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***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 7th October 2019***

***Focus:***

**[Daily Prayers](../../../Prayers/Prayers%202019%202020/Monday%207%20October%202019.docx)**

* **A safe & restful holiday to pupils and staff. Thank you for your great support and hard work this term.**
* **Pupils in S1-3 are NOT allowed to go to shops/toll. They should remain on the school grounds. S3 pupils are allowed to go to Eastwood Café during lunchtime only.**
* [**Show Racism the Red Card – Please cover with all classes**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\Show%20Racism%20the%20Red%20Card%202019.pptx)
* [**The Dangers of mobile phone/tablet use for young people – “Dear Student” film. Please show to all classes**](https://www.letitripple.org/character-day/student/)
* [**Optomistic October Calendar – Please promote to all pupils**](https://www.actionforhappiness.org/optimistic-october)

**Mental Health**

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**S1**

[**S1 interim tracking report sheet – Please get pupils to complete in class**](../../PSHE%20Newsletter%20content%202018%202019/S1/s1%20qr%20code%20october%20.doc)

[**Marvel Movie Night – Please ask pupils to complete QR code questionnaire**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Marvel%20Movie%20Night.pptx)

**Collate Pupil Council Names** **and send to year head**

**S1 First aid visits**

**1a9 – Wednesday 4th December**

[**S1 Tracking Exercise**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\S1%20tracking%20for%20PSHE.ppt)

**Homework Diary Check – Pleaese check and sign pupils Diaries**

**[What is Bullying](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\S1\\S1 Lesson1 what is bullying.ppt)**

**Internet Safety**

**Pupils must use their notes page to answer the questions on this document** [**here**](file:///C:\Users\lowa1\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\PSHE%20Newsletter%20content%202018%202019\S1\hacker.pub)

**Watch the following clips:**

1. **Chat Rooms**
2. **Downloading files**
3. **Instatnt Messaging**
4. **Online Gaming**
5. **Social Networking**

**Now answer the questions in your PSHE Booklet Notes section**

[**Healthy Eating**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\Healthy%20Eating%20ppt%2004%2009%2017.ppt)

[**Film Club**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\Film%20Club%20ad%20sept%202018.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)

[**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)

**S2**

[**Tracking for S2**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\S2%20tracking%20for%20PSHE.ppt) **– Please complete with class today!**

[**Marvel Movie Night – Please ask pupils to complete QR code questionnaire**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202019%202020\Marvel%20Movie%20Night.pptx)

**[The Science of Character – please show video to all classes and discuss the questions in the powerpoint slide](../../PSHE%20Newsletter%20content%202018%202019/S2/The%20Science%20of%20Character.ppt)**

[**Hunting the Cyber Bullies**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\Hunting%20the%20Cyber%20Bullies.ppt) **- Clickview -Panorama February 2012. Watch video and use Powerpoint with class**

[**The Impact of Bullying**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\S2%20Lesson%202%20Bullying%20impact.ppt)

[**Child Protection**](file:///C:\Users\lowa1\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\PSHE%20Newsletter%20content%202018%202019\S2\S2%20Child%20Protection%20ppt%2011%2009%2017.pptx)

[**Internet Safety**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\Staying%20Safe%20online.ppt)

[**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)

[**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)

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

**S3**

[**Marvel Movie Night – Please ask pupils to complete QR code questionnaire**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202019%202020\Marvel%20Movie%20Night.pptx)

**Collate Pupil Council Names** **and send to year head**

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

**• Teenage drinking**

**• Unacceptable use of social media**

**• Sexting and online bullying**

**Monday 07/10/19 – 3a6, 3a7 & 3a8**

**Tuesday 08/10/19 – 3a1, 3a2 & 33**

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

**PC Waters from the school office.**

**Homework Diary Check – Pleaese check and sign pupils Diaries**

[**S3 Tracking – Please cover with classes**](../../PSHE%20Newsletter%20content%202018%202019/S3/S3%20Tracking%20September%202019.ppt)

[**PSHE Booklet Page 39 – CV Writing. Please complete Personal statement and Skills section with pupils. The hyperlink will also provide some usefule information for CV Writing.**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\Making%20a%20CV.ppt)

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

[**Sound Sleep**](file:///C:\Users\lowa1\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\PSHE%20Newsletter%20content%202018%202019\S3\Sound%20Sleep.ppt)

[**Mental Health and Wellbeing**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\Mental%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.**

**[Study Skills](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\S3\\S3 Study Skills.ppt)**

[**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)

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

**S4**

[**Marvel Movie Night – Please ask pupils to complete QR code questionnaire**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202019%202020\Marvel%20Movie%20Night.pptx)

**Collate Pupil Council Names** **and send to year head**

**RAMH Visit**

**4A8 Wednesday 9th October**

**4a2 Friday 11th October**

**Please collect speaker from the school office**

**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:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\SNHS%20Study%20TImetable.pub)

[**Anti Smoking**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\New%20S4%20anti%20smoking.ppt) **– Clickview - Introducing Tobacco**

**[Focus group minutes for S4 – Please go over minutes with classes in PSHE](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\S4\\S4 Pupil Forum Minutes September 2018.pdf)**

[**CV Writing**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\Making%20a%20CV.ppt)

[**Mental Health and Wellbeing**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\Mental%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.**

**PSHE Booklet – complete skills learned in each subject**

[**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)

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

**Complete Term 1 Sections**

[**Work Experience – Please go over with your respective classes**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\August%20Work%20Experience%20placement.pptx)

**S5**

[**Marvel Movie Night – Please ask pupils to complete QR code questionnaire**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202019%202020\Marvel%20Movie%20Night.pptx)

**Collate Pupil Council Names and send to year head**

**RAMH Talks**

**5a2 – Monday 28th October**

**5a8 – Tuesday 22nd October**

**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:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\SNHS%20Study%20TImetable.pub)

**Wider Involvemnent – complete pages 36 – 40 in PSHE booklets**

[**Sound Sleep**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S5\sound%20sleep.ppt)

**[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)**

**Complete S5 achievements profile on Pages 36, 37, 38 and 39. Also complete Academic transferable skills and Attributes Page 40.**

[**Mental Health and Wellbeing**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\Mental%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.**

**[Importance of Sleep](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF MAY 2018 2019\\PSHE Newsletter content 2018 2019\\S5\\The role of sleep in teens S5.ppt)**

[**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)

**S6**

[**Marvel Movie Night – Please ask pupils to complete QR code questionnaire**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202019%202020\Marvel%20Movie%20Night.pptx)

**Collate Pupil Council Names and send to year head**

**6a7 Stewart Ivory Financial education talk. Please collect speaker from the school office**

**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:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S4\SNHS%20Study%20TImetable.pub)

**Healthy Eating on a budget for 6a1 and ½ 6a2 – 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** |
| **11th November** | **Application for Law and Social Sciences** | **7-9pm** |
| **11th November** | **Interview evening for Medics/Dentists** | **7-9pm** |

**Pupil Focus Group meeting for S6**

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

[**Arnold Clark Apprenticeship experience – if any pupils are interested please pass their names to Mrs Kennedy**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Arnold%20Clark%20Apprenticeship%20experience.docx)

**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:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S3\Mental%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:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S6\caritas%20award%20PSHE.PPT)

[**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)

[**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:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S6\All%20about%20Me.doc)

**[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.**

T. Low