

# St Ninian's High School PSHE Newsletter Week Beginning 6<sup>th</sup> 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 14<sup>th</sup> 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:

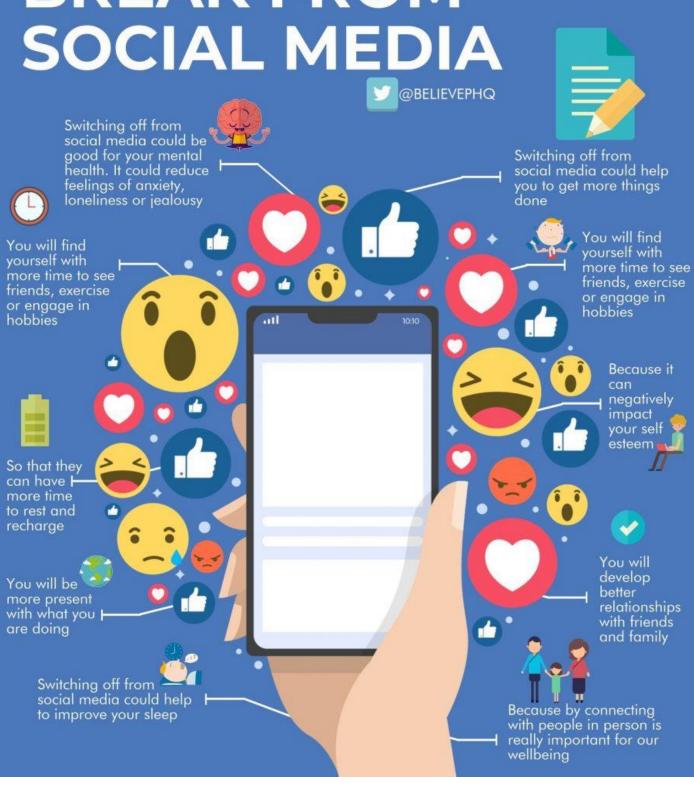
Whether it's running 5k, or walking to school a new way, a morning swim or taking your bike out for a spin - join the thousands of people around the UK kick-starting their 2020 in the most positive way.

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.





S1 Road Safety Lesson - <u>Transport Options</u>

- 1a11 Wednesday 8<sup>th</sup> January
- 1a2 Friday 10<sup>th</sup> January
- 1a4 Friday 10<sup>th</sup> 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

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

#### **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 completition – 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 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

<u>Target Setting following Parents Night – Complete Targets in PSHE booklets. – click on link for "7 things to remember about feedback".</u>

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

## **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

<u>Study Timetable Template – Please Highlight to pupils and print off if pupils</u> 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 websit 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

<u>Link 1 – Advice on completing Personal Statement</u>

<u>Link 2 – How to structure Personal Statement</u>

T. Low