/StNinians/2016/09/19/good-advice-on-preparing-your-personal-statement/)

[**Link 2 – How to structure Personal Statement**](https://blogs.glowscotland.org.uk/er/SNHPastoralSupportWebsite/ucas/personal-statement/)

**Fast Track applicants should hand first draft of personal statement to teacher for feedback. Also, log on to UCAS using phones or computers to ensure all information is up to date.**

[**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)

[**All about me – Complete with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS6%5CAll%20about%20Me.doc)

**[Induction Slides](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CPowerpoint%20for%20Standards%20and%20Expectations%20including%20induction%20slides%202018%202019.pptx)**

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

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

T. Low