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***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 4th November 2019***

***Focus:***

**[Daily Prayers](../../../Prayers/Prayers%202019%202020/Monday%204%20November%202019.docx)**

* **November: Month of The Holy Souls**
* **[5 Habits of an Effective Learner](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/5%20habits%20of%20an%20effective%20learner.pdf)**
* [**Emergency Evacuation Procedure**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CEmergency%20Alarm%20Evacuation%20Procedures.pptx)
* [**Rememberance Sunday - Please remember to take time to discuss with your classes the purpose of Remembrance Sunday**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CRemembrance%20Sunday.pub)
* [**S5 Tracking QR Code – Pleaes ask S5 pupils to complete in class**](../../PSHE%20Newsletter%20content%202018%202019/S5/S5%20QR%20Code%20November%202019.docx)
* [**S6 Tracking QR Code – Pleaes ask S6 pupils to complete in class**](../../PSHE%20Newsletter%20content%202018%202019/S6/S6%20QR%20Code%20November%202019.docx)

**Mental Strength**

[**Click here to see how you can identify if you are stressed**](https://isma.org.uk/pdf/free/how-to-identify-stress.pdf)

[**Click here for the top 10 Stress Busting Tips**](https://isma.org.uk/pdf/free/top-ten-stress-busting-tips.pdf)

**S1**

**S1 Pupil council meeting, Period 5 on Friday 8th November in ICT 1 – Please remind those involved to register and go to ICT 1**

[**Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes**](https://youtu.be/MiAupVS69KE)

[**S1 Road Safety lesson**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CRoad%20Safety%20%20%20MMCK.ppt)

[**S1 interim tracking report sheet – Please get pupils to complete in class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5Cs1%20qr%20code%20october%20.doc)

**S1 Road Safety Talks**

**1a7 – Wednesday 6th November**

**1a3 - Friday 8th November**

**Please collect speaker from the school office**

**S1 First aid visits**

**1a9 – Wednesday 4th December**

[**S1 Tracking Exercise**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CS1%20tracking%20for%20PSHE.ppt)

**[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)**

**S2**

[**Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes**](https://youtu.be/MiAupVS69KE)

[**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 today!**

[**YPI Lessons for S2 PSHE – Please complete with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CYPI%20Teacher%20PowerPoint%202018-19.pptx)

**[The Science of Character – please show video to all classes and discuss the questions in the powerpoint slide](%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%5CThe%20Science%20of%20Character.ppt)**

[**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**

**S3**

***Pupil Council meeting – Please remind pupil council reps that there will be a pupil council meeting in RE2 Period 3 on Wednesday***

[**Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes**](https://youtu.be/MiAupVS69KE)

[**Anti Byllying lesson 2**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CS3%20Anti-bullying%20lesson%202%20-%202018.pptx)

[**Anti Bullying – Please cover with class**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CS3%20Anti-bullying%20-%202018.pptx)

**STUC Talks**

**Tuesday 5th November at 1.50pm to 2.40pm – Classes 3a1, 3a2 & 3a3**

**Please register pupils and take them to the lecture theatre. The speaker will also need to be collected from the school office**

[**Marvel Movie Night – Please ask pupils to complete QR code questionnaire**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202019%202020%5CMarvel%20Movie%20Night.pptx)

**Talk in Lecture theatre with PC J. Waters (Campus Police Officer) regarding:**

**• Teenage drinking**

**• Unacceptable use of social media**

**• Sexting and online bullying**

**Monday 18/11/19 – 3a9 and 3a10**

**Tuesday 19/11/19 – 3a4 and 3a5**

**Please regisgter classes and take to the lecture theatre. Please also collect**

**PC Waters from the school office.**

**S4**

[**Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes**](https://youtu.be/MiAupVS69KE)

[**Work Experience Prep – Please distribute to class and cover the attached lesson via the hyperlink**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CSlides%20Work%20Experience%20introduction%202019.pptx)

**S4 Routes and Pathways Talks:**

**Wednesday the 13th of November P3 4a6, 4a7 and 4a8**

**RAMH Visit**

**4a4 Friday 22nd November**

**4a9 Wednesday 20th November**

**Please collect speaker from the school office**

[**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)

[**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)

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

**Complete Term 1 Sections**

**S5**

[**Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes**](https://youtu.be/MiAupVS69KE)

**Interim Report – Please complete Page 71 in PSHE Booklets – Pupils are to complete full page along with identifying Targets that they wish to achieve and how they will achieve this**

[**Every Action has consequences Lessson 1**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CEvery%20Action%20has%20Consequences%5CEvery%20Action%20Has%20Consequences%20lesson%201.pptx)

[**Alcohol Lesson**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CS5%20Alcohol.pptx)

**RAMH Talks**

**5a3 – Monday 4th November**

**5a9 – Tuesday 19th November**

**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**

**[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)**

**S6**

[**Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes**](https://youtu.be/MiAupVS69KE)

**[Please cover hyperlink slides from Mr McArthur with class:](%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%5CS6%5C%5CS6%20UCAS%20SLIDES%20OCTOBER%202019.ppt)**

**[UCAS – All pupils who are looking at applying through the UCAS process are to log on and fill in basic details including:](%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%5CS6%5C%5CS6%20UCAS%20SLIDES%20OCTOBER%202019.ppt)**

**1. Personal Details**

**2. Additional information**

**3. Student Finance**

**4. Choices (If Pupils are aware of what Course they are applying for).**

**5. Education**

**6. Employment**

**Pupils should also be looking to complete drafts of Personal Statements for feedback from Pastoral Teacher. Highlight the links below which are on the school website.**

**6a9 Stewart Ivory Financial education talk. Please collect speaker from the school office**

**Healthy Eating on a budget for 6a4– Register classes and go to Home Economics**

**Application evening for S6 pupils**

|  |  |  |
| --- | --- | --- |
| **Date** | **Event** | **Time** |
| **29th October** | **Application for early years and teaching** | **7-9pm** |
| **5th November** | **Application for Business & Accounting** | **7-9pm** |
| **5th November** | **Application for Engineering & Computing** | **7-9pm** |
| **12th November** | **Application for Law and Social Sciences** | **7-9pm** |
| **12th November** | **Interview evening for Medics/Dentists** | **7-9pm** |

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

**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)

[**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)

T. Low