



St Ninian's High School

PSHE Newsletter

Week Beginning 28th October 2019

Focus:

Daily Prayers

- **Challenge Poverty – Watch the animation and discuss with your class**
- **S4 Prelims: Dates, Supported Study Opportunities, Exam Preparation**
- **The Dangers of mobile phone/tablet use for young people – “Dear Student” film. Please show to all classes**
- **Optomistic October Calendar – Please promote to all pupils**
- **Emergency Evacuation Procedure**

THE CONFIDENCE FORMULA

A child's:

$$\left(\begin{array}{l} \text{KNOW} \\ \text{HOW} \end{array} + \text{PURPOSEFUL} \right. \\ \left. \text{REPETITIONS} \right) \times \text{AWARENESS} \\ \text{of improvement}$$

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CONFIDENCE

ACTIVE  FOR LIFE[®]

S1

FYI – There is a Maths Homework Club for S1 pupils. Please make use of this valuable opportunity

Fireworks Safety – Please cover with class

S1 interim tracking report sheet – Please get pupils to complete in class

Marvel Movie Night – Please ask pupils to complete QR code questionnaire

S1 Road Safety Talks

1a1 – Friday 1st November

Please collect speaker from the school office

S1 First aid visits

1a9 – Wednesday 4th December

S1 Tracking Exercise

Homework Diary Check – Please check and sign pupils Diaries

What is Bullying

Healthy Eating

Film Club

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Body Image

S2

[Tracking for S2](#) – Please complete with class today!

[YPI Lessons for S2 PSHE](#) – Please complete with class

[Marvel Movie Night](#) – Please ask pupils to complete QR code questionnaire

[The Science of Character](#) – please show video to all classes and discuss the questions in the powerpoint slide

Homework Diary Check – Please check and sign pupils Diaries

[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](#)

S3

Anti Bullying – Please cover with class

STUC Talks

Monday 4th November at 1.50pm to 2.40pm – Classes 3a6, 3a7 & 3a8

Tuesday 5th November at 1.50pm to 2.40pm – Classes 3a1, 3a2 & 3a3

Please register pupils and take them to the lecture theatre. The speaker will also need to be collected from the school office

Marvel Movie Night – Please ask pupils to complete QR code questionnaire

Talk in Lecture theatre with PC J. Waters (Campus Police Officer) regarding:

- Teenage drinking
- Unacceptable use of social media
- Sexting and online bullying

Monday 18/11/19 – 3a9 and 3a10

Tuesday 19/11/19 – 3a4 and 3a5

Please register classes and take to the lecture theatre. Please also collect PC Waters from the school office.

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.

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.

S4

Work Experience Prep – Please distribute to class and cover the attached lesson via the hyperlink

S4 Routes and Pathways Talks:

Wednesday the 13th of November P3 4a6, 4a7 and 4a8

Marvel Movie Night – Please ask pupils to complete QR code questionnaire

Collate Pupil Council Names and send to year head

RAMH Visit

4a4 Friday 22nd November

4a9 Wednesday 20th November

Please collect speaker from the school office

Study Timetable Template – Please Highlight to pupils and print off if pupils would like a copy.

Anti Smoking – Clickview - Introducing Tobacco

Focus group minutes for S4 – Please go over minutes with classes in PSHE

CV Writing

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.

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

S5

Alcohol Lesson

Keeping myself safe at Parties and Nights out, Jo's Story – Please use Glow details to log in and type in "Jo's Story" in to the search bar at the top

Marvel Movie Night – Please ask pupils to complete QR code questionnaire

RAMH Talks

5a2 – Monday 28th October

5a9 – Tuesday 19th November

Homework Diary Check – Please check and sign pupils Diaries

Study Timetable Template – Please Highlight to pupils and print off if pupils would like a copy.

Wider Involvement – complete pages 36 – 40 in PSHE booklets

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.

S6

UCAS – All pupils who are looking at applying through the UCAS process are to log on and fill in basic details including:

1. Personal Details
2. Additional information
3. Student Finance
4. Choices (If Pupils are aware of what Course they are applying for).
5. Education
6. Employment

Pupils should also be looking to complete drafts of Personal Statements for feedback from Pastoral Teacher. Highlight the links below which are on the school website.

6a9 Stewart Ivory Financial education talk. Please collect speaker from the school office

Healthy Eating on a budget for 6a4– Register classes and go to Home Economics

Application evening for S6 pupils

Date	Event	Time
29 th October	Application for early years and teaching	7-9pm
5 th November	Application for Business & Accounting	7-9pm
5 th November	Application for Engineering & Computing	7-9pm

11 th November	Application for Law and Social Sciences	7-9pm
11 th November	Interview evening for Medics/Dentists	7-9pm

Pupil Focus Group meeting for S6

Volunteers required for S1 information evening. Please give your name to your Pastoral Teacher if you wish to help on the evening (4 October).

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