***St Ninian’s High School***

***PSHE Newsletter***

***Week Beginning 27th January 2020***

***Focus:***

**[Daily Prayers](../../../Prayers/Prayers%202019%202020/Monday%2027%20January%202020.docx)**

* [**[5 steps to wellbeing video – Please show all classes](../../../Prayers/Prayers%202019%202020/Monday%2027%20January%202020.docx)**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5C5%20Steps%20to%20Wellbeing%20Video%5C5%20Steps%20to%20Wellbeing.MP4)
* [**Rainbows Group – Please cover with S1 to S3 pupils**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202019%202020%5CRainbows%20ppt%20January%202020.ppt)
* [**International Holocaust Remembrance Day, 27th January**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202019%202020%5CHolocaust%202020.pub)
* [**Arnold Clark Vacancies for 16yo and above – Please promote**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202019%202020%5CArnold%20Clark%20Vacancies%20January%202020.docx)
* **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 to help improve your fitness and mental wellbeing in January.**



**S1**

[**Digital Engagement Survey – Please ask pupils to complete using their phones**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Digital%20Engagement%20Survey.docx)

[**Burns Ceilidh Evening – Thursday 30th January 7pm £3 per ticket – Please promote to all pupils**](Burns%20Ceilidh%20Evening%20%E2%80%93%20Thursday%2030th%20January%207pm%20%C2%A33%20per%20ticket%20%E2%80%93%20Please%20promote%20to%20all%20pupils)

[**Inspiring Purpose Lesson 2**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CInspire%20Aspire%20-%20Global%20Citizenship%5CInspiring%20purpose%202017%202018%20Classroom%20lessons%20Part%202.pptx)

[**Inspiring Purpose Lesson 1**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS1%5CInspire%20Aspire%20-%20Global%20Citizenship%5CInspiring%20purpose%202017%202018%20Classroom%20lessons%20Part%201.pptx) **– Please collect booklets from Pastoral Base**

**[Peer Awards](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS2%5C%5CS1%20and%20S2%20Peer%20Awards.ppt)**

**S2**

[**Digital Engagement Survey – Please ask pupils to complete using their phones**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Digital%20Engagement%20Survey.docx)

[**Burns Ceilidh Evening – Thursday 30th January 7pm £3 per ticket – Please promote to all pupils**](Burns%20Ceilidh%20Evening%20%E2%80%93%20Thursday%2030th%20January%207pm%20%C2%A33%20per%20ticket%20%E2%80%93%20Please%20promote%20to%20all%20pupils)

**[Peer Awards](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS2%5C%5CS1%20and%20S2%20Peer%20Awards.ppt)**

**[S2 Tracking – please complete with your class](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS2%5C%5CTracking%20Sheet%20for%20S2%20Interim%20report%2020%2001%2020.docx)**

[**Mindfulness & Breathing Space**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS2%5CBreathing%20space.pptx)

**[Factors Affecting Food Choice](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS2%5C%5CFACTORS%20AFFECTING%20FOOD%20CHOICE.ppt)**

**S3**

[**Digital Engagement Survey – Please ask pupils to complete using their phones**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Digital%20Engagement%20Survey.docx)

**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**

[**Burns Ceilidh Evening – Thursday 30th January 7pm £3 per ticket – Please promote to all pupils**](Burns%20Ceilidh%20Evening%20%E2%80%93%20Thursday%2030th%20January%207pm%20%C2%A33%20per%20ticket%20%E2%80%93%20Please%20promote%20to%20all%20pupils)

[**Young Carers**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS3%5CYoung%20Carers.pptx)

**Mental Health and Wellbeing Award – Understanding Mental Health Issues**

* [**Lessson**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CSQA%20Awards%202018-19%5CMental%20Health%20and%20Wellbeing%20Award%5CUnderstanding%20Mental%20Health%20Issues%5CLessons%20for%20Understanding%20Mental%20Health%20Unit.pptx)
* [**Marking Scheme**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CSQA%20Awards%202018-19%5CMental%20Health%20and%20Wellbeing%20Award%5CUnderstanding%20Mental%20Health%20Issues%5CUnderstanding%20Mental%20Health%20Issues%20Marking%20Scheme.docx)

**S4**

[**Digital Engagement Survey – Please ask pupils to complete using their phones**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Digital%20Engagement%20Survey.docx)

**Options process:**

* [**S5 Options for pupils**](../../PSHE%20Newsletter%20content%202018%202019/S4/S5%20Options%20%20January%202020.pdf)

[**Social Media**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS4%5CInternet%20use%20and%20social%20media.pptx)

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[**Arnold Clark Vacancies for 16yo and above – Please promote**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202019%202020%5CArnold%20Clark%20Vacancies%20January%202020.docx)

**S5**

[**Digital Engagement Survey – Please ask pupils to complete using their phones**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Digital%20Engagement%20Survey.docx)

**Ensure that PSHE booklets are up to date including:**

**- Full report reflection for S5**

**- Career education standards**

**- Wellbeing web**

**- SHANARRI task**

[**Burns Ceilidh Evening – Thursday 30th January 7pm £3 per ticket – Please promote to all pupils**](Burns%20Ceilidh%20Evening%20%E2%80%93%20Thursday%2030th%20January%207pm%20%C2%A33%20per%20ticket%20%E2%80%93%20Please%20promote%20to%20all%20pupils)

[**Oxford Opportunity – please promote to pupils**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CUNIQ%202020%20-%20Brochure.pdf)

[**Arnold Clark Vacancies for 16yo and above – Please promote**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202019%202020%5CArnold%20Clark%20Vacancies%20January%202020.docx)

[**Sutton Trust Summer school – please cover with pupils**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CWeekly%20Bulletins%202019%202020%5CApplications%20for%20the%20Sutton%20Trust%20Summer%20school%20is%20now%20open.docx)

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

**Study Skills**

* [**Preparing for Exams**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CStudy%20Skills%2025%2008%2017.pptx)
* **[Study Plan](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS5%5C%5CStudy%20Plan.ppt)**

[**EMA – Education Maintenance Allowance**](file:///%5C%5Csnhm02%5CStaff%24%5CAll%20Staff%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5CPSHE%20Newsletter%20content%202018%202019%5CS5%5CEducation%20Maintenance%20Allowance%20%28EMA%29.pptx)

**S6**

[**Digital Engagement Survey – Please ask pupils to complete using their phones**](../../PSHE%20Newsletter%20content%202018%202019/Weekly%20Bulletins%202019%202020/Digital%20Engagement%20Survey.docx)

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**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**](file:///P%3A%5CPSHE%5CDiploma%202017)

**[Link to Lesson for “Responsible Citizen”](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS6%5C%5CS6%20Diplomas%5C%5CResponsible%20Citizen%20examples.pptx)**

**[Link to Lesson for “Confident Individual”](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS6%5C%5CS6%20Diplomas%5C%5CConfident%20Individual%20examples.pptx)**

**[Link to Lesson for “Successful Learner”](%5C%5C%5C%5Csnhm02%5C%5CStaff%24%5C%5CAll%20Staff%5C%5CPastoral%20Support%20ALL%20STAFF%20MAY%202018%202019%5C%5CPSHE%20Newsletter%20content%202018%202019%5C%5CS6%5C%5CS6%20Diplomas%5C%5CSuccessful%20Learner%20examples.pptx)**

T. Low