

S2 ASSEMBLY

February 2019



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

Family members are always welcome!

"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



Worship Group

All pupils S1-S6 are welcome
to come along!

Oratory every Thursday at
3.40PM





St Ninian's High School



scqf
scottish credit
and qualifications framework
School Ambassador Programme
awarded to
St Ninian's High School
15 May 2018



CELEBRATING SUCCESS



S2 Physical Education Pupil of the Month

**Connor McCrea
James Mitchell
Eliza Gomez
Jule Broichhausen
Kate Gordon
Struan McDougall
Matthew McGill
Safa Sattar
Imogen Stephen
Natasha Cameron**





Modern Languages: Pupil of the Month



- French
- Mrs J Docherty
- 2C – Daniel Parker
- 2D – Alex Keenan

- Mrs Cannell
- 2C – Jack Sinclair
- 2D – Ava McCaul

- Mrs Marshall
- 2C – Gabriel Kelly
- 2D – Connor MrCrea

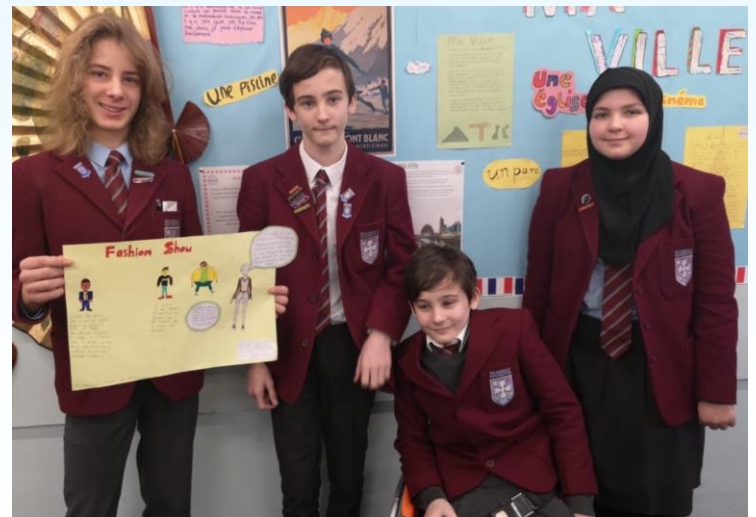
- Mrs Fulton
- 2C – Eva Lavalette
- 2D – Ansa Dean

- Mrs Crossan
- 2C – Eilis Togher

- Spanish
- Mrs H Docherty
- 2H – Kate Gordon

- Mandarin
- Mrs Zhou
- S2 Sophia Laurie

Well done! Mrs Marshall's S2 class enjoyed designing outfits, and completing a fashion show, to practise their spoken French!



Public Speaking

- Congratulations to Kate and Ruth who won the second round of the Crown Office and Procurator Fiscal Service Public Speaking Competition. The team performed exceptionally well, receiving quality feedback from the judges. Well done and good luck for the next heat Kate and Ruth!



Cross Country Championship

- Huge congratulations go to Hannah who won a silver medal running for the under 15s In Belfast at the IAAF, Northern Ireland Cross Country Championship event. Hannah who has been out of competitions for a few months due to injuries has made an outstanding comeback! Well done!



Millport Trip



- This year's trip will be on **Tuesday 2 April 2019**.
- It is a very relaxing day where staff and pupils took their time cycling round the island before returning to the town hall to enjoy some lunch and browsing round the shops.



S2 Interim reports/Tracking Exercise

- Well done and thank you for all your hard work!

SNHS ENGAGEMENT SCORE	Number of Pupils Jan 2019	Number of Pupils Nov 2018	Difference
0	0	0	0
1	3	2	1
2	12	7	5
3	34	13	21
4	121	92	29
5	129	185	-56

SNHS PARTICIPATION SCORE	Number of Pupils Jan 2019	Number of Pupils Nov 2018	Difference
0	24	58	-34
1	0	0	0
2	13	0	13
3	28	0	28
4	0	2	-2
5	234	186	48

		Ave. Engagement	Ave. Participation Score
Male	M	3.8	4.1
Female	F	4.5	4.4





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





Have a look at all our extra-curricular sports clubs



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



ST NINIANS HIGH SCHOOL LOYALTY CARD

Every club you attend you will receive a sticker.

