

S2 ASSEMBLY

August 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





FAITH MATTERS



Morning Mass

Mass will be offered up on

- Tuesday
- Thursday
- Friday

Mornings at 8.25am.

Family members are also
welcome!



Eucharistic Adoration

12:20-1:00 every Friday in the Oratory

All pupils are encouraged to give 10 minutes each week – there will be a pupil rota for each week's Adoration - please speak to your Year Head, Mr Bradshaw or the Head Teacher to confirm your attendance.

"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

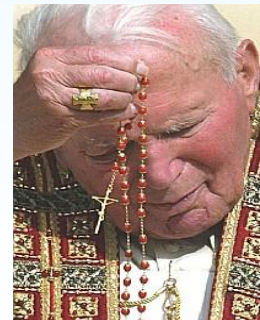


The Rosary



Join us to pray The Rosary every Friday in the Oratory, 12.25 – 1pm.

The Rosary is a prayer we can all say together with Mary, the Mother of God, who always grants our request.



*“The Rosary is my favourite prayer.”
“Pray, pray much. Say the Rosary everyday”*

**Pope John Paul II
(1978-2005)**



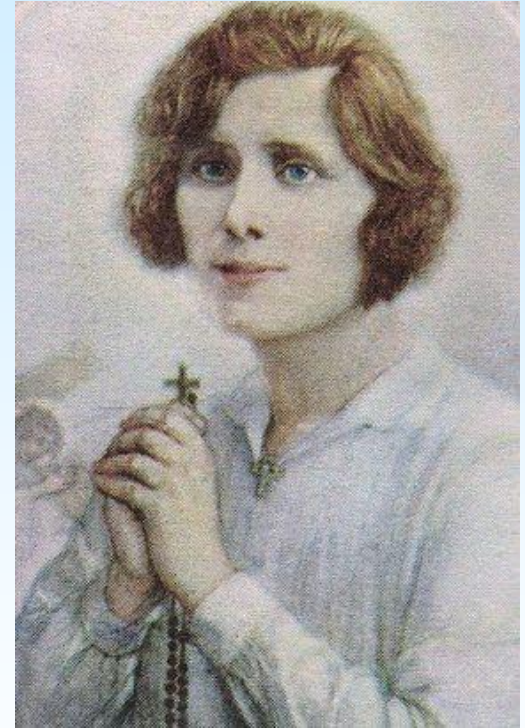
Venerable Margaret Sinclair Novena

There is a Novena in the Oratory every Monday at 12.40pm asking for the intercession of the Venerable Margaret Sinclair.

Our main intention will be for members of our school community – including family and friends – who are ill.

We hope that parents, families and friends will be able to join us for this Novena.

We would also invite anyone who cannot manage to our Oratory at this time to join with us in prayer.



MASS OF CELEBRATION 2018

Our Inaugural Mass to celebrate the start of the new academic year will take place on **Thursday 30th August at 7pm** in the Atrium.

A warm invitation is extended to all staff, pupils and parents for what is always a very happy occasion.

The Principal Celebrant will be Bishop Nolan, Diocese of Galloway. The *See of Whithorn* is associated from the late fourth century with St Ninian.



Worship Group

All pupils S1-S6 are welcome
to come along!

Oratory every Thursday at
3.40PM



Catholic Leadership Meeting

- The first Catholic Leadership Meeting of this School Year will take place at 3.30pm – 4.15pm on Monday 3 September and will be led by Fr Baillie.
- This is for any pupil involved or who would like to be involved in the faith life of the school including pupils who are part of the Life Group, the SCIAF Group, No Child Taken, those who read at Mass or are involved in any other activity.
- Fr Stephen will give pupils an opportunity to think about their involvement and set-a-side a short time for prayer.





