***St. Ninian’s High School***

***PSHE Newsletter***

***Week beginning 23rd April 2019***

***Focus:***

* [**5 steps to wellbeing video – Please show all classes**](file:///\\snhm02\Staff$\All%20Staff\5%20Steps%20to%20Wellbeing%20Video\5%20Steps%20to%20Wellbeing.MP4)
* **SQA Exams commence this week. Details issued to pupils and staff.**
* [**Health and Wellbeing Committee Needs You!!!**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\Weekly%20Bulletins%202018%202019\Health%20and%20Wellbeing%20Committee%20poster.pptx)

**[Daily Prayers](../../../Prayers/Prayers%202018%20-%202019/Tuesday%2023%20April%202019.docx)**

**Mental Strength HWB**



**S1**

**Subject Choices – please complete with classes**

[**Alcohol Part 1**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\Alcohol%20Part%201.ppt)

[**Stressed Out**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\Stressed_Out%5b1%5d.ppt)

[**Friends and Friendship**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\Friends%20&%20Friendship.ppt)

[**PSHE Evaluation**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\PSHE%20Evaluations.pptx)

**S2**

[**Stressed Out**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\Stressed_Out%5b1%5d.ppt)

[**Getting the Lowdown**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\GTLDScotland.exe)

[**Healthy Lifestyle**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S2\Healthy%20Lifestyle%20S2.pptx)

[**PSHE Evaluation**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\PSHE%20Evaluations.pptx)

**S3**

**SDS Workshops**

* **Tuesday 23rd April Period 6 3a2**

**Alcohol lessons *Click view*- ‘Kick it, Binge Drinking’**

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

[**PSHE Evaluation**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF%20MAY%202018%202019\PSHE%20Newsletter%20content%202018%202019\S1\PSHE%20Evaluations.pptx)

**T. Low**