

# S2 ASSEMBLY

November 2018





# FAITH MATTERS



# Advent

*Hope · Love · Joy · Peace*



Saint Ninian's High School

# ADVENT 2018





Advent is the season of preparation for Christmas. The first Sunday of Advent is the beginning of the Christian year. On this first Sunday of Advent, we are reminded that we are waiting for the Lord's coming not only at Christmas and at the End of Time, but also in our hearts.

# The Advent Wreath



The Advent wreath is made from:

**Evergreen leaves** which stand for eternity, God's eternal love for us (which is ever green, ever new), shown in the promise and birth of the Messiah, his Son.

**Holly** is traditionally used as part of the wreath, with the sharp points of the leaves reminding us of the crown of thorns (the German name for holly is Christdorn meaning 'Christ-thorn').

The **circular shape** of the wreath (a crown of thorns) also stands for eternity (the ring goes round without beginning or end).

**Red berries** stand for the drops of blood which Jesus shed for us (in the Christian tradition, the joy of Christ's birth is always tempered by the knowledge that this child will end his life on the cross).

**The four candles represent the four weeks of Advent**, the season of preparation for Christmas.

**Purple** is the liturgical colour of Advent and **rose (or pink)** is a special colour that may be used on the 3rd Sunday of Advent (known as Gaudete Sunday meaning 'rejoice')

Sometimes a fifth **white candle** is added in the centre of the wreath. This is lit on Christmas Eve to mark the coming of Christ the Light.





# Advent Services



During Advent we will be organising a number of liturgical services and opportunities to prepare for Christmas.

**Morning Mass** will be celebrated each morning during the week at 8.25am. All pupils are encouraged to attend and take part. This is the best way possible to prepare for the Nativity of the Lord

**Advent Service** is open to all and will take place at **4.00pm on Thursday 6 December**. The theme will be 'Christ At The Centre Of Our School'. Tea and mince pies will be served after the Service

**Carol Service and Christmas Concert** will start with the Carol Service at **7.00pm on Thursday 20 December 2018**, which will be followed by the Christmas Concert with its usual excellent standard of Christmas Music provided by the Music Department. All Welcome!



# Online Matters

- Responsible behaviour
- Legal implications

Never say or do anything online that you wouldn't do in the face to face







St Ninian's High School



# CELEBRATING SUCCESS





Pupils listed below represented the school last night in the Royal Society of Chemistry's "Top of the Bench" competition, held at Strathclyde University.

Fatima Abdallah 2a5  
Michael Dudgeon 4a3  
Andrew Holligan 3a5  
Ellie Shaw 3a6

The team were an absolute credit to themselves and the school and came in second place.





**GIFFNOCK NORTH ATHLETICS CLUB**

*Festival of Running*

**"To The Pond & Beyond"**

**SECONDARY SCHOOLS 2.5k RACES**  
 Rouken Glen Park, Giffnock, Glasgow  
 Thursday 7th June 2018

Part of the Giffnock North A.C. Festival of Running  
 Course 2.5k on the paths within Rouken Glen Park  
 Open to all East Renfrewshire & South Glasgow  
 Secondary School pupils.

Registration : 5.15pm  
 Girls Race : 6.30pm  
 Boys Race : 6.45pm

**CHARITY WINS!**  
 The school with the most finishers will receive £500 to donate to the charity of their choice.

**"BATTLE OF THE SCHOOLS"**  
 Awards for the first three in each race, and also first three school teams, four to count per team in race order. Enter as many athletes as you like, ENTRY is £4.00 (+ admin fee) per entrant. Enter individually online now at :-

[www.entrycentral.com/TTPAB](http://www.entrycentral.com/TTPAB)