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



Health & Wellbeing



Health and Wellbeing Objectives

Our Objectives

1. To create a supportive environment for pupils and staff
2. To help pupils and staff overcome barriers to mental wellbeing
3. To build resilience in all our young people
4. To ensure mental health is seen as important as physical health
5. To ensure that everyone experiencing a mental health condition is treated as an equal by society

Health and Wellbeing Aims

Aims:

To focus on **your** mental health and wellbeing by:

- Increasing understanding of mental health
- Improving recognition of common mental health conditions
- Understanding the impact of stigma
- Introduce Five Ways to Wellbeing

HAPPINESS IS



...being married
to your best friend.

HAPPINESS IS



...laughing with a toddler
about something
entirely nonsensical.

HAPPINESS IS



...lending someone
a book you absolutely
adored reading.

HAPPINESS IS



...a baby's smile.

HAPPINESS IS



...a Friday afternoon

HAPPINESS IS



...a spontaneous dinner
with a dear friend.

Five Ways to Wellbeing

- Connect
- Be active
- Take notice
- Keep learning
- Give

Wellbeing: Connect

connect with the people around you: your family, friends, colleagues
and neighbours



Wellbeing

- Talk to someone instead of sending a text
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is

Wellbeing: Be Active

Wellbeing

Do what you can, enjoy what you do, move your mood

- Walk to school, perhaps create a walking bus with friends.
- Cycle to school
- Attend Extra-Curricular clubs (lunch/after school)
- Get involved - Volunteer

Always remember why exercise is good for you...



Wellbeing: Take notice

Remember the simple things that
give you joy



- Make time to appreciate what people have gained from having contact with you.
- Model 'taking notice' by giving compliments and verbally appreciating the small things in life.
- Take time to reflect on the emotions of yourself and others. Feed off the positives & look at how you can change the negatives.

Wellbeing: Keep learning

Embrace new experiences, see opportunities, surprise yourself

Wellbeing

- Celebrate light bulb moments
- Research subjects that you hear or read about that trigger your interest
- Take time to speak to new people and hear about their background & experiences
- Encourage further exploration of mental wellbeing and resilience



Wellbeing: Give

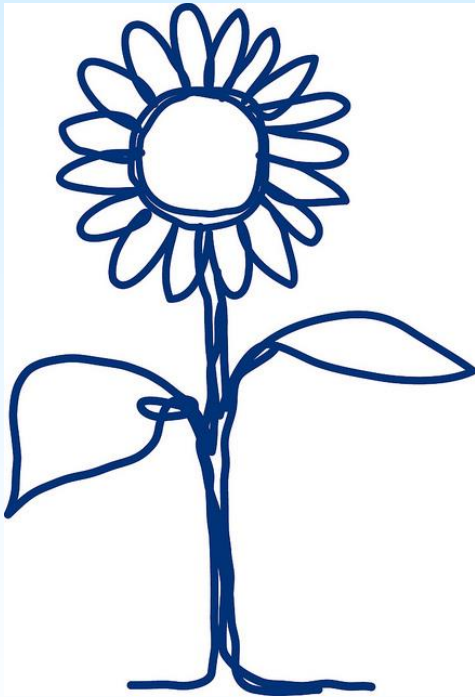
Your time, your words, you presence



- How can you use what you have learnt to benefit others?
- Giving and receiving help
- Take or give a compliment
- Create something for someone: write a note to go with it to say why you made it for them: being thankful

Three Good Things

Outlook



Each day - think back and remember three good things.

Note them down - this is important. You may want to get a small notebook just for this purpose or use an online diary (Facebook have a free app for this or you can use the 'Happynote' app).

Think about why - write down why it happened and why you feel good about it.

Look back - after a week, have a look back on what you've written. How does it feel when you look at all these good things? Do you notice any themes?

