

St Ninian's High School

PSHE Newsletter

Week Beginning 20th January 2020



Focus:

Daily Prayers

- **S5 prelims 13th January-24th January. Timetable / Revision Advice.**
- **Rainbows Group – Please cover with S1 to S3 pupils**
- **International Holocaust Remembrance Day, 27th January**
- **For All Pupils, Staff and families - Holy Hour for Vocations at 7.00pm on Thursday 23 January 2020. Pupils should inform their parents/guardians of this**
- **For All S5 Pupils - The Catholic Leadership Course for S5 Pupils continues on dates below. Pupils not already involved are more than welcome.**
- **Tuesday 28th January 2020 - 3.45pm - RE2 *‘The role of faith in undertaking a leadership role in society’* - Prof. Stephen McKinney**
- **Tuesday 25th February 2020 - 3.45pm - RE2 *‘How do you develop faith leadership in others?’* – Dr. Leonard Franchi**

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.

WHAT TO DO IF YOU FEEL ANXIOUS WHEN AT SCHOOL

 @BELIEVEPHQ



Don't be afraid to talk to a teacher about how you are feeling



Take a few moments to engage in some slow, steady and deep breathing



Stay in the moment and be present with what you are doing



Breathe and slow down what you are doing by using some mindfulness



Write down your thoughts to understand how you are feeling



Find a close friend and ask for some support through the day



Be kind to yourself and look after yourself throughout the day



Come up with solutions to help you solve any worry you experience



Understand what is making you feel anxious so you can figure out the next steps to managing it



S1

Inspiring Purpose Lesson 1 – Please collect booklets from Pastoral Base

Peer Awards

S2

S2 Tracking – please complete with your class

Mindfulness & Breathing Space

Factors Affecting Food Choice

Peer Awards

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**

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

S4

Complete pages 43 and 44 of PSHE booklet in relation to options

Self-Harm - On Edge

EMA – Education Maintenance Allowance – Go over with pupils

Creating a study plan

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

S5

Sutton Trust Summer school – please cover with pupils

Complete pages 70 and 71 of PSHE booklet in relation to options.

Study Skills

- Preparing for Exams
- Study Plan

Keeping myself safe – Please watch the video about Scott and engage in class discussion with the questions at the end of the PowerPoint

EMA – Education Maintenance Allowance

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

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](#)