***St. Ninian’s High School***

***PSHE Newsletter***

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

***Focus:***

* [**5 steps to wellbeing video – Please show all classes**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5C5%20Steps%20to%20Wellbeing%20Video%5C5%20Steps%20to%20Wellbeing.MP4)
* **SQA Exams commence this week. Details issued to pupils and staff.**
* [**Health and Wellbeing Committee Needs You!!!**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202018%202019%5CHealth%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:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CAlcohol%20Part%201.ppt)

[**Stressed Out**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CStressed_Out%5B1%5D.ppt)

[**Friends and Friendship**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CFriends%20%26%20Friendship.ppt)

[**PSHE Evaluation**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CPSHE%20Evaluations.pptx)

**S2**

[**Stressed Out**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CStressed_Out%5B1%5D.ppt)

[**Getting the Lowdown**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CGTLDScotland.exe)

[**Healthy Lifestyle**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CHealthy%20Lifestyle%20S2.pptx)

[**PSHE Evaluation**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CPSHE%20Evaluations.pptx)

**S3**

**SDS Workshops**

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

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

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

[**PSHE Evaluation**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CPSHE%20Evaluations.pptx)

**T. Low**