Keep it up

Resilience: Culture

- Building the right culture from the start.
- Value resilience as a school.
- Remember “the greatest glory in living is not never falling, but in rising every time we fall”
Nelson Mandela

You are
already
doing it



1st and 2nd Year Disco



Thank you to 2nd year who made it along

LIFE GROUP SPONSORED WALK



ALL STAFF AND PUPILS WELCOME

WEDNESDAY 12TH SEPTEMBER

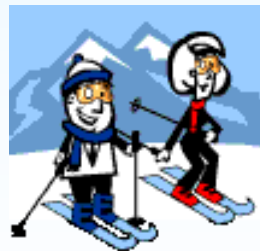
COLLECT FORMS FROM MISS LANIGAN



EVERYONE
WELCOME!!!



**Ski and Snowboard Club
meeting in Maths Room 3
Friday 31st August @12.40pm**



Reading Champions scheme in S2

- Aim: To encourage a love of reading.
- Pupils will apply for the post (information will be provided in PSHE)
- Two pupils per class will be selected.
- Job will involve: reading sections of their favourite novels to classes, creating a wall display in the department to encourage reading, working with the department to create a Reading Festival and finding charity opportunities linked with Literacy over Lent.



St Ninian's High School



CELEBRATING SUCCESS





Congratulations to Josie Reilly (2a2) who was part of the U13 Girls Giffnock North sprint relay team who were crowned National 4x100m relay champions for 2018.





CONGRATULATIONS S2!!!

The following pupils have been awarded a Saltire Award for volunteering:

Matthew George (2A5)

Emily Preston (2A5)

Shivani Hallan (2A6)

Brooke Hamilton (2A6)

Mia Hughes (2A6)

Vincent Kelly (2A6)

Oliver Kerrigan (2A6)

Ava McCaul (2A6)

Jenna Shades (2A6)

Erin Sullivan (2A6)

Zoe Webster (2A6)

Callum Williams (2A6)

Nyree Linden (2A7)

Fatima Mansoor (2A7)

Gregory Campbell (2A9)

Emily Grant (2A10)





Orchestra Members

Instrument	Name
Conductor	Mr. [Name]
Violin	[List of names]
Viola	[List of names]
Cello	[List of names]
Double Bass	[List of names]
Trumpet	[List of names]
Trombone	[List of names]
Euphonium	[List of names]
Tuba	[List of names]
Drum Set	[List of names]
Maracas	[List of names]
Shawm	[List of names]
Recorder	[List of names]
Flute	[List of names]
Clarinet	[List of names]
Saxophone	[List of names]
Percussion	[List of names]

OPPORTUNITIES FOR PERSONAL ACHIEVEMENT



sportscotland
the national agency for sport

Awarding funds from
THE NATIONAL LOTTERY®



Sports Council



Why become a member of the Sports Council?

- ▶ Develop new skills (organisation, planning, communication and many more!)
- ▶ Builds on confidence levels
- ▶ Leadership opportunities
- ▶ Work with pupils across the school to motivate and inspire others to get into sport.



SNHS Sports Council



- ▶ Promoting extra-curricular clubs across the school.
- ▶ Leading clubs within the school/ cluster primary schools.
- ▶ Voice of your year group
- ▶ Attend meetings and assist Sports Captains.
- ▶ Planning and delivering events within the school.



Saint Ninian's High School Sports Council Newsletter



Cycling Fun!

"Recently we have tried out cycling as part of PE and everyone really enjoys it! Cycling helps with balance and control and we do this by using cones to cycle in and out by using our balance and small controlled movements.

Cycling can also help with co-ordination and building strength while enjoying it and having fun! It improves mental wellbeing because you become happier!

Your energy levels rise resulting in enthusiasm towards learning at school, giving you a mental boost. Cycling doesn't feel like the most difficult type of exercise, making it a lot more fun even although it's working the various muscles in your body, without even realising."

Lisa Georgiades, 2a10



Is this the role for you?

Elect your class representatives during PSHE.



Talented Athlete Programme

- The Talented Athlete Programme is aimed to support those who are playing sport at a high level
- We want to celebrate your achievements but also see what we can do to help you get even better
- We are looking to get guest speakers in from the Sporting World to give you some tips to help you on your way!!
- If you play a sport and represent a club at a high level, or represent a team Nationally or Regionally, we want to hear from you!!! Please come to the PE department to get a form.