Collect 20 stickers and hand in your loyalty card to have a chance of winning a prize!

If you have lost/don't have a card please see your PE teacher!

Term 1 Winner

Ansa Dean 2a3

Prize- Nike Voucher



PE Kit

- ▶ Blue St Ninian's Polo Shirt
- ▶ Black shorts/jogging trousers/sports leggings
- ▶ Running trainers

DO NOT COME TO SCHOOL IN PE KIT – YOU MUST ALWAYS COME IN FULL SCHOOL UNIFORM TO THE PE DEPARTMENT AND LEAVE THE DEPARTMENT IN FULL SCHOOL UNIFORM!

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

Five Ways to Wellbeing

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



Wellbeing: Connect

Wellbeing

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

- 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

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

Wellbeing

- 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

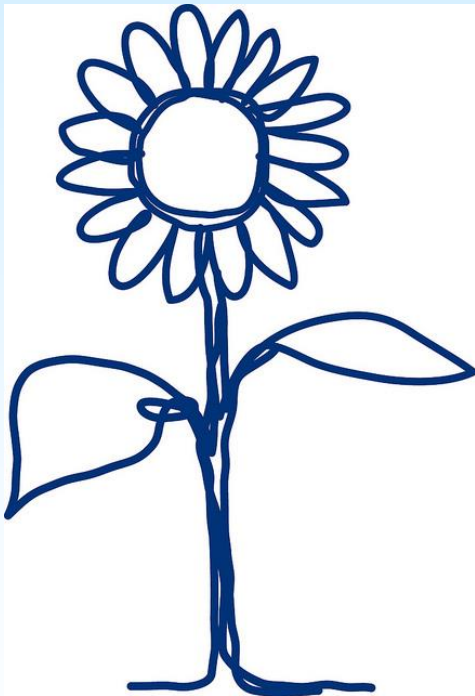
Your time, your words, your presence

Wellbeing

- 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



5 Steps to Wellbeing in St Ninian's

<https://www.youtube.com/watch?v=RoAlxrQev0w>



Hot Choc and Talk





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





Valencia 2019

Football trip



**Parents Information Night for Pupils going
on the trip this Year**

Lecture Theatre
Tuesday 26th February
7pm

**All pupils must be represented at the
meeting by a parent or guardian**



BLIND DATE WITH A BOOK

By Ansa Dean & Safa Sattar
(Reading Champions)



What we are doing?

- We are collecting books for “Blind Date with a Book”
- During Lent, we will sell books. The books will be wrapped with clues on the front so it will be a mystery what you get!

What we need you to do?

- We need you to hand in appropriate books which are in good condition that we can then wrap and sell

When it is needed for?

- Deadline is Friday 22nd February

Who to give the books to?

- You can give the books to Miss Green (Rm 9) or Miss Ramsay (Rm 7)



INTERDISCIPLINARY LEARNING





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



UPCOMING EVENTS





Malawi 2018

Travelling & First Day in Village



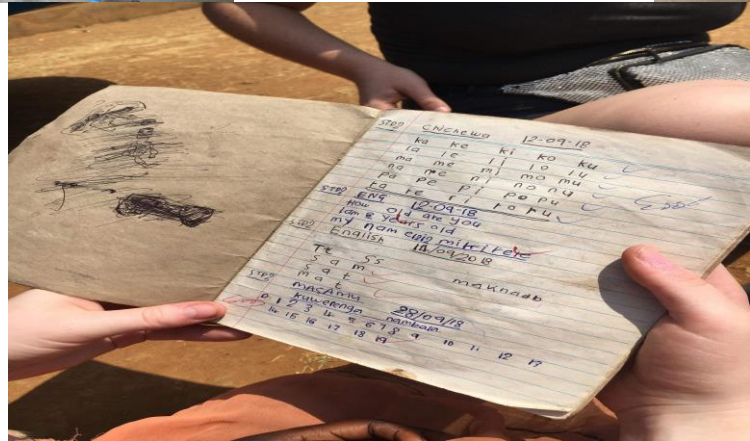
The amazing children & malaria testing



Work in the village



Painting & Education





We will never forget it!