



St Ninian's High School

PSHE Newsletter

Week Beginning 25th November 2019

Focus:

Daily Prayers

- **Catholic Education Week - Article by Monsignor Monaghan on his experience of catholic education in our school**
- **November: Month of The Holy Souls**
- **Standards and Expectations – Please reiterate and cover with all classes**
- **Lost Property – Please highlight procedures to all pupils**
- **Emergency Evacuation Procedure**
- **Christmas Market Friday 29th November**
Tickets: Children £1 and Adults £3

Mental Strength



01
REDUCES RISK OF HEART DISEASE



02
HELPS TO MAINTAIN WEIGHT



03
REDUCES YOUR STRESS LEVELS



04
INCREASES YOUR ENERGY LEVELS



05
HELPS TO BOOST YOUR MOOD



06
GETS THE BLOOD PUMPING



07
PREVENTS OBESITY



08
CAN HELP TO REDUCE ANXIETY



09
INCREASES FUNCTIONING OF THE LUNGS



10
INCREASES THE BODY'S ACCESS TO VITAMIN D



11
REDUCES THE RISK OF CANCER



12
CAN IMPROVE QUALITY OF SLEEP



13
GIVES YOU TIME TO PRACTICE SELF CARE



14
IMPROVES COORDINATION AND BALANCE



15
IMPROVES QUALITY OF LIFE



16
REDUCES CHANCE OF DIABETES



17
WALKING CAN SPARK CREATIVITY



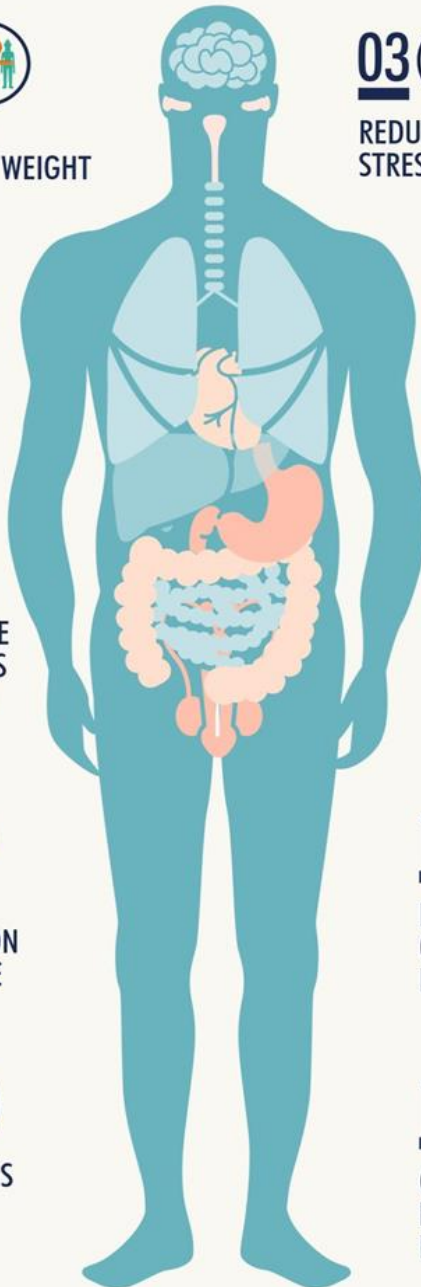
18
STRENGTHENS BONES AND MUSCLES



19
CAN IMPROVE BLOOD PRESSURE



20
CAN HELP TO BOOST YOUR IMMUNE SYSTEM



S1

Eating for Success

S1 Road Safety Talks

1a9 – Wednesday 27th November

Please collect speaker from the school office

Talented Athletes – Please highlight to pupils and ask those that meet the criteria to speak with Miss Briggs in P.E.

Ski Trip – Pleaes promote to S1 pupils

S1 Pupil Council Minutest – Please cover with class

Road Safety Week 18th to 24th November

Anti – Bullying Week 11th to 15th November

S1 First aid visits

1a9 – Wednesday 4th December

S2

Food and Health

Anti – Bullying Week 11th to 15th November

Teachers Notes

Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes

YPI Lessons for S2 PSHE – Please complete with class

Hunting the Cyber Bullies - Clickview -Panorama February 2012. Watch video and use Powerpoint with class

S3

Drugs Lesson 1

Anti Social Behaviour

S3 pupil forum minutes – please cover with all classes

Anti – Bullying Week 11th to 15th November

Teachers Notes

Strathclyde's Engineering the Future for Girls – Please advertise to girls in S3 classes

Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes

STUC Talks

Monday 2nd December at 1.50pm to 2.40pm – Classes 3a9 and 3a10

Tuesday 3rd December at 1.50pm to 2.40pm – Classes 3a4 and 3a5

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

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

S4

Drugs Lesson

Tracking Exercise to be completed in class

Road Safety Week 18 – 24 November

Prelim Study

All S4 pupils will receive study packs throughout this week. If you are absent when they are issued, please see Mrs Miller

Make the most of all the resources, along with accessing the helpful webpages to help you with studying for your prelims

RAMH Talks

Wednesday 4th December – 4a10

Friday 6th December – 4a5

Please collect speaker from school office

Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes

Work Experience Recap lesson – Please cover the attached lesson via the hyperlink on pupils work experience placement and complete their booklets

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

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

S5

Organ Donation

S5 Tutorials

Scholar workshops

Monday 25th November

Period 5

5a1 - 5a5

Tuesday 26th November

Period 7

5a6 - 5a10

RAMH Talks

5a4 – Tuesday 25th November – Please collect speaker from the school office

My WOW – Please ensure that pupils are registered

Anti – Bullying week – Slides and link to discussion – Please ensure that all classes provide a return on the Microsoft Forms using the QR Code reader or via the school website

Interim Report – Please complete Page 71 in PSHE Booklets – Pupils are to complete full page along with identifying Targets that they wish to achieve and how they will achieve this

Every Action has consequences Lesson 1

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

S6

Road Safety Week 18 – 24 November

Healthy Eating on a budget for 6a8– Register classes and go to Home Economics

Stewart Ivory Money Talks visit Thursday 5th December – 6a6 – Please collect speaker from the school office

S6 Tracking QR Code – Please ask S6 pupils to complete in class

Anti – Bullying week – Slides and link to discussion – Please ensure that all classes provide a return on the Microsoft Forms using the QR Code reader or via the school website

Children Focussed video on rise of Nazis and how it affects a Jewish family – Please watch video with all classes

Please cover hyperlink slides from Mr McArthur with class:

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 6a6– Register classes and go to Home Economics

Application evening for S6 pupils

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

Caritas Award

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

All about me – Complete with class

T. Low