Thanks Miss Briggs





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



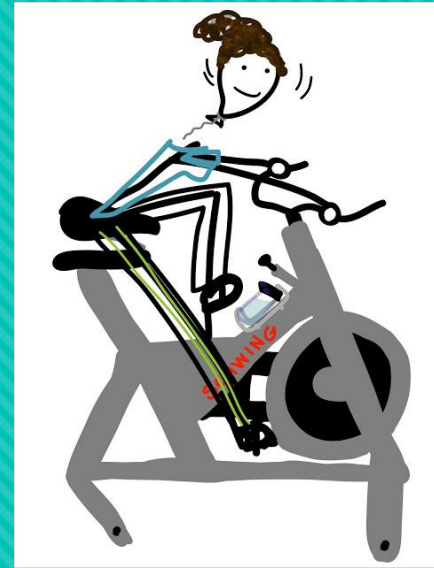
UPCOMING EVENTS/ NOTICES



Upcoming Events

- S2 Interim Reports – Thursday 20 September

S2 Spinathon



Thursday 20th September 2018 in the **Fitness Suite**

- All S2 pupils involved.
- Pupils will be allocated a 20 minute time slot to come down to the fitness suite.
- Pupils should come 10minutes prior to their time slot to change into PE kit.
- No-one will be collected from class it is your job to come down at our time.

○ See Talented Athlete board for your time!!!

- As this is a sponsored event, you will be issued with a sponsor form.
- The money raised will go towards Physical Education and sports equipment.
- The more money raised will enhance your chances of winning class of the year (Blackpool trip)

**MAKE SURE YOU KNOW YOUR
TIME SLOT!**

Lockers



All S2-S6 locker holders should ensure their locker is securely closed and padlocked.

If it has a tie or a School padlock on it a new 40mm padlock should be purchased asap and you must see Mrs Callan or Mrs Zochowska in School office. It may not be possible for it to be resolved immediately but you **MUST return to office when asked to do so.**

All lockers must be secure by Friday 31st August. After this date, any insecure lockers will be reallocated and you will lose your locker.

If procedures are not followed, Pupils are at risk of losing their lockers

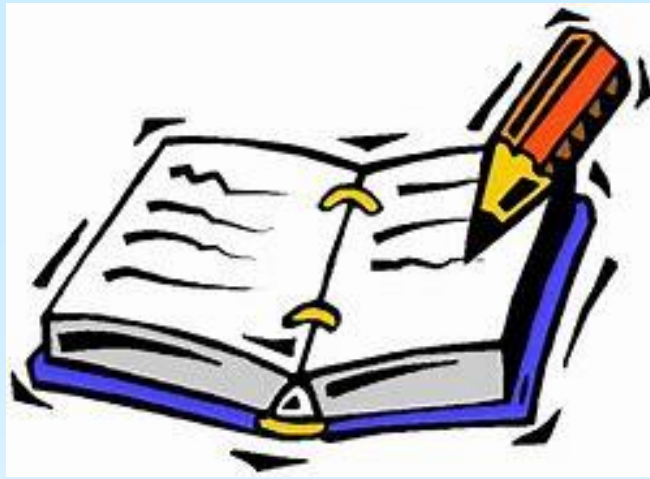
Scottish Schools Road Race



Can all S2 – S6 pupils who would like to participate in the Scottish Schools Road Race please see Miss Murphy by Friday 7th September.

