***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 2nd September 2019***

***Focus:***

**[Daily Prayers](../../../Prayers/Prayers%202019%202020/Monday%202%20September%202019.docx)**

* [**Pupil Notices – Please cover with S1 to S6**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Pupil%20Notices.pptx)
* [**Volunteering opportunity for those aged 14 and above – Please advertise to pupils**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Volunteering%20Opportunity%20for%20Scouts.pptx)
* **1 September: “World Day of Prayer for the Care of Creation”**
* [**Silverburn Teenage Market – Please advertise to pupils**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Silverburn%20Teenage%20Market%20-15th%20October%202019.pdf)

**[Extra-Curricular programme booklet](https://blogs.glowscotland.org.uk/er/StNinians/files/2017/09/FINAL-Extra-Curricular-2017-18.pdf)**

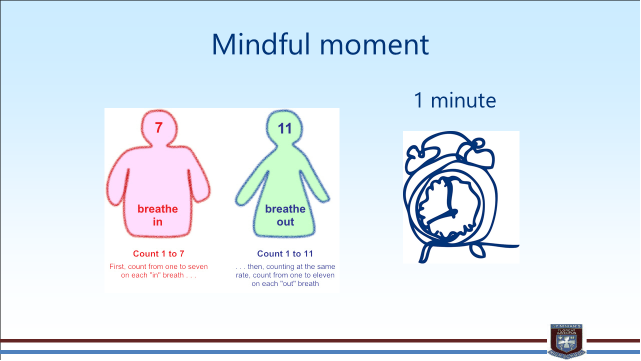
**Mental Health Awareness**

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**Mental Health Awareness**

**Strategies to help with Anxiety:**

**Research has shown that children who experience problematic anxiety can be successfully taught how to cope better with it. Research indicates that the most effective treatment for anxiety disorders is Cognitive Behavioural Therapy (CBT). CBT aims to teach children how to face their anxieties and how to think about situations in a different way so they are able to better manage their anxiety. Cognitive Behaviour Therapy consists of: Learning about anxiety and what causes it (psycho education) Learning relaxation skills Realistic thinking (cognitive exposure) Problem solving Gradually facing the fear/anxiety (graded exposure) Child anxiety management strategies (taught to parents)**



**S1**

[**Fun Run Sponsored Event – Please advertise to S1 pupils**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Fun%20Run%20S1.pptx)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\GIRFEC%20and%20HWB%20Lessons\S1%20GIRFEC%20Booklet.pptx)

**PSHE First Aid Visits – Please collect visitor from the school office prior to lesson beginning:**

**1a7 – 4th September**

**1a2 – 6th September**

[**Body Image**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\body%20image%20slides%2025%2008%2017.pptx)

[**My first week in St.Ninian’s**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Lower%20Phase\S1%20PSHE\Study%20Skills%20and%20Induction%20material\S1%20First%20Week.ppt)

**[Induction Slides](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\Powerpoint for Standards and Expectations including induction slides 2018 2019.pptx)**

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

**S2**

[**Fun Run Sponsored Event – Please advertise to S2 pupils**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Fun%20Run%20S2.pptx)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\GIRFEC%20and%20HWB%20Lessons\S2%20GIRFEC%20Booklet.pptx)

[**Body Image**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\S2%20Body%20Image.pptx)

[**Study Skills for year ahead**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\Lesson%202%20PSHE%20and%20HWB%20what%20to%20expect%20S2.ppt)

[**Body Image**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\S2%20Body%20Image.pptx)

**[Induction Slides](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\Powerpoint for Standards and Expectations including induction slides 2018 2019.pptx)**

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

**S3**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\GIRFEC%20and%20HWB%20Lessons\S3%20GIRFEC%20Booklet.pptx)

[**My WoW Ambassador Programme**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\MyWoW%20PSHE.PPTX)

[**Balanced Diet**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\Balanced%20Diet.pptx)

[**Exercise Health and Fitness**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\Exercise%20health%20and%20fitness%20%20wb%2028%2008%2017.pptx)

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

**S4**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\GIRFEC%20and%20HWB%20Lessons\S4%20GIRFEC%20Booklet.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)

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

**Complete Term 1 Sections**

[**Study Skills for S4**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\S4%20Study%20Skills.pptx) **–** [**Study Skills Video**](https://clickv.ie/w/Wj8j)

**[Work Experience – Please go over with your respective classes](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\S4\\Slides for PSHE aug 2019.pptx)**

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

**S5**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\GIRFEC%20and%20HWB%20Lessons\S5%20GIRFEC%20Booklet.pptx)

[**Study Skills – in booklets, highlight the different types of approach to studying. Use ‘Notes’ page for this activity**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S5\Study%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)

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

**S6**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\GIRFEC%20and%20HWB%20Lessons\S6%20GIRFEC%20Booklet.pptx)

**Stuart Ivory "Money Talks" sessions 6a2 – Thursday 5th September 1.00pm - Please collect guest from the reception prior to the start of the lesson**

[**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)

**Pupils are to leave class at 1.45pm to avoid corridor congestion**

[**All about me – Complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S6\All%20about%20Me.doc)

[**S6 Service Slides**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S6%20Service%20Updated.pptx)

***Heriot Watt University Open Days – Edinburgh Campus***

***Saturday 14 September***

***Saturday 26 October***

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

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

* **Pupils go on to “Pupil Shared Area”**
* **Click on “PSHE”**
* **Pupils go on to “Diploma 2020”**
* **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:\PSHE\Diploma%202017)

**[Link to Lesson for “Responsible Citizen”](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\S6\\S6 Diplomas\\Responsible Citizen examples.pptx)**

**[Link to Lesson for “Confident Individual”](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\S6\\S6 Diplomas\\Confident Individual examples.pptx)**

**[Link to Lesson for “Successful Learner”](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\S6\\S6 Diplomas\\Successful Learner examples.pptx)**

[**My World of Work**](file:///S:\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%2016\Career%20Lessons\Career%20Lessons%202015-16\S2\Intro%20My%20World%20of%20Work\My%20World%20of%20Work%20East%20Renfrewshire%2016+%20Nov2011.ppt)

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

T. Low