***St. Ninian’s High School***

***PSHE Newsletter***

***Week beginning 20th May 2019***

***Focus:***

* [**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)
* [**Health and Wellbeing Committee Needs You!!!**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CHealth%20and%20Wellbeing%20Committee%20poster.pptx)
* **Sports & Family Fun Day: Wednesday 5th June, 3pm**
* **School Show: 18-21st June. Tickets available at the school office.**

**[Daily Prayers](../../../Prayers/Prayers%202018%20-%202019/Monday%2020%20May%202019.docx)**

**Mental Strength and Wellbeing**

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**S1**

**Please complete the Full Report Section in PSHE booklets with all pupils. Pupils should set targets in relation to discussion from parent’s night**

[**Substance Misuse 2**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CDrugs%20Scenario.ppt)

[**Substance Misuse 1**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CS1%20Drugs%20Fact%20and%20Fiction.pptx)

[**Alcohol Part 2**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CAlcohol%20Part%202.pptx)

[**Alcohol Part 1**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CAlcohol%20Part%201.ppt)

[**PSHE Evaluation**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CPSHE%20Evaluations.pptx)

**S2**

[**Drugs Scenario**](../../PSHE%20Newsletter%20content%202018%202019/S2/1.3%20Drugs%20Scenario.ppt)

[**Drugs Introduction**](file:///C%3A%5CUsers%5Clowa1%5CAppData%5CRoaming%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5C1.1%20Drugs%20Introduction.ppt)

[**Self-Harm**](file:///C%3A%5CUsers%5Clowa1%5CAppData%5CRoaming%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CSelf%20Harm%20lesson%20S2.ppt)

[**Self Esteem**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CSelf%20esteem.pptx)

[**Friends and Friendship**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CFriends%20%26%20Friendship.ppt)

[**Stressed Out**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CStressed_Out%5B1%5D.ppt)

[**Getting the Lowdown**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CGTLDScotland.exe)

**S3**

**SDS Workshops**

* **Monday 20th May Period 6 3a9 and 3a10**

**Mrs Sheppard will visit both classes during the period visiting 3a9 for the first half and 3a10 for the second half**

[**Healthy Eating/Unbalanced Diets**](../../PSHE%20Newsletter%20content%202018%202019/S3/Balanced%20Diet.pptx)

[**Understanding Prejudice**](file:///S%3A%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CPrejudice%20%26%20Discrimination.pptx)

**Alcohol lessons *Click view*- ‘Kick it, Binge Drinking’**

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

[**PSHE Evaluation**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CPSHE%20Evaluations.pptx)

**T. Low**