Consent for Photography

- Letters should have been returned last week
- If you have not done so, they must be returned tomorrow
- See me if you have lost your letter



Homework Diaries available from the school office

Cost £3



Saltire Awards

**Celebrating young
people who take
part in volunteering**



JAN- FEB

IMPORTANT INFORMATION

- **SALITRE HOURS ALREADY SUBMITTED ARE BEING PROCESSED CURRENTLY**
- **YOU CAN NOW SUBMIT ANY HOURS THAT YOU HAVE COMPLETED SINCE YOUR LAST SUBMISSION**
- **IT IS VITAL THAT YOU DO NOT CLAIM FOR HOURS THAT YOU HAVE ALREADY CLAIMED FOR – IF YOU ALREADY PUT A CLAIM SHEET IN YOU WILL GET YOUR CERTIFICATES BEFORE THE SUMMER BREAK**
- **THERE IS SOME NEW INFORMATION REQUIRED WHICH IS ON THE NEW SUBMISSION FORMS**
- **PLEASE COMPLETE ALL DETAILS ASKED FOR – AND MAKE SURE THEY ARE ACCURATE**



The logo for Saltire Awards features a stylized blue saltire (a white cross on a blue background) on the left, followed by the text "Saltire Awards" in a blue, sans-serif font. The saltire is composed of two thick, slightly irregular lines that cross in the center.

Saltire Awards

- Saltire Awards are a Scottish award designed to formally recognise the commitment and contribution of youth volunteering
- Saltire Awards enable young volunteers to record the skills, experience and learning gained through successful volunteering placements

What is Volunteering?

- Volunteering is any activity or service that involves you spending time, **unpaid**, doing something that benefits someone else, your local community or the environment.

Why Volunteer?

- It's gives you a chance to give something back to your school or community
- You can make a difference to the lives of others
- You have the opportunity to develop new skills or build on existing experience and knowledge
- It may help the environment
- You will feel valued and part of a team
- It will help you gain confidence and self-esteem
- It will enhance your CV
- You will meet new people

What can you do?

- Volunteering can take many forms:
 - Altar servers/Mass readers
 - School events (e.g. information evenings)
 - Sports coaching (school clubs, external clubs)
 - Sports Camps
 - School Clubs
 - Guides/Scouts/Brownies young leaders
 - Fundraising
 - Care homes, Day Centres, Soup Kitchens
 - Nurseries/Primary schools
 - Charity Shops

How to gain an award

- Record all of the hours you have spent volunteering
- You require a minimum of 10 hours to gain an award
- **If you think you qualify see Mrs Miller** with details of the work you have done (including details of organisation, dates worked and number of hours)
- You will then need to complete and return a Saltire Awards Application Form (these can be found in the office opposite the main school office) in order to receive a certificate

Saltire Awards

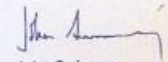
volunteering for 12 to 25 year olds

10 hours Volunteering

Congratulations on your achievement of completing **The Approach**

From 1st September 2014 To 1st May 2015

With **Isobel Mair School – Classroom Assistant**



John Swinney
Minister of the Scottish Government

Saltire Awards are a positive recognition by the Scottish Government of 12 – 25 year old volunteers and their achievements



Voluntary
Action
Scotland



www.saltireawards.org.uk



The logo for Saltire Awards features a stylized saltire (X-shaped cross) on the left, composed of two overlapping, slightly curved lines. To the right of the saltire, the words "Saltire Awards" are written in a blue, serif font. The letter 'e' in "Saltire" has a small circle inside it, and the 'A' in "Awards" is a simple, blocky capital letter.

Saltire Awards

Process

- You can hand in the forms throughout the year

**PLEASE DO NOT SUBMIT THE SAME HOURS/
FORM MORE THAN ONCE**

**SEE MISS HOWARD IF YOU FEEL YOU SHOULD
HAVE GOT A CERTIFICATE AND DID NOT**

The logo for the Saltire Awards features a stylized saltire (X-shaped cross) on the left, composed of two thick, dark blue brushstrokes. To the right of the saltire, the words "Saltire Awards" are written in a blue, textured, sans-serif font. The entire logo is set against a white background within a light blue rectangular frame.

Saltire Awards

- Remember to return your completed Application Forms
- These should be returned to Miss Howard directly or the drop off box within her classroom Art room 1
- You will need to return your completed forms in order to receive a certificate