



S2 ASSEMBLY

November 2018



School Prayer

Jesus, as a child you grew in learning and wisdom.

Bless Saint Ninian's High School,
a community of faith and love
where young people learn,
work and grow together.

Help us to make our school a place
where teachers are valued for their dedication;
where pupils are encouraged
to develop their talents
and where all
staff, young people pupils and parents -
work together
in trust and friendship.

Live among us now and forever.

Amen



OUR FAITH



- Morning Mass
- Eucharistic Adoration and Rosary
- Venerable Margaret Sinclair Novena
- Tuesday, Thursday and Friday 8.25am
- Friday 12.20-1.00
- Monday 12.40

"The best, the surest and the most effective way of establishing everlasting peace on the face of the earth is through the great power of Perpetual Adoration of the Blessed Sacrament."

Blessed John Paul II



NOVEMBER



NOVEMBER



Weekly Prayer

W/C Monday 12 November 2018

As we begin this week we are reminded that November is the Month of the Holy Souls – those who in life loved God and others but because of some attachment to sin are not yet able to join him in Heaven.

Through the mercy of God and our prayers we can help the Holy Souls ‘move’ from Purgatory to Heaven.

*We pray for the Holy Souls who may be people whom we knew and continue to love.
Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.*

Amen.





REMEMBRANCE SERVICE OF LIGHT

Our remembrance Service of Light for pupils, parents, friends and staff will be held on Thursday 15th November at 12.25 p.m. in the school Oratory.

During November, Holy Mass is celebrated at 8.25am in the Oratory on Tuesday, Thursday and Friday. All are most welcome.

All are most welcome.

Well Done to our Head Girl Francesca Crilley and Depute Head Boy James Gallagher who represented the school at East Renfrewshire Council Remembrance Sunday Event



Well done to our Sixth Years: Ryan Henry, Emily De Lombaerde, Abigail Russell, Helen Duggan, Charles Molloy and Mirin Duncan who sold poppies at the Avenue!



WW1 Centenary Interdisciplinary Learning Project

- **History**
- Second Year History classes submitted newspaper articles that they had completed about the outbreak of war, letters from the trenches and photographs of the trenches that they have been constructing in class.
- **English**
- The following students each submitted a poem 'From the Trenches' with the speaker of the poem describing the conditions.
- Zain Aslam (2a5), Husnain Azhar (2a5), Habibah Bashir (2a3), Claire Carlin (2a4), Muhammed Choudhry (2a9), Neva Clifford (2a10), Francesco Margiotta (2a3), Chuks Ndulue (2a6), Reece Sharkey (2a8) and Harvey Wilkie (2a8)

A presentation to Orchard Hill Parish Church of pupil work to mark the centenary of the end of WW1

The work will be on display in the Church until 11 November.





YOUTH AND
PHILANTHROPY
INITIATIVE
SCOTLAND

Presentations from last year

3a6

- Milly Nugent
- Sophie Ure
- Emma Conroy
- Ellie Shaw
- Juliette Cooney

3a10

- Camille McLaughlin
- Grace Studham
- Mairead McBride
- Zoe Halpin
- Emily Clarke





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



HEALTH & WELLBEING



Anti-Bullying week

Week beginning 12th November



What is Bullying?

Bullying takes place in the context of relationships. It is **behaviour** that can make people feel **hurt, threatened, frightened and left out** and it can happen **face to face and online**.

Bullying is both **behaviour and impact**; what someone does and the impact it has on the other person's capacity to feel in control of themselves. We call this their sense of 'agency'.

Bullying takes place in the context of relationships. It is behaviour that can make people feel hurt, threatened, frightened and left out and it can happen face to face and online.

“You must not lose faith in humanity. Humanity is an ocean. If a few drops of the ocean are dirty, the ocean does not become dirty.”

Ghandi (1869-1948)
Lawyer, civil rights activist, writer



Bullying behaviour can harm people physically or emotionally and, although the actual behaviour might not be repeated, the threat that it might can be sustained over time, typically by actions: looks, messages, confrontations, physical interventions, or the fear of these. This behaviour can include:

1. Being called names, teased, put down or threatened face to face and/or online.
1. Being hit, tripped, pushed or kicked.
3. Having belongings taken or damaged
4. Being ignored, left out or having rumours spread about you (face to face and/or online)
5. Sending abusive messages, pictures or images on social media, online gaming platforms or phone
6. Behaviour which makes people feel like they are not in control of themselves or their lives
7. Being targeted because of who you are or who you are perceived to be (face to face and/or online)
8. Bullying behaviour may be a result of prejudice that relates to perceived or actual differences. This can lead to prejudice and discriminatory language or behaviour, including racism, sexism, sectarianism, homophobia, biphobia or transphobia.



“Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.”

Robert Kennedy (1925-68)

American lawyer, politician, senator



RESPECT FOR ALL

Respect for All states: “Prejudice-based bullying is when bullying behaviour is motivated by prejudice based on an individual’s actual or perceived identity; it can be based on characteristics unique to a child or young person’s identity or circumstance.” Research shows that anti-bullying work that clearly addresses the particular needs of vulnerable or minority groups is more effective. There is a need to address the root cause of prejudice as well as effectively responding to incidents as they arise. We need to create an environment where we live out in our daily lives Our Lord’s command to love one another and where name calling and comments based on prejudice are challenged. Some personal characteristics are protected within the law to address the years of unfavourable treatment experienced by some groups.

The Equality Act 2010 makes it unlawful to discriminate against people with a ‘**protected characteristic**’. These are:

- Age
- Disability
- Gender reassignment
- Pregnancy and maternity
- Marriage and civil partnership
- Race
- Sex
- Religion or belief





“I give you a new
commandment:

Love one another!

Just as I have loved you,
you also must love one another.

By this love you have
for one another,
everyone will know
that you are my disciples.”

Gospel of St John 13:34-35

Gratitude and Happiness

A vast body of research has shown that, overwhelmingly, social connections are the key to happiness. Previous research studies have shown again and again that social relationships – and specifically, the quality of those relationships – is the best predictor of happiness. “If I wanted to predict your happiness, and I could know only one thing about you, I wouldn’t want to know your gender, religion, health, or income. I’d want to know about your social network – about your friends and family and the strength of the bonds with them.”

Deep connections with others enrich our lives and form a foundation for happiness during our life. A vast body of research has shown a strong link between gratitude and happiness. Gratitude involves feeling a sense of appreciation in response to beneficial experiences.

People who cultivate a habit of gratitude are more likely to feel happy & fulfilled throughout life. Character strengths are the virtuous qualities that we use to have meaningful, fulfilling experiences in life. The Positive Psychology model postulates that in order to grow or change or become fully functioning human beings we need to attend to and focus on our weaknesses and problems; once these are resolved, then growth will follow.

Positive psychology suggest that personal development is best approached not through the question “What should I be working on?” but rather, “What should I be working towards?”.

Gratitude and Happiness

Martin Seligman and Christopher Peterson created a classification manual of human character strengths and virtues. They determined that there were 24 universal human character strengths such as kindness, courage, humility, gratitude and are grouped under six core virtues:

1. Wisdom & Knowledge
2. Courage
3. Love and humanity
4. Justice,
5. Temperance
6. Transcendence.

To be considered a person of 'good character', it is necessary to have at least one strength under at least 4 of the six headings.

In order to study character empirically Peterson developed a measure of character strength—the Values In Action (VIA) Questionnaire. This enables us to identify strengths in rank order. The top 5 strengths are known as our signature strengths - they feel like the 'real me' character.

Use of the strengths in turn embeds them in day-to-day life promoting positive emotion, engagement, and a sense of meaning or purpose, overcoming challenges and increase resilience.



INTERDISCIPLINARY LEARNING



KELVINGROVE ART GALLERY

TRIP



Miss Gibson's S2 group are excited for a day of drawing at Kelvingrove Art Gallery!

Beautiful autumnal colours in the grounds today!

KELVINGROVE ART GALLERY

TRIP



Miss Joice's S2s are excited the start our art trip!



First landscape drawing of the day, taking in our surroundings and expressing them in only 6 minutes



Scottish Identity Gallery S2 are critiquing this huge landscape and interpreting it in their own way







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



UPCOMING EVENTS





ST NINIAN'S HIGH SCHOOL



Christmas MARKET

WHERE: St Ninian's High School

WHEN: 30th November 2018

TIME: 7pm - 10pm

COST: £4 entry per adult (Glass of wine or juice included) / £1 child

