



St Ninian's High School

PSHE Newsletter

Week Beginning 9th September 2019

Focus:

Daily Prayers

- **Vocation**
- **Art of the Month – Monsignor Monaghan**
- **Suicide Prevention Week 9th – 15th September *#AskTellSaveALife***

Now more so than ever, mental health and discussions regarding suicide are being spoken about more in the press and social media. However some people are still reluctant to talk about how they are feeling and are unwilling to open up to friends and family. The three clips below focus on the importance of conversation, our mental health and about how every life matters. Please watch with your classes.

1. **Every Life Matters**
2. **Have a Healthy Conversation**
3. **Look After Your Mental Health**

- **Sing** – Please advertise to pupils
- **Silverburn Teenage Market** – Please advertise to pupils

Extra-Curricular programme booklet

Mental Health Awareness



What is World Suicide Prevention Week?

World Suicide Prevention week will be held from 9th – 15th September. It's an annual awareness raising event organised by International Association for Suicide Prevention (IASP) and the World Health Organisation (WHO)

Why is it important?

More than 800,000 people take their lives each year across the world. In the UK and ROI, more than 6,000 people die by suicide a year - an average of 18 a day.

Other sources of information

Samaritans is here round the clock every single day for the year for anyone struggling to cope. If you're worried about someone, or would like emotional support yourself, please get in touch.

What you can do

1. Start a conversation today if you think a friend, colleague or family member may be struggling.
2. You can also join us on Twitter to spread the word.

How can people reach out?

It can be daunting to approach someone who is struggling to cope; you may not know what to say, how to start a difficult conversation or worry that you'll make things worse. However, you don't need to be an expert. Often, just asking if someone's OK and letting them know you're listening can give people the confidence to open up about how they're feeling.

S1

Rugby Club will be on Wednesday's after school on the grass pitch at the back of the Hockey pitch. Pupils must bring their P.E. Kit, boots and mouthguard. Pleaes see Mr Low for further information.

Fun Run Sponsored Event – Please advertise to S1 pupils

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

1a8 – 11th September

1a3 – 9th September

Healthy Eating

Body Image

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

S2

Rugby Club will be on Wednesday's after school on the grass pitch at the back of the Hockey pitch. Pupils must bring their P.E. Kit, boots and mouthguard. Pleaes see Mr Low for further information.

Fun Run Sponsored Event – Please advertise to S2 pupils

Internet Safety

Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian's High School

Study Skills for year ahead

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

S3

Mental Health and Wellbeing

The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.

Study Skills

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

My WoW Ambassador Programme

Balanced Diet

Exercise Health and Fitness

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

S4

Mental Health and Wellbeing

The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Study Tips – Inside the mind of a Procrastinator

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

Morgan Stanley Glasgow High School Insight Week – Please promote to pupils

Job's Fair:

Facilities Management are holding a Jobs Fair on Friday 13th September 2019 in Thorntree Hall, Thornliebank from 10am till 2pm. Please speak to your Pastoral Support Teacher if you are interested in attending

Mental Health and Wellbeing

The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.

Importance of Sleep

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

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

S6

Caritas pupils – Mrs Ward will be having a meeting with all Caritas pupils in Geography room 2 on Friday 13th September at 12.30. Mrs Ward will be going through the programme and giving out dates for the gathering points

Morgan Stanley Glasgow High School Insight Week – Please promote to pupils

Job's Fair:

Facilities Management are holding a Jobs Fair on Friday 13th September 2019 in Thorntree Hall, Thornliebank from 10am till 2pm. Please speak to your Pastoral Support Teacher if you are interested in attending

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Stuart Ivory "Money Talks" sessions 6a3 – Thursday 12th September 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

[All about me – Complete with class](#)

T. Low