***St. Ninian’s High School***

***PSHE Newsletter***

***Week beginning 21st January 2019***

***Focus:***

* **S4 prelims 14th January-25th January. Timetable / Revision**
* **Advice**
* [**Virtues for Living and Learning: Eloquence.**](file:///C%3A%5CUsers%5CWilson%20D%20C%5CAppData%5CLocal%5CPackages%5CMicrosoft.MicrosoftEdge_8wekyb3d8bbwe%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CEloquence.pub)
* **Tracking data for S5/6 issued. Preparation for the S5/6 Parents’ Evening. Please discuss with your pupils their Report in advance of the Parents’ Evening, outlining their strengths & required points for action.**
* [**5 steps to wellbeing video – Please show all classes**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5C5%20Steps%20to%20Wellbeing%20Video%5C5%20Steps%20to%20Wellbeing.MP4)

**Daily Prayers**

**HWB Mental Strength**

**S1**

[**Inspiring Purpose Lesson 1**](file:///C%3A%5CUsers%5CWilson%20D%20C%5CAppData%5CLocal%5CPackages%5CMicrosoft.MicrosoftEdge_8wekyb3d8bbwe%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CInspire%20Aspire%20-%20Global%20Citizenship%5CInspiring%20purpose%202017%202018%20Classroom%20lessons%20Part%201.pptx) **– Please collect booklets from Pastoral Base**

**[Young Carers](%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%5CYoung%20Carers%20P.%20Point.ppt)**

**S2**

[**Mindfulness & Breathing Space**](file:///C%3A%5CUsers%5CWilson%20D%20C%5CAppData%5CLocal%5CPackages%5CMicrosoft.MicrosoftEdge_8wekyb3d8bbwe%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CBreathing%20space.pptx)

**[Factors Affecting Food Choice](%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%5CS2%5C%5CFACTORS%20AFFECTING%20FOOD%20CHOICE.ppt)**

**Pupil PSHE Booklet completion – Complete profile on skills and attributes**

**S3**

[**Study Techniques 2 – Follow up on last week’s lesson**](file:///C%3A%5CUsers%5CWilson%20D%20C%5CAppData%5CLocal%5CPackages%5CMicrosoft.MicrosoftEdge_8wekyb3d8bbwe%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CStudy%20Skills%202019%20%282%29%20updated.pptx)

[**Study Techniques**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CStudy%20skills%202019.pptx) **– Pupils will learn a variety of methods that can be used when they are studying**

**S4**

[**Self-Harm - On Edge**](file:///C%3A%5CUsers%5CWilson%20D%20C%5CAppData%5CLocal%5CPackages%5CMicrosoft.MicrosoftEdge_8wekyb3d8bbwe%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CSelf%20Harm.pptx)

[**EMA – Education Maintenance Allowance**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CEducation%20Maintenance%20Allowance%20%28EMA%29.pptx) **– Go over with pupils**

[**Stress and Anxiety – Dealing with Exam stress**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CStress%20and%20Anxiety.pptx)

**[Creating a study plan](%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%5CCreating%20a%20Study%20Plan.ppt)**

**S5**

[**Keeping myself safe – Please watch the video about Scott and engage in class discussion with the questions at the end of the PowerPoint**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5Ckeeping%20myself%20safe.pptx)

[**EMA – Education Maintenance Allowance**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CEducation%20Maintenance%20Allowance%20%28EMA%29.pptx)

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

**S6**

[**Interview Preparation - 10 step guide on how to prepare for an interview**](file:///C%3A%5CUsers%5CWilson%20D%20C%5CAppData%5CLocal%5CPackages%5CMicrosoft.MicrosoftEdge_8wekyb3d8bbwe%5CPSHE%20Newsletter%20content%202018%202019%5CS6%5CInterview%20prep%20lesson%202.pptx)

[**EMA – Education Maintenance Allowance**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CEducation%20Maintenance%20Allowance%20%28EMA%29.pptx)

[**Interview Techniques – Watch the clip on “Interview Techniques” and discuss with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS6%5CThe%20interview.ppt)

* **Pupils go on to “Pupil Shared Area”**
* **Click on “PSHE”**
* **Pupils go on to “Diploma 2019”**
* **Pupils click on their own respective Alpha**
* **Click on the “S6 Diploma” and immediately save in the folder using their name.**
* **Pupils are to complete each section of the Diploma by writing in to the text box at the bottom of each section**
* **This will be a working document and pupils should save their work as they go**
* **It is important that when pupils are writing information in to the text box that they *do not hit the return key* as this will not work with the software when transferring on to the Diploma**

[**Link to examples of previous diplomas**](file:///P%3A%5CPSHE%5CDiploma%202017)

[**Link to Lesson for “Responsible Citizen”**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPSHE%20Newsletter%20Content%5C2017%202018%5CS6%5CS6%20Diplomas%5CResponsible%20Citizen%20examples.pptx)

**[Link to Lesson for “Confident Individual”](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPSHE%20Newsletter%20Content%5C%5C2017%202018%5C%5CS6%5C%5CS6%20Diplomas%5C%5CConfident%20Individual%20examples.pptx)**

[**Link to Lesson for “Successful Learner”**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPSHE%20Newsletter%20Content%5C2017%202018%5CS6%5CS6%20Diplomas%5CSuccessful%20Learner%20examples.pptx)

**[Link to Lesson for “Effective Contributor”](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPSHE%20Newsletter%20Content%5C%5C2017%202018%5C%5CS6%5C%5CS6%20Diplomas%5C%5CEffective%20Contributor%20examples.pptx)**

**[Link to school website to be added for Diploma](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPSHE%20Newsletter%20Content%5C%5C2017%202018%5C%5CS6%5C%5CS6%20Diplomas%5C%5CEffective%20Contributor%20examples.pptx)**

**T. Low**