***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 21st September 2020***

***Focus:***

**• Faith matters**

**Eucharistic Adoration from 12.20-1.00pm every Friday with the Rosary at 12.30pm. Mass in the Oratory, Tuesday, Thursday, Friday, 8.25am. We will be putting in place guidance to manage social distance. National regulations for the celebration of Mass will be followed.**

[**PSHE Prayers**](../../PSHE%20Newsletter%20content%202018%202019/PSHE%20Prayers/wb%2021%2009%2020.docx)

[**• Library procedures – Please cover with classes**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\library%20cov.pptx)

[**• Talented Athletes programme**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\Talented%20athletes%20programme%202020%20powerpoint.pptx)

[**• P.E. Procedures – Please cover with all pupils**](../../PSHE%20Newsletter%20content%202018%202019/Physical%20Education%20Procedures.pptx)

**• Assembly Slides**

**[Please cover relevant information with each PSHE Class](\\\\snhm02\\Staff$\\All Staff\\Assembly Slides 2020\\20-21 Assembly Slides\\Assembly slides - 20-21.pptx)**

[**• Academic Resilience**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202020%202021/Academic%20Resilience.pdf)

***Promoting Children and Young People’s Mental Health***

**[Scroll to bottom of the link and watch “How to talk about mental health” video](https://learn.nes.nhs.scot/17099)**

**Mental Health Awareness**

****

**Mental Health Awareness**

****

**S1**

[**Carolside Sports Club 2008s opportunity for pupils**](../../PSHE%20Newsletter%20content%202018%202019/S1/Carolside%20Sports%20Club.docx)

[**What is bullying?**](../../PSHE%20Newsletter%20content%202018%202019/S1/S1%20Lesson1%20what%20is%20bullying.ppt)

[**Staying Safe Online**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\S1\Internet%20Safety\Staying%20safe%20online.pptx)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\GIRFEC%20and%20HWB%20Lessons\S1%20GIRFEC%20Booklet.pptx)

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

**S3**

[**Body Image**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\S3\Body%20Image.ppt)

[**Sound Sleep**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\S3\Sound%20Sleep.ppt)

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\GIRFEC%20and%20HWB%20Lessons\S3%20GIRFEC%20Booklet.pptx)

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

**S4**

**Tracking Reports to be covered by Pastoral Teachers – See email from Mrs Wilson**

[**CV Writing**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\S4\Making%20a%20CV.ppt)

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

**Complete Term 1 Sections**

[**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\PSHE%20Newsletter%20content%202018%202019\S4\S4%20Study%20Skills.pptx) **–** [**Study Skills Video**](https://clickv.ie/w/Wj8j)

**Mental Health and Wellbeing Award – Understanding Mental Health Issues**

* [**Marking Scheme**](file:///\\snhm02\Staff$\All%20Staff\SCQF%20Awards%202018-onwards\Mental%20Health%20and%20Wellbeing%20Award\Understanding%20Mental%20Health%20Issues\Understanding%20Mental%20Health%20Issues%20Marking%20Scheme.docx)

**S5**

[**Sound Sleep**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\S5\sound%20sleep.ppt)

**Career Appointments**

[**• Any pupil who would like an appointment with the Careers Advisor should use their phone to complete the attached QR Code**](file:///\\snhm02\Staff$\All%20Staff\\PSHE%20Newsletter%20content%202018%202019\Careers%20appointment%20QR%20Code.docx)

**[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.**

**[Education Maintenance Allowance – Please cover with S5 and S6](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF\\PSHE Newsletter content 2018 2019\\S6\\Education Maintenance Allowance (EMA).pptx)**

**[Opportunity for e-sgoil online Maths Tuition](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF\\PSHE Newsletter content 2018 2019\\S5\\Study Support  e-sgoil.docx)**

[**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\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\PSHE%20Newsletter%20content%202018%202019\S5\Study%20Skills%2025%2008%2017.pptx)

[**DYW Online Seminars 2020**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\DYW%20Online%20Seminar.docx)

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

**S6**

[**Engineering Webinars – Please show to all classes**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\S6\Engineering%20Webinars.jpg)

[**Year Book – Please show slide to all S6 pupils**](file:///\\snhm02\Staff$\All%20Staff\Pastoral%20Support%20ALL%20STAFF\PSHE%20Newsletter%20content%202018%202019\S6\Yearbook%202020%20Slide.pptx)

**Maths Textbooks – Please return any Maths books that you used last year. These books cannot be replaced by the department and are needed by pupils who are sitting Maths this year**

[**Football Trials – Please ask pupils to complete the Microsoft form via the QR code if they are interested in trying out for the team**](file:///\\snhm02\Staff$\All%20Staff\Trials%20QR%20Codes\S5_6%20Football%20Trials%20.png)**.**

***Pupils will need to log in with the @glow.sch.uk addresses.***

**[Mental Health Committee – Please pass any names on to](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF\\PSHE Newsletter content 2018 2019\\Mental Health Committee.pptx)**

**[C. McCallum if pupils are interested in becoming a Mental Health First Aider](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF\\PSHE Newsletter content 2018 2019\\Mental Health Committee.pptx)**

[**SCQF Volunteering Unit 1**](file:///\\snhm02\Staff$\All%20Staff\SCQF%20Awards%202018-onwards\Volunteering%20Skills\2020-2021\Unit%20One\SCQF%20Level%205%20Volunteering%20Award%20Classroom%20notes%20for%20booklet.pptx) **- Unit 1 booklet will be sent out to staff who will then upload as an assignment on teams / Google classrooms. Pupils should complete this on computers and save their progress on their own individual H drives**

**Career Appointments**

[**• Any pupil who would like an appointment with the Careers Advisor should use their phone to complete the attached QR Code**](file:///\\snhm02\Staff$\All%20Staff\\PSHE%20Newsletter%20content%202018%202019\Careers%20appointment%20QR%20Code.docx)

**Pupils should log on to their respective Google Classrooms/Microsoft Teams and complete their “All About Me” forms**

**Please ask pupils to check the DYW page on the school website for a range of opportunities regarding jobs and apprenticeships**

**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\PSHE%20Newsletter%20content%202018%202019\S6\All%20about%20Me.doc)

**Pupils should log on to the school website 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.**

**Diploma Completion for S6 pupils – See the below instructions**

* **Pupils go on to “Pupil Shared Area”**
* **Click on “PSHE”**
* **Pupils go on to “Diploma 2021”**
* **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:///\\snhm02\pupil$\PSHE\Diploma%202017)

**[Link to Lesson for “Responsible Citizen”](\\\\snhm02\\Staff$\\All Staff\\Pastoral Support ALL STAFF\\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\\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\\PSHE Newsletter content 2018 2019\\S6\\S6 Diplomas\\Successful Learner examples.pptx)**

T. Low