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***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 16thSeptember 2019***

***Focus:***

**[Daily Prayers](S:\\All Staff\\Prayers\\Prayers 2019 2020)**

* [**The Power of Your Expectations: Great Teaching**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/The%20Power%20of%20your%20%20Expectations.pub)
* **Discussion of Interim report for S4**

***Teachers should discuss the Negotiated Target and On Track to Achieve Grades with pupils explaining how the grades have been decided. Pastoral staff and Year Head will review the Reports and discuss the action required by pupils, support required from parents, & areas for action through support***

* [**Job’s Fair in East Ren**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/WER_AutumnJobsFair_Screen_A4L.jpg)
* [**Sing**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202019%202020\SING.pptx) **– Please advertise to pupils**

**P.E. Reminder**

**Pupils are reminded that pupils are not allowed to use Aerosol/Spray deodorants in the changing rooms. If pupils are found to have these types of deodarants they will be confiscated by staff.**

**Mental Strength**

**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**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\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:**

**1a4 – 20th September**

**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)

[**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.**

[**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)

[**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)

[**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**

[**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)

[**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)

**S4**

**RAMH Visit**

**4A7 Wednesday 25th Septbember.**

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

[**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)

[**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**

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

**S5**

**RAMH Visit**

**5A1 Monday 16th September**

**5a6 Tuesday 17th September**

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

[**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/)

**[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)

[**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)

**[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)**

**Urdu Class for Nat 5 and Higher begins Friday 25th August. Please make those concerned aware of this.**

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

**S6**

**Pupils completing the SCQF 5 Volunteering Award should register with their Pastoral Support Teacher and then meet Miss Goodenough in the lecture theatre. Please bring your Volunteering Booklets you received last week.**

**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/)

**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**

[**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 6a3 – Thursday 19th 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