# HEALTH & WELLBEING





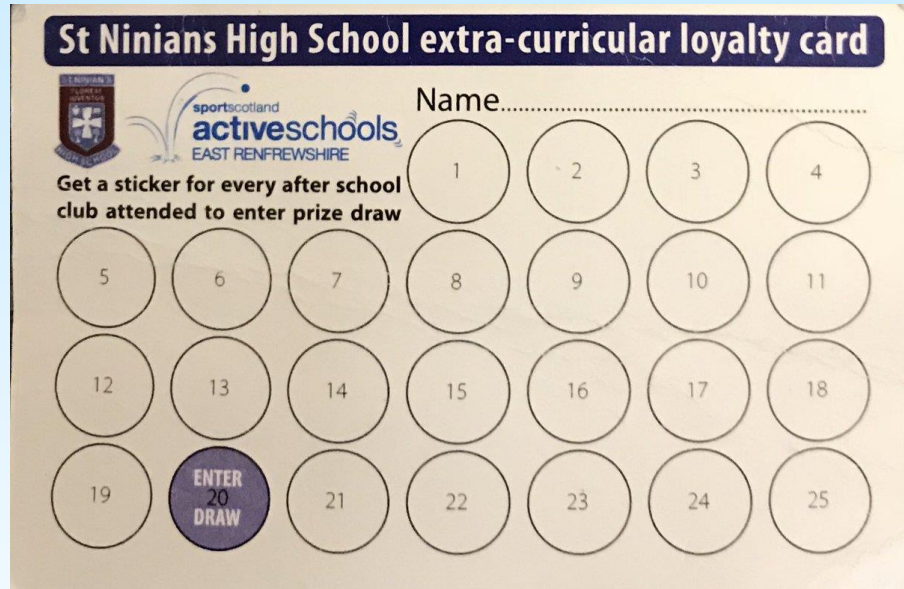
# Have a look at all our extra-curricular sports clubs ....



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Gymnastics Club</b> Monday @ 3:30 - 4:45 Gym with Miss Martin	\$4 - \$6 <b>Basketball Club</b> Tuesdays @ 3:30 - 4:45 Sports Hall with Mr Ford	<b>Dance Club</b> Wednesday @ 2:45 - 3:45 Gym with Miss Martin	\$3 <b>Netball Team</b> Thursday @ 3:30 - 4:45 Games Hall with Miss Briggs	<b>Friday Club Multi-Sports</b> 2:45 - 4:00
\$1 - \$3 <b>Basketball Club</b> Monday @ 3:30 - 4:45 Sports Hall with Mr Ford	<b>Hockey Club</b> Tuesdays @ 3:30 - 4:45 Outside with Miss Finnigan	Wednesday after school <b>Skiing</b> Xscape with Mr Eaglesham & Miss Jamieson	Senior <b>Netball Team</b> Thursday @ 3:30 - 4:45 Games Hall with Miss Lonsigan & Miss Briggs	ST NINIAN'S HIGH SCHOOL LOYALTY CARD SYSTEM
<b>Badminton Club</b> Monday @ 3:30 - 4:45 Games Hall with Miss Finnigan	<b>Volleyball Club</b> Tuesdays @ 3:30 - 4:45 Games Hall with Miss McIndigo	\$1 <b>Netball Team</b> Wednesday @ 2:45 - 3:45 Sports Hall with Miss Briggs & Miss Finnigan	<b>LUNCH TIME CLUBS</b>	
<b>Rugby Club</b> Monday @ 2:45 - 3:45 Outside with Mr Lyle	<b>Tennis Club</b> Tuesdays @ 3:30 - 4:45 Cliffords Tennis Club with Miss Comerford	<b>Trampoline Club</b> Wednesday @ 3:00 - 4:30 Games Hall with Miss Finnigan & Miss Briggs		
<b>EXTRA-CURRICULAR CLUBS</b>			<b>Fitness Suite</b> Everyday @ Lunch 12:20 - 12:50	<b>Football Pitch</b> Everyday @ Lunch 12:20 - 12:50
			<b>Futsal</b> Mondays @ 12:20 - 12:50 Games hall with Mr Ford Lunch Club	<b>Futsal</b> Thursdays @ 12:20 - 12:50 Games hall with Mr Ford Lunch Club



# New Loyalty Card



**This year we launched our ‘Extra-Curricular Loyalty Card’. All S1 pupils have been given a loyalty card that they should bring with them to every club they attend. Each time a pupil attends a club they will receive an attendance sticker. After a pupil has achieved 20 stickers they can enter their loyalty card into a prize draw. This initiative is aimed at encouraging pupils to attend Extra-Curricular clubs and be recognised for their dedication and commitment.**



