***St. Ninian’s High School***

***PSHE Newsletter***

***Week beginning 7th January 2019***

***Focus:***

**Welcome back**

* [**Courtesy Counts & Kindness**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202018%202019/Courtesy%20&%20Kindness.pub)
* **S4 prelims 14th January-25th January. Timetable / Revision Advice.**
* [**DYW – Working in Science and Technology**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202018%202019/05-dyw-science-and-technology.pdf)
* [**DYW – Working in Education**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202018%202019/06-dyw-education.pdf)

[**Daily Prayers**](file:///\\snhm02\Staff$\All%20Staff\Prayers\Prayers%202018%20-%202019\Monday%207%20January%202019.docx)

|  |
| --- |
|  |
|  |

**HWB Mental Strength**

**January challenge:**

**Whether it’s running 5k, or walking to school a new way, a morning swim or taking your bike out for a spin - join the thousands of people around the UK kick-starting their 2019 in the most positive way.**

**Start the year off by setting yourself a fitness challenge every day in January:**

* **Walk a mile**
* **Jog a mile**
* **Take part in Monday Spin class in the gym**
* **Try a new sport or activity at one of our extra-curricular clubs**
* **Walk to and from school**

**These are just some of the things you could to help improve your fitness and mental wellbeing in January.**

**Alternatively, take a picture of the below fitness challenge and try this at home.**

**You only have to do 2 sets of this 4 times per week.**

**Join in with the January Challenge!**



**S1**

**S1 Road Safety Lesson for 1a4 Friday 11th January – Please collect speaker from school office** [**Transport Options**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\Transport%20Options%202.pptx) **– please collect speaker from school office.**

**[Young Carers](../../PSHE%20Newsletter%20content%202018%202019/S1/Young%20Carers%20P.%20Point.ppt)**

**[Peer Awards](../../PSHE%20Newsletter%20content%202018%202019/S2/S1%20and%20S2%20Peer%20Awards.ppt)**

**S2**

**[Factors Affecting Food Choice](../../PSHE%20Newsletter%20content%202018%202019/S2/FACTORS%20AFFECTING%20FOOD%20CHOICE.ppt)**

**[Peer Awards](../../PSHE%20Newsletter%20content%202018%202019/S2/S1%20and%20S2%20Peer%20Awards.ppt)**

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

**S3**

[**Study Skills**](../../PSHE%20Newsletter%20content%202018%202019/S3/S3%20Study%20Skills.ppt) **- Recap on how to study for class/block tests**

**S4**

**RAMH Visits**

**Wednesday 9th January, 4a8 & 4a9 Period 3**

**Friday 11th January, 4a3 & 4a4 Period 5**

**Classes should be registered and then taken to the Lecture theatre for their respective talks. Please ensure to collect the lecture theatre keys and speaker from the school office.**

**[Creating a study plan](../../PSHE%20Newsletter%20content%202018%202019/S4/Creating%20a%20Study%20Plan.ppt)**

**S5**

**RAMH Visits**

**Monday 7th January, 5a3 & 5a4 Period 5**

**Tuesday 8th January, 5a6 & 5a9 Period 6**

**Classes should be registered and then taken to the Lecture theatre for their respective talks. Please ensure to collect the lecture theatre keys and speaker from the school office.**

**Study Skills**

* [**Preparing for Exams**](../../PSHE%20Newsletter%20content%202018%202019/S5/Study%20Skills%2025%2008%2017.pptx)
* **[Study Plan](../../PSHE%20Newsletter%20content%202018%202019/S5/Study%20Plan.ppt)**

**S6**

**Blood Collection Drive – Assembly on Thursday 10th January. Please register pupils in class and escort them to the forum.**

**Blood collection day Monday 14th January All day. Pupils involved should attend agreed time for blood donation.**

* **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:\PSHE\Diploma%202017)

[**Link to Lesson for “Responsible Citizen”**](file:///\\snhm02\Staff$\All%20Staff\PSHE%20Newsletter%20Content\2017%202018\S6\S6%20Diplomas\Responsible%20Citizen%20examples.pptx)

**[Link to Lesson for “Confident Individual”](\\\\snhm02\\Staff$\\All Staff\\PSHE Newsletter Content\\2017 2018\\S6\\S6 Diplomas\\Confident Individual examples.pptx)**

[**Link to Lesson for “Successful Learner”**](file:///\\snhm02\Staff$\All%20Staff\PSHE%20Newsletter%20Content\2017%202018\S6\S6%20Diplomas\Successful%20Learner%20examples.pptx)

**[Link to Lesson for “Effective Contributor”](\\\\snhm02\\Staff$\\All Staff\\PSHE Newsletter Content\\2017 2018\\S6\\S6 Diplomas\\Effective Contributor examples.pptx)**

**[Link to school website to be added for Diploma](\\\\snhm02\\Staff$\\All Staff\\PSHE Newsletter Content\\2017 2018\\S6\\S6 Diplomas\\Effective Contributor examples.pptx)**

**[Presentation Slides for BARCLAYS Money Survival](../../PSHE%20Newsletter%20content%202018%202019/S6/Barclays%20Money%20Skills%20Survival/money-skills-survival-money-skills-volunteer-led-lesson-slides%20(1).pdf)**

**T. Low**