



# ***St Ninian's High School***

## ***PSHE Newsletter***

### ***Week Beginning 16<sup>th</sup> December 2019***

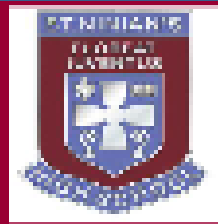
#### ***Focus:***

#### **Daily Prayers**

- Focus on Advent Week 3: Holy Mass each morning
- Advent: Morning Mass each day at 8.25am
- Gratitude: Giving Thanks & Our Wellbeing
- Thank you to pupils and staff for your hard work and support this term and through 2019. Wishing you a very restful & safe holiday & a very happy & Holy Christmas.
- Emergency Evacuation Procedure
- Dementia Carers Information Group – Next meeting is Tuesday 14<sup>th</sup> January 7pm – 9pm in Eastwood House. Please speak with your Pastoral support teacher if you are interested in attending
- Young Scot National Entitlement Card – Please ask pupils to use their mobiles to complete the quiz accessed through the QR Code

# Health and Wellbeing

## Advent Calendar



During Advent we encourage our pupils to **Connect and Give** in preparation for the coming of the Lord.....

### 1. Morning Mass

Every morning during Advent we will celebrate Mass in our Oratory. This is an excellent opportunity to start your day on a positive note and connect with your Faith.



### SEASON OF ADVENT

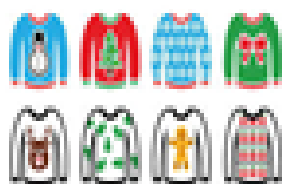


### 2. School Advent Service

On Thursday the 9<sup>th</sup> of December we will celebrate Advent at our School Service. All pupils, parents/carers and staff are welcome.

### 3. Christmas Ceilidhs

Our pupils will take part in Christmas Ceilidhs, giving them the opportunity to connect with others in their year group. Ceilidhs will take place week beginning the 9<sup>th</sup> of December.



### 4. Life Group Christmas Jumper Day

On the 13<sup>th</sup> of December pupils are invited to wear a Christmas jumper to raise money for a pro-life charity. Suggested £1 donation.

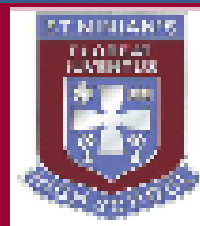
### 5. Santa Dash

On the 13<sup>th</sup> of December S1 pupils will take part in our Santa Dash. Pupils will be encouraged to donate toiletries/food to the East Renfrewshire Food Bank.



# Health and Wellbeing

## Advent Calendar



During Advent we encourage our pupils to **Connect and Give** in preparation for the coming of the Lord.....

### 6. Advent Charities

First and Second Year Pupils

Bringing in of baby items which will go to Cardinal Winning Pro – Life Initiative.

New clothes, baby shampoo and soap, sponges, bibs, baby socks, nappies etc.

51 ' Tiny Feet Bottles with 'SPUC'



### 7. Advent Charities

Third Year Pupils

Mary's Meals Back Pack appeal.

### 8. Advent Charities

Fourth, Fifth and Sixth Year Pupils

Money donations and items for local food bank.

mary's  
meals

a simple solution  
to world hunger



### 9. Staff Advent Reflection Sessions

There will be a series of four reflection sessions for all staff on the Tuesdays in Advent. They will run between 4:00pm and 4:30pm in the Oratory, led by staff.

**S1**

**Heath and Fitness**

**St. Ninian's Charities – Please cover slides with pupils and hold a vote in each alpha regarding who pupils would like as a year group to represent**

**Keeping Active – Watch the clip on the benefits of exercise and discuss ideas of how you can keep active over winter. Make notes of this in you PSHE booklet**

**Eating for Success**

**S1 Pupil Council Minutes – Please cover with class**

**S2**

**Food and Health**

**Online activity and consequences**

**St. Ninian's Charities – Please cover slides with pupils and hold a vote in each alpha regarding who pupils would like as a year group to represent**

**YPI Lessons for S2 PSHE – Please complete with class – Class Presentations will begin WB 09/12/19**

S3

### Study Skills

St. Ninian's Charities – Please cover slides with pupils and hold a vote in each alpha regarding who pupils would like as a year group to represent

PSHE booklet completion – Pupils are to complete GIRFEC section pages 13 to 17 for term 1.

### STUC Talks

Monday 27<sup>th</sup> January 1.50pm to 2.40pm – Classes 3a9 and 3a10

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

Anti Smoking – Watch the video on Tobacco: How it Kills. Get in to groups and discuss how you could make an advert to highlight the dangers of smoking to teenagers. You can make a poster in you PSHE booklet or list ways of how you would do this in your groups

### Drugs Lesson 1

### Anti Social Behaviour

S3 pupil forum minutes – please cover with all classes

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

S4

What to remember at Christmas

St. Ninian's Charities – Please cover slides with pupils and hold a vote in each alpha regarding who pupils would like as a year group to represent

Target Setting following Parents Night – Complete Targets in PSHE booklets. – click on link for “7 things to remember about feedback”.

Study Period – Use this time to revise for any upcoming Prelims

Drugs Lesson

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

St. Ninian's Charities – Please cover slides with pupils and hold a vote in each alpha regarding who pupils would like as a year group to represent

Self-Harm – Watch Claire's story Positive Mental Attitudes on Clickview. Staff will need to use their Glow account details to log in

Organ Donation

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

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

S6

**S6 Blood Collection assembly – please register pupils and take them to the forum**

**St. Ninian's Charities – Please cover slides with pupils and hold a vote in each alpha regarding who pupils would like as a year group to represent**

**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**

T. Low