**ST NINIAN’S HIGH SCHOOL**

**PSHE Newsletter & Lessons**

**Week Beginning 4th October 2021**

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***Focus:***

[**Daily Prayers**](../../../Prayers%202020%202021/Monday%204%20October%202021.docx)

[**Flourishing in St Ninian’s**](../../2021/Materials%20for%20Newsletter/Flourishing%20in%20Saint%20Ninian%27s.pdf)

**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.**

**Mental Health Awareness**

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**S1**

***Please pass pupil council names to year head by the end of the week – copy Mrs McCoy in to the email***

**1a9 – Miss Green’s class to go to the oratory – take bags with you**

[**Health and Wellbeing IDL Log**](../../2021/Materials%20for%20Newsletter/Health%20and%20Wellbeing%20powerpoint.pptx) **– Please spend 10 minutes at the start of the lesson filling out Log. Class packs to be collected from the Pastoral Base.**

[**World Mental Health Day**](../../PSHE%20Newsletter%20content%202018%202019/Mental%20Health%20Day%202021/World%20Mental%20Health%20Day%20S1-S3.pptx)

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

**Healthy Eating**

**S2**

***Please pass pupil council names to year head by the end of the week – copy Mrs McCoy in to the email***

[**World Mental Health Day**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CMental%20Health%20Day%202021%5CWorld%20Mental%20Health%20Day%20S1-S3.pptx)

[**Physical Activity**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CPhysical%20Activity%202021.pptx)

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

**S3**

***Please pass pupil council names to year head by the end of the week – copy Mrs McCoy in to the email***

[**World Mental Health Day**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CMental%20Health%20Day%202021%5CWorld%20Mental%20Health%20Day%20S1-S3.pptx)

[**Mental Health – Eating Disorders**](../../PSHE%20Newsletter%20content%202018%202019/S3/Mental%20Health%20Eating%20disorders.pptx)

[**Physical Activity**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CExercise%20health%20and%20fitness%20updated%202021.pptx)

[**Diet Culture**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CDiet%20Culture%202021.pptx)

**S4**

***Please pass pupil council names to year head by the end of the week – copy Mrs McCoy in to the email***

**4a9 – Mr McArthur’s class to go to the oratory – take bags with you**

[**World Mental Health Day**](../../PSHE%20Newsletter%20content%202018%202019/Mental%20Health%20Day%202021/World%20Mental%20Health%20Day%20S4-S6.pptx)

[**Mental Health – Eating Disorders**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CMental%20Health%20Eating%20disorders.pptx)

[**Relationships**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CRelationships%202021.pptx)

**S5**

***Please pass pupil council names to year head by the end of the week – copy Mrs McCoy in to the email***

[**World Mental Health Day**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CMental%20Health%20Day%202021%5CWorld%20Mental%20Health%20Day%20S4-S6.pptx)

[**Mental Health – Eating Disorders**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CMental%20Health%20Eating%20disorders.pptx)

[**Relationships**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CRelationships%202021.pptx)

**S6**

***Please pass pupil council names to year head by the end of the week – copy Mrs McCoy in to the email***

[**One to One Tutoring Opportunity**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS6%5COne%20to%20One%20Tutoring%20in%20St%20Ninians.docx) **– Please complete with pupils if they would be interested in being a tutor for an S4 pupil**

[**World Mental Health Day**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CMental%20Health%20Day%202021%5CWorld%20Mental%20Health%20Day%20S4-S6.pptx)

[**Mental Health – Eating Disorders**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CMental%20Health%20Eating%20disorders.pptx)

[**Careers**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS6%5CCareers%20research%202021.pptx)

[**Writing your Personal Statement**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%5CPSHE%20Newsletter%20content%202018%202019%5CS6%5CWriting%20your%20Personal%20Statement.pptx)

E Ward