# HOW TO STOP PUTTING PRESSURE ON YOURSELF



01

Be realistic with the expectations that you set yourself. Set some SMART Goals to help you achieve your targets



02

Identify your pressure points and triggers. Understand what they are



03

Stop comparing yourself to others. Be happy with what you can achieve



04

Stay in the present moment. Try not to dwell on the past or think too much about the future



05

Learn from your mistakes and take away some key lessons for next time



06

Challenge unhelpful thoughts about yourself. Ask yourself what is the evidence for and against these thoughts



07

Plan your time effectively. Get organised and keep on top of things



08

Take time to look after yourself. Practice some self care or relaxation throughout the day



09

Focus on your strengths. Identify what they are and work towards improving them



10

Allow yourself to make a mistake every so often. Let yourself take a risk and be creative



11



Don't be afraid to get things wrong. Test out things and push yourself out your comfort zone



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Eco & Sustainability Club  
S1 - S6



*When:* Every Friday  
*Where:* Lab 16 at 12:30pm

**Global Voices Competition**

Do you want to put a stop to climate change? Stand up against inequality? Or are you passionate about helping people in other countries?

Take part in the **Global Voices competition** to win cash prizes and share your ideas with Scottish Government Ministers!

Come along on Friday to find out more!





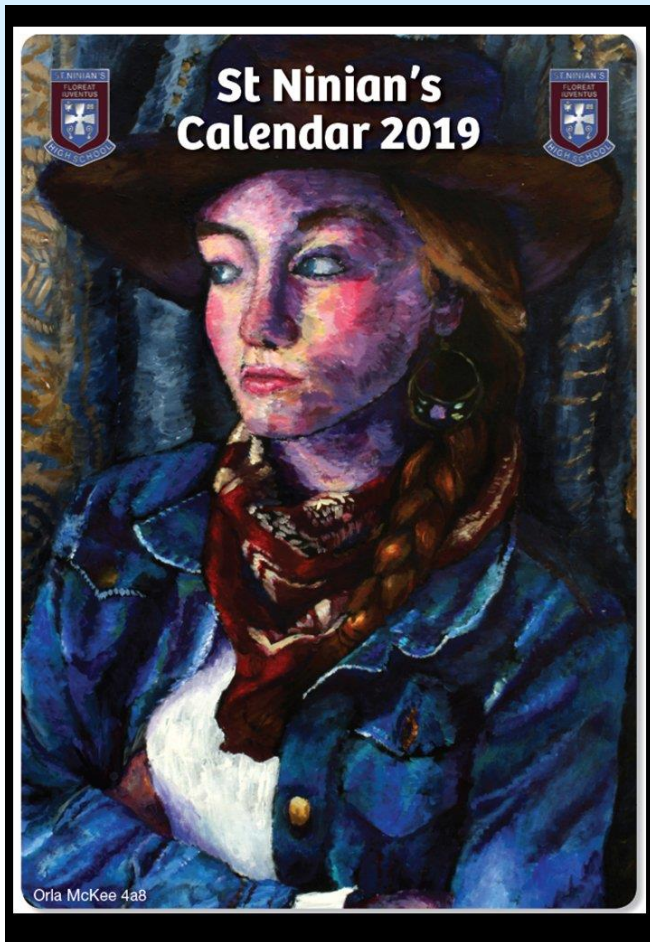
# INTERDISCIPLINARY LEARNING



The 2019 St Ninian's High School Calendar is now available, priced £3, (two for £5).

It consists of a very attractive set of painting by our young people.

Great for stocking fillers...!





**ST NINIAN'S  
TALENT SHOW**  
TUESDAY 24 APRIL  
7 PM  
£3



**UPCOMING EVENTS**



- **Christmas Jumper Day**

- **14<sup>th</sup> December**

- Pupils are invited to wear a Christmas Jumper to raise money for the Life Group
- Suggested £1 donation



- **Christmas Ceilidhs**

- Week Beginning 11<sup>th</sup> December
- PE will inform you of the day

