

St Ninian's High School

PSHE Newsletter

Week Beginning 26th August 2019



Focus:

Daily Prayers

- **A Vision of Education for Our Young People**
- **C19: Permission for Pupils to be Out of Class**
- **Focus On Corridor Movement, Racism, Bullying**
- **Thursday 29th August Mass of Welcome at 7pm in the school Oratory for all families and the marking of the Ascensio Scholarum.**
- **Wellbeing**

Lockers

All S2-S6 locker holders should ensure their locker is securely closed and padlocked.

If it has a tie or a School padlock on it a new 40mm padlock should be purchased asap and you must see Mrs Callan or Mrs Zochowska in School office. It may not be possible for it to be resolved immediately but you **MUST** return to office when asked to do so.

[Extra-Curricular programme booklet](#)

Saltire Awards

As you return to school after the summer break, please make sure that you are proactive in recording volunteering hours in order to gain a Saltire Award.

Please visit 'Bridge the Gap' at: <http://bridgethegap.co/>

This website provides updates and opportunities in East Renfrewshire for young people. It has been built by and for the young People of East Renfrewshire. You can find more information about Volunteering in East Renfrewshire, Volunteering Awards, Work & Training, and much more here. Please be aware that hours used towards other awards such as Duke of Edinburgh can be counted towards the Saltire award as well.

Please note that all Saltire submissions should be made directly to Mrs Miller to ensure hours are recorded.

Please see Mrs Miller for all information relating to Saltire Awards.

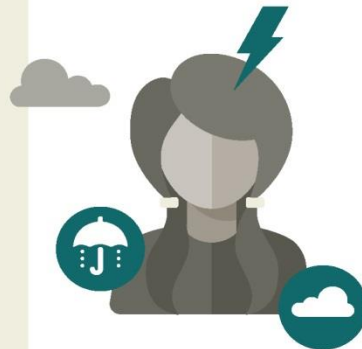
WHAT IS STRESS?

**#ADDRESS
YOUR STRESS**



Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.



If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

1 in 6 British workers will experience depression, anxiety or stress-related issues.



There are simple steps you can take to **#AddressYourStress**.
Check out our resources at mhfaengland.org

#ADDRESS YOUR STRESS

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies.

Here's some **self-care tips** to help **protect against stress**:

Try

Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Setting aside time to have fun or indulge yourself – positive emotions can help build a buffer against stress.

Learning a new skill – whether painting, playing guitar or a new language.



Sharing how you're feeling – it's OK to ask for help and support.



Switching off from distractions – make time for yourself as a regular part of your routine. Schedule a reminder if you need to.



Avoid

Overdoing it on sugar, caffeine or alcohol – they're a quick fix which can increase stress in the long term.



Overworking and checking your emails out of hours – we all need time to unwind.



Spending **too much of your free time** in front of a screen – phone included. Don't feel pressured to always be 'doing' something.



Chasing perfection – it can create unrealistic expectations. Accept that mistakes will happen.



Bottling up your feelings and assuming they will go away – this can make things worse in the long run.



There are simple steps you can take to **#AddressYourStress**. Check out our resources at mhfaengland.org



MHFA England

S1

Sports Council – Nominate two pupils from each Alpha class who wish to be considered for the sports council and pass the names to T.Low.

PSHE First Aid Visits – Please collect visitor from the school office prior to lesson beginning:

1a6 – 28th August

1a1 – 30th August

Induction Slides

Body Image

My first week in St.Ninian's

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

S2

Body Image

Study Skills for year ahead

Body Image

Induction Slides

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

S3

My WoW Ambassador Programme

Balanced Diet

Exercise Health and Fitness

Induction Slides

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

S4

Study Tips – Inside the mind of a Procrastinator

**PSHE Booklet – Health and Wellbeing Pages 10, 11, 12 & 13.
Complete Term 1 Sections**

Study Skills for S4 – Study Skills Video

Work Experience – Please go over with your respective classes

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

S5

Study Skills – in booklets, highlight the different types of approach to studying. Use 'Notes' page for this activity

Study Tips – Inside the mind of a Procrastinator

Induction Slides

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

S6

Stuart Ivory "Money Talks" sessions 6a1 – Thursday 29th August
1.00pm

Please collect guest from the reception prior to the start of the lesson

Study Tips – Inside the mind of a Procrastinator

Pupils are to leave class at 1.45pm to avoid corridor congestion

All about me – Complete with class

S6 Service Slides

Heriot Watt University Open Days – Edinburgh Campus

Saturday 14 September

Saturday 26 October

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

Diploma Completion for S6 pupils – See the below instructions

- Pupils go on to “Pupil Shared Area”
- Click on “PSHE”
- Pupils go on to “Diploma 2020”
- 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](#)

[Link to Lesson for “Responsible Citizen”](#)

[Link to Lesson for “Confident Individual”](#)

[Link to Lesson for “Successful Learner”](#)

[My World of Work](#)

S6 Service – encourage pupils to sign up to volunteering opportunities that are on offer throughout the year