



St Ninian's High School

PSHE Newsletter

Week Beginning 6th January 2020

Focus:

Daily Prayers

- S5 prelims 13th January-24th January. Timetable / Revision Advice.
- Wayside Club – Emily Aitken 5a5 is the main contact – Please speak with Emily Aitken/Pastoral Teacher/RE Teacher if you are interested in this volunteering opportunity or want to help
- Emergency Evacuation Procedure
- Dementia Carers Information Group – Next meeting is Tuesday 14th January 7pm – 9pm in Eastwood House. Please speak with your Pastoral support teacher if you are interested in attending
- The Future and The Past
- The Teacher Makes The Difference

HWB Mental Strength

January challenge:

Whether it's running 5k, or walking to school a new way, a morning swim or taking your bike out for a spin - join the thousands of people around the UK kick-starting their 2020 in the most positive way.

Start the year off by setting yourself a fitness challenge every day in January:

- **Walk a mile a day**
- **Jog a mile a day**
- **Take part in our couch to 5k club run by Miss Miller**
- **Try a new sport or activity at one of our extra-curricular clubs**
- **Walk to and from school**

These are just some of the things you could to help improve your fitness and mental wellbeing in January.

WHY CHILDREN SHOULD TAKE A BREAK FROM SOCIAL MEDIA

 @BELIEVEPHQ



Switching off from social media could be good for your mental health. It could reduce feelings of anxiety, loneliness or jealousy



Switching off from social media could help you to get more things done



You will find yourself with more time to see friends, exercise or engage in hobbies

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So that they can have more time to rest and recharge

Because it can negatively impact your self esteem



You will be more present with what you are doing



You will develop better relationships with friends and family

Switching off from social media could help to improve your sleep



Because by connecting with people in person is really important for our wellbeing



S1

S1 Road Safety Lesson - Transport Options

- 1a11 Wednesday 8th January
- 1a2 Friday 10th January
- 1a4 Friday 10th January

Please collect speaker from school office

Young Carers

Peer Awards

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

S1 Pupil Council Minutes – Please cover with class

S2

Factors Affecting Food Choice

Peer Awards

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 27th 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 Social Behaviour

S3 pupil forum minutes – please cover with all classes

S4

Creating a study plan

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”.

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

S5

Study Skills

- Preparing for Exams
- Study Plan

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 - Please allow pupils to leave class in order to give blood

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