



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

## ***PSHE Newsletter***

### ***Week Beginning 2<sup>nd</sup> December 2019***

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

#### **Daily Prayers**

- Focus on Advent Week 1: Holy Mass each morning
- Advent: Morning Mass each day at 8.25am. Please encourage our young people to spend time each morning, preparing in the best way for the Nativity of the Lord. I have attached a resource sheet for use with classes
- **Christmas Jumper Day 2019** – Life Group
- **Emergency Evacuation Procedure**

# 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.

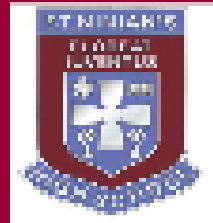
### 5. Santa Dash

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.

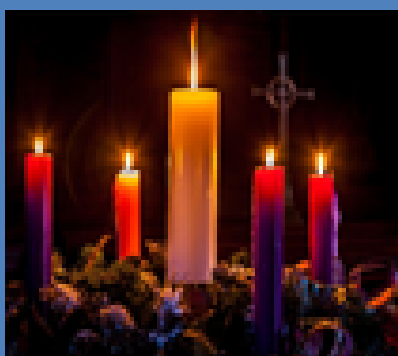
### 8. Advent Charities

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

### S1 First aid visits

1a9 – Wednesday 4<sup>th</sup> December – Please collect speaker from school office

### S1 Road Safety Talks

1a10 – Wednesday 4<sup>th</sup> December

Please collect speaker from the school office

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

S1 Santa Dash – S6 pupils will come to class and promote this event

Eating for Success

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

Ski Trip – Please promote to S1 pupils

S1 Pupil Council Minutes – Please cover with class

## S2

YPI Lessons for S2 PSHE – Please complete with class – Class Presentations will begin WB 09/12/18

Online activity and consequences

Food and Health

Anti – Bullying Week 11<sup>th</sup> to 15<sup>th</sup> November  
Teachers Notes

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

S3

My WOW Ambassadors are to meet with Miss Kennedy Period 3 on Wednesday 4<sup>th</sup> December in the lecture theatre.

STUC Talks

Tuesday 3<sup>rd</sup> 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

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

Anti – Bullying Week 11<sup>th</sup> to 15<sup>th</sup> 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

S4

RAMH Talks

Wednesday 4<sup>th</sup> December – 4a9

Friday 6<sup>th</sup> December – 4a5

Please collect speaker from school office

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

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

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

Road Safety Click View: Staff will need to use there Glow login's to access videos

- [Donnie's Story](#)
- [Driving with Grace](#)

[Organ Donation](#)

[S5 Tutorials](#)

[RAMH Talks](#)

5a5 – Monday 9<sup>th</sup> December

5a7 – 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 Lessson 1](#)

[Study Timetable Template – Please Highlight to pupils and print off if pupils would like a copy.](#)

Wider Involvemnent – 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

Stewart Ivory Money Talks visit Thursday 5<sup>th</sup> December – 6a6 and 6a9 –  
Please register classes and go to Lecture Theatre for talk.

Healthy Eating on a budget for 6a10– Register classes and go to Home  
Economics

Blood Collection Quiz – pupils should use their phones to complete the quiz on whether or not they are eligible to give blood. The S6 Head team will be collecting names and providing slots of when pupils will be able to give blood on 9<sup>th</sup> January 2020 in the small gym. If there are any medical or travel enquiries pupils can call 0345 90 90 999. Only if pupils pass the quiz should they give their name to the S6 Head Team for the collection day.

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

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

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