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***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 9th September 2019***

***Focus:***

**[Daily Prayers](../../../Prayers/Prayers%202019%202020/Monday%209%20September%202019.docx)**

* [**Vocation**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Vocation.pub)
* [**Art of the Month – Monsignor Monaghan**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Art%20of%20the%20Month%20September.doc)
* **Diary check – All pupils should have now purchased their school diary. Please speak with your Pastoral teacher if you have not yet bought a diary**
* **Suicide Prevention Week 9th – 15th September *#AskTellSaveALife***

**Now more so than ever, mental health and discussions regarding suicide are being spoken about more in the press and social media. However some people are still reluctant to talk about how they are feeling and are unwilling to open up to friends and family. The three clips below focus on the importance of conversation, our mental health and about how every life matters. Please watch with your classes.**

1. [**Every Life Matters**](https://vimeo.com/338176393)
2. **[Have a Healthy Conversation](https://vimeo.com/338176444)**
3. [**Look After Your Mental Health**](https://vimeo.com/338176495)

* [**Sing**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/SING.pptx) **– Please advertise to pupils**
* [**Silverburn Teenage Market – Please advertise to pupils**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202019%202020\Silverburn%20Teenage%20Market%20-15th%20October%202019.pdf)

**Mental Health Awareness**



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**What is World Suicide Prevention Week?**

World Suicide Prevention week will be held from 9th – 15th September. It's an annual awareness raising event organised by International Association for Suicide Prevention (IASP) and the [World Health Organisation (WHO)](http://www.who.int/en/)

**Why is it important?**

More than 800,000 people take their lives each year across the world. In the UK and ROI, more than 6,000 people die by suicide a year - an average of 18 a day.

**Other sources of information**

Samaritans is here round the clock every single day for the year for anyone struggling to cope. If you're worried about someone, or would like emotional support yourself, please get in touch.

**What you can do**

1. Start a conversation today if you think a friend, colleague or family member may be struggling.
2. You can also join us on Twitter to spread the word.

### How can people reach out?

It can be daunting to approach someone who is struggling to cope; you may not know what to say, [how to start a difficult conversation](https://www.samaritans.org/how-we-can-help-you/what-speak-us-about/if-you%E2%80%99re-worried-about-someone/how-start-difficult) or worry that you'll make things worse. However, you don’t need to be an expert. Often, just asking if someone's OK and letting them know you're listening can give people the confidence to open up about how they're feeling.

**S1**

**Rugby Club will be on Wednesday’s after school on the grass pitch at the back of the Hockey pitch. Pupils must bring their P.E. Kit, boots and mouthguard. Pleaes see Mr Low for further information.**

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

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

**1a8 – 11th September**

**1a3 – 9th September**

[**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)

[**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)

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

**S2**

**Rugby Club will be on Wednesday’s after school on the grass pitch at the back of the Hockey pitch. Pupils must bring their P.E. Kit, boots and mouthguard. Pleaes see Mr Low for further information.**

[**Fun Run Sponsored Event – Please advertise to S2 pupils**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202019%202020\Fun%20Run%20S2.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)

[**Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian’s High School**](file:///\\snhm02\Staff$\All%20Staff\Sports%20Council%20Elect.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**

[**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)

[**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**

**RAMH Visit**

**4A1 Friday 13th September**

**Please collect speaker from the school office.**

[**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 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)

[**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)**

**S5**

[**Morgan Stanley Glasgow High School Insight Week – Please promote to pupils**](https://blogs.glowscotland.org.uk/er/snhscareers/2019/08/19/morgan-stanley-glasgow-high-school-insight-week/)

**Job’s Fair:**

**Facilities Management are holding a Jobs Fair on Friday 13th September 2019 in Thorntree Hall, Thornliebank from 10am till 2pm. Please speak to your Pastoral Support Teacher if you are interested in attending**

[**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)**

[**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)

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**S6**

**Caritas pupils – Mrs Ward will be having a meeting with all Caritas pupils in Geography room 2 on Friday 13th September at 12.30. Mrs Ward will be going through the programme and giving out dates for the gathering points**

[**Morgan Stanley Glasgow High School Insight Week – Please promote to pupils**](https://blogs.glowscotland.org.uk/er/snhscareers/2019/08/19/morgan-stanley-glasgow-high-school-insight-week/)

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**Stuart Ivory "Money Talks" sessions 6a3 – Thursday 12th 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**

[**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)

T. Low