

St Ninian's High School

PSHE Newsletter

Week Beginning 13th 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
- Art of the Month: January

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 do to help improve your fitness and mental wellbeing in January.

HOW TO IMPROVE YOUR SLEEP ENVIRONMENT

WWW.THEPERFORMANCEROOM.CO.UK



LIGHT

Try using blackout blinds to make your room darker



WORRIES

Have a notebook near your bed so you can write down any worries before you sleep



HELPFUL GADGETS

Why not ditch the alarm clock for a SAD lamp so light is your wake-up call?



LAPTOP

Keep work items separate and outside of your bedroom



SOUND

Turn off your tv and try to develop a quiet bedroom environment



TEMPERATURE

Make sure there is enough air circulation and you find the right temperature to help you sleep



PHONE

Avoid using your phone before bed



MATTRESS

Take time to find the best mattress for you. Make sure it is supportive and comfortable.

BEDDING

Don't forget about finding some comfortable bed sheets and duvet

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

Pupil PSHE Booklet completion – Complete profile on skills and attributes

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

Mental Health and Wellbeing Award – Understanding Mental Health Issues

- [Lesson](#)
- [Marking Scheme](#)

[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](#)

[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

Foundation Apprenticeship Assembly:

Wednesday 15th January period 3 (4a6-10)

Friday 17th January period 5 (4a1-5)

Please register pupils and take them to the Forum.

[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

Applications for the 2020 J.P. Morgan Residential Aspiring Professionals Programmes is open until 12 noon, Friday 17th January.

The free of charge programme is to let ambitious and motivated young people from across Scotland who come from low income backgrounds know that there is support available for them. Please click the link for more information.

Foundation Apprenticeship Assembly:

Monday 13th January period 5 (5a1-5a5)

Tuesday 14th January period 7 (5a6-10)

Please register pupils and take them to the Forum.

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

Diploma Completion for S6 pupils – See the below instructions

- Pupils go on to “Pupil Shared Area”
- Click on “PSHE”
- Pupils go on to “Diploma 2020”
- Pupils click on their own respective Alpha
- Click on the “S6 Diploma” and immediately save in their own folder using their name.

- Pupils are to complete each section of the Diploma by writing in to the text box at the bottom of each section. There should only 160 characters including full stops etc. Do not hit the return key as the software will not recognise it.
- This will be a working document and pupils should save their work as they go
- It is important that when pupils are writing information in to the text box that they do not hit the return key as this will not work with the software when transferring on to the Diploma

[Link to examples of previous diplomas](#)

[Link to Lesson for “Responsible Citizen”](#)

[Link to Lesson for “Confident Individual”](#)

[Link to Lesson for “Successful Learner”](#)

[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](#)

T. Low