******

***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 8th Ocotober 2018***

***Focus:***

**[Daily Prayers](../../../Prayers/Prayers%202018%20-%202019/Monday%208%20October%202018.docx)**

**• Peer Tutoring; If pupils feel they could benefit from the help on an S6 Tutor, please take their names and pass on to Mrs McCrea0.**

**• A safe & restful holiday to pupils and staff. Thank you for your great support and hard work this term.**

[**For S4, S5 & S6 – Please promote this Empoyabiltiy Event to pupils**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CFlyer.docx)

**P.E. Reminder**

**Pupils are reminded that pupils are not allowed to use Aerosol/Spray deodorants in the changing rooms. If pupils are found to have these types of deodarants they will be confiscated by staff.**

**[Extra-Curricular programme booklet](https://blogs.glowscotland.org.uk/er/StNinians/files/2018/09/Extra-Curricular-2018-19.pdf)**

**Mental Health Awareness**

****

****

**S1**

[**World Mental Health Day 8th October**](../../PSHE%20Newsletter%20content%202018%202019/S1/Mental%20Health%20Awareness%20Day%208%20october%202018.ppt)

**Homework Diary Check – Pleaese check and sign pupils Diaries**

[**Dyslexia Poster Competition – Pleaes pick up materials from Pastoral base e.g. Paper, colouring pens etc**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CDyslexia%20Poster%20Competition.docx)

**[What is Bullying](%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%5CS1%5C%5CS1%20Lesson1%20what%20is%20bullying.ppt)**

**Internet Safety**

**Pupils must use their notes page to answer the questions on this document** [**here**](file:///C%3A%5CUsers%5Clowa1%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5Chacker.pub)

**Watch the following clips:**

1. **Chat Rooms**
2. **Downloading files**
3. **Instatnt Messaging**
4. **Online Gaming**
5. **Social Networking**

**Now answer the questions in your PSHE Booklet Notes section**

[**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**

[**World Mental Health Day 8th October**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CMental%20Health%20Awareness%20Day%208%20october%202018.ppt)

**Homework Diary Check – Pleaese check and sign pupils Diaries**

[**Tracking for S2**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CS2%20tracking%20for%20PSHE.ppt) **– Please complete with class. Chromebooks are in R.E. corridor during P3 and P7. Candidate numbers can be found** [**HERE**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CSCN%20Numbers%20for%20S2%20HWB%20Evaluation.xlsx)

[**Dyslexia Poster Competition – Pleaes pick up materials from Pastoral base e.g. Paper, colouring pens etc**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CDyslexia%20Poster%20Competition.docx)

[**Hunting the Cyber Bullies**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CHunting%20the%20Cyber%20Bullies.ppt) **- Clickview -Panorama February 2012. Watch video and use Powerpoint with class**

[**The Impact of Bullying**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CS2%20Lesson%202%20Bullying%20impact.ppt)

[**Child Protection**](file:///C%3A%5CUsers%5Clowa1%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CS2%20Child%20Protection%20ppt%2011%2009%2017.pptx)

[**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)

[**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)

[**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**

[**World Mental Health Day 8th October**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CMental%20Health%20Awareness%20Day%208%20october%202018.ppt)

**Homework Diary Check – Pleaese check and sign pupils Diaries**

[**PSHE Booklet Page 39 – CV Writing. Please complete Personal statement and Skills section with pupils. The hyperlink will also provide some usefule information for CV Writing.**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CMaking%20a%20CV.ppt)

[**Body Image**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CBody%20Image.ppt)

[**Arnold Clark Apprenticeship experience – if any pupils are interested please pass their names to Mrs Kennedy**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CArnold%20Clark%20Apprenticeship%20experience.docx)

[**Sound Sleep**](file:///C%3A%5CUsers%5Clowa1%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CSound%20Sleep.ppt)

[**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)

[**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)

**S4**

[**World Mental Health Day 8th October**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CMental%20Health%20Awareness%20Day%208%20october%202018.ppt)

**Homework Diary Check – Pleaese check and sign pupils Diaries**

[**Study Timetable Template – Please Highlight to pupils and print off if pupils would like a copy.**](../../PSHE%20Newsletter%20content%202018%202019/S4/SNHS%20Study%20TImetable.pub)

[**Anti Smoking**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CNew%20S4%20anti%20smoking.ppt) **– Clickview - Introducing Tobacco**

**[Focus group minutes for S4 – Please go over minutes with classes in PSHE](%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%5CS4%5C%5CS4%20Pupil%20Forum%20Minutes%20September%202018.pdf)**

[**CV Writing**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CMaking%20a%20CV.ppt)

[**Arnold Clark Apprenticeship experience – if any pupils are interested please pass their names to Mrs Kennedy**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CArnold%20Clark%20Apprenticeship%20experience.docx)

**Work Experience Check – 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**

[**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.**

**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**

[**World Mental Health Day 8th October**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CMental%20Health%20Awareness%20Day%208%20october%202018.ppt)

**Homework Diary Check – Pleaese check and sign pupils Diaries**

[**Study Timetable Template – Please Highlight to pupils and print off if pupils would like a copy.**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CSNHS%20Study%20TImetable.pub)

**Wider Involvemnent – complete pages 36 – 40 in PSHE booklets**

[**Sound Sleep**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5Csound%20sleep.ppt)

[**Arnold Clark Apprenticeship experience – if any pupils are interested please pass their names to Mrs Kennedy**](file:///C%3A%5CUsers%5Clowa1%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CPSHE%20Newsletter%20content%202018%202019%5CArnold%20Clark%20Apprenticeship%20experience.docx)

**[Prepare a Study Plan – What do top students do?](https://youtu.be/Na8m4GPqA30)**

**[Watch the video and look to see how you can create an effective study plan for yourself](https://youtu.be/Na8m4GPqA30)**

**Complete S5 achievements profile on Pages 36, 37, 38 and 39. Also complete Academic transferable skills and Attributes Page 40.**

[**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)

**[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**

[**World Mental Health Day 8th October**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CMental%20Health%20Awareness%20Day%208%20october%202018.ppt)

**Homework Diary Check – Pleaese check and sign pupils Diaries**

[**Study Timetable Template – Please Highlight to pupils and print off if pupils would like a copy.**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CSNHS%20Study%20TImetable.pub)

**Healthy Eating on a budget for 6a1 and ½ 6a2 – Register classes and go to Home Economics**

**Pupil Focus Group meeting for S6**

**Volunteers required for S1 information evening. Please give your name to your Pastoral Teacher if you wish to help on the evening (4 October).**

[**Arnold Clark Apprenticeship experience – if any pupils are interested please pass their names to Mrs Kennedy**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CArnold%20Clark%20Apprenticeship%20experience.docx)

**Pupils should log on to the school websit to see the advice available on how to complete their Personal Statement – See Below Hyperlinks**

[**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.**

[**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)

[**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.**

T. Low