***St. Ninian’s High School***

***PSHE Newsletter***

***Week beginning 28th January 2019***

***Focus:***

* [**Virtues for Living and Learning: Eloquence.**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CEloquence.pub)
* [**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)
* **S5/6 Parents’ Evening – Thursday 31st January – Please ensure that you have appointments arranged with your interviewing teacher**
* **Thank you to staff and pupils for your great support during the Inspection**
* **The next Catholic Leadership Meeting which will be led by Fr Jonathan, will take place at 3.30pm on Tuesday 5 February 2019. The theme is ‘The Popes Speak To Young People’ and will be a prayerful reflection of messages of a number of popes to young people**
* **Reminder to all pupils**
	+ **The school is a nut free zone as we have pupils within who have allergies to this food type. Please be considerate with your food choices.**

**[Daily Prayers](../../../Prayers/Prayers%202018%20-%202019/Monday%2028%20January%202019.docx)**

**HWB Mental Strength**

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**S1**

[**Inspiring Purpose Lesson 2**](../../PSHE%20Newsletter%20content%202018%202019/S1/Inspire%20Aspire%20-%20Global%20Citizenship/Inspiring%20purpose%202017%202018%20Classroom%20lessons%20Part%202.pptx)

[**Inspiring Purpose Lesson 1**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%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**

**YPI Final – Wednesday 20th February at 7pm. Please support your fellow pupils and attend this excellent event**

**Complete PSHE booklet – Specifically look at achievements pages. Pupils should complete this – examples are e.g. *pupil of the month award etc.***

[**Mindfulness & Breathing Space**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%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**

[**Young Carers**](../../PSHE%20Newsletter%20content%202018%202019/S3/Young%20Carers.pptx)

[**Study Techniques 2 – Follow up on last week’s lesson**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%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**

***Medic Insight Day Programme 2019***

*The Medic Insight annual Day Programme, which runs for S4 high school pupils who are beginning to consider a career in Medicine will this year offer two dates:*

*Thursday 4th April and Wednesday 10th April 2019.*

*The Day Programme will take place in the Teaching and Learning Centre at the Queen Elizabeth University Hospital in Glasgow. The day aims to give high school pupils an introduction to the application process, what life is like as a medical student and the opportunity to hear from a variety of doctors about their careers. The day will be broken down into small group workshops, lectures and clinical skills.*

*Applications for the programme are via a Google Document Form, the link to which will be posted on their Facebook page @medicinsightglasgow. The applications will be live from 9am on Monday 28th January and remain open until 5pm on Sunday 3rd February.*

*Please go on to the Medic insight Facebook page for more details.*

[**Social Media**](../../PSHE%20Newsletter%20content%202018%202019/S4/Internet%20use%20and%20social%20media.pptx)

[**Self-Harm - On Edge**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%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**

**Ensure that PSHE booklets are up to date including:**

* **Full report reflection for S5**
* **Career education standards**
* **Wellbeing web**
* **SHANARRI task**

**Internet Use & Social Network Sites - Clickview- *Internet Ethics & Young People***

[**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**

**Scottish Fire Service – *Cut it Out (Driving talk)* Could staff teaching 6a1, 6a2 & 6a3 please register in class and take pupils to the lecture theatre and stay for the talk**

**Could all pupils who are carrying out an S6 Service placement please register in class and go to ICT 8 to complete their Volunteering award**

**Diploma Completion for S6 pupils – See the below instructions**

* **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”](../../PSHE%20Newsletter%20content%202018%202019/S6/S6%20Diplomas/Responsible%20Citizen%20examples.pptx)**

**[Link to Lesson for “Confident Individual”](../../PSHE%20Newsletter%20content%202018%202019/S6/S6%20Diplomas/Confident%20Individual%20examples.pptx)**

**[Link to Lesson for “Successful Learner”](../../PSHE%20Newsletter%20content%202018%202019/S6/S6%20Diplomas/Successful%20Learner%20examples.pptx)**

**[Link to Lesson for “Effective Contributor”](../../PSHE%20Newsletter%20content%202018%202019/S6/S6%20Diplomas/Effective%20Contributor%20examples.pptx)**

[**Interview Preparation - 10 step guide on how to prepare for an interview**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%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)

**T. Low**