



St Ninian's High School

PSHE Newsletter

Week Beginning 1st October 2018

Focus:

Daily Prayers

- **Building Character: Periodic Table of Character Strengths**

Use the attached periodic table of character building and associated online links to help pupils identify their strengths and where they would like to improve, incorporating those strengths into more aspects of their lifeLink your work in this crucial area into your discussions on their recent Reports.

- Pupils in S1-3 are not allowed to go to shops/toll. They should remain on the school grounds. S3 pupils are allowed to go to Eastwood Café during lunchtime only.
- **Show Racism the Red Card – Please cover with all classes**

P.E. Reminder

Pupils are reminded that pupils are not allowed to use Aerosol/Spray deodorants in the changing rooms. If pupils are found to have these types of deodorants they will be confiscated by staff.

Extra-Curricular programme booklet

WHY IS FAILURE IMPORTANT FOR SUCCESS

 @BelievePHQ

1 Failure teaches us lessons



2 Failure builds character



3 Failure makes us stronger



4 Failure builds resilience



5 Failure helps us learn



6 Failure encourages improvement



7 Failure creates opportunities



8 Failure encourages thinking



9 Failure encourages problem solving



10 Failure makes us more courageous

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.

S1 First aid visits

1a10 – Wednesday

1a2 – Friday

Peer Pressure and Bullying

What is Bullying

Internet Safety

Pupils must use their notes page to answer the questions on this document here

Watch the following clips:

- 1. Chat Rooms**
- 2. Downloading files**
- 3. Instatnt Messaging**
- 4. Online Gaming**
- 5. Social Networking**

Now answer the questions in your PSHE Booklet Notes section

Healthy Eating

Film Club

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Body Image

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

S2

[Hunting the Cyber Bullies - Clickview -Panorama February 2012. Watch video and use Powerpoint with class](#)

[The Impact of Bullying](#)

[Child Protection](#)

[Internet Safety](#)

[GIRFEC Booklet – Work through SHANARRI Indicators and complete with class](#)

[Study Skills for year ahead](#)

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

S3

My World of Work

S3 Tracking exercise to be completed

PSHE Booklet Page 39 – CV Writing. Please complete Personal statement and Skills section with pupils. The hyperlink will also provide some useful information for CV Writing.

Body Image

Sound Sleep

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

S4

RAMH Visit

4A8 Wednesday 9th October

4a2 Friday 11th October

Please collect speaker from the school office

Anti Smoking – Clickview - Introducing Tobacco

CV Writing

Work Experience Check – pupils who have yet to hand in a green form should log on to WorkIT and request placements. Usernames and Passwords can be obtained from Mrs Kennedy

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.

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

S5

RAMH Visit for 5a7 Tuesday 1st October – Please collect the speaker from the school office

Crime and the Law

Sound Sleep

Prepare a Study Plan – What do top students do?

Watch the video and look to see how you can create an effective study plan for yourself

Complete S5 achievements profile on Pages 36, 37, 38 and 39. Also complete Academic transferable skills and Attributes Page 40.

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

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

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

6a6 Stewart Ivory Financial education talk. Please collect speaker from the school office

Healthy Eating on a budget for 6a1 – Register classes and go to Home Economics

Volunteers required for S1 information evening. Please give your name to your Pastoral Teacher if you wish to help on the evening (3 October).

Arnold Clark Apprenticeship experience – if any pupils are interested please pass their names to Mrs Kennedy

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](#)

[Link 1 – Advice on completing Personal Statement](#)

[Link 2 – How to structure 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.

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.

Caritas Award

[GIRFEC Booklet – Work through SHANARRI Indicators and complete with class](#)

[Study Tips – Inside the mind of a Procrastinator](#)

All about me – Complete with class

Induction Slides

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

T. Low