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***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 22nd October 2019***

***Focus:***

**[Daily Prayers](../../../Prayers/Prayers%202019%202020/Tuesday%2022%20October%202019.docx)**

* **Family and Friends Quiz – Tickets are £3 or £15 per team (6 people per team). The quiz will be on Friday 25th October in school 7pm start**
* [**Challenge Poverty – Wathc the animation and discuss with your class**](https://vimeo.com/359290385/f1e7942f39)
* [**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**

**S1**

[**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)

[**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)

**S1 Road Safety Talks**

**1a1 – Friday 25th October**

**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)

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

**[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)**

[**Healthy Eating**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CHealthy%20Eating%20ppt%2004%2009%2017.ppt)

[**Film Club**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CFilm%20Club%20ad%20sept%202018.pptx)

[**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%5CS1%20GIRFEC%20Booklet.pptx)

[**Body Image**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5Cbody%20image%20slides%2025%2008%2017.pptx)

**S2**

[**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)

[**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)

**[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)**

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

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

[**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**

[**The Impact of Bullying**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CS2%20Lesson%202%20Bullying%20impact.ppt)

[**Child Protection**](file:///C%3A%5CUsers%5Clowa1%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CS2%20Child%20Protection%20ppt%2011%2009%2017.pptx)

[**Internet Safety**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CStaying%20Safe%20online.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%5CS2%20GIRFEC%20Booklet.pptx)

[**Study Skills for year ahead**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CLesson%202%20PSHE%20and%20HWB%20what%20to%20expect%20S2.ppt)

**S3**

[**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.**

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

[**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:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CMaking%20a%20CV.ppt)

[**Body Image**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CBody%20Image.ppt)

[**Sound Sleep**](file:///C%3A%5CUsers%5Clowa1%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CSound%20Sleep.ppt)

[**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.**

**[Study Skills](%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%5CS3%5C%5CS3%20Study%20Skills.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%5CS3%20GIRFEC%20Booklet.pptx)

[**Balanced Diet**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CBalanced%20Diet.pptx)

**S4**

[**Work Experience Prep – Please distribute to class and cover the attached lesson via the hyperlink**](../../PSHE%20Newsletter%20content%202018%202019/S4/Slides%20Work%20Experience%20introduction%202019.pptx)

[**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)

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

**RAMH Visit**

**4a3 Friday 25th October**

**4a4 Friday 22nd November**

**4a9 Wednesday 29th 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)

[**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.**

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

[**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%5CS4%20GIRFEC%20Booklet.pptx)

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

**Complete Term 1 Sections**

**S5**

**[Keeping myself safe at Parites and Nights out, Jo’s Story – Please use Glow details to log in and type in “Jo’s Story” in to the search bar at the top](https://clickv.ie/w/1x3l)**

[**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)

**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:///%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**

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

**[Importance of Sleep](%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%5CS5%5C%5CThe%20role%20of%20sleep%20in%20teens%20S5.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%5CS5%20GIRFEC%20Booklet.pptx)

**S6**

**6a8 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:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CSNHS%20Study%20TImetable.pub)

**Healthy Eating on a budget for 6a3– 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:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CArnold%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:///%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)

**[Induction Slides](%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%5CPowerpoint%20for%20Standards%20and%20Expectations%20including%20induction%20slides%202018%202019.pptx)**

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

T. Low