

S3 ASSEMBLY

September 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 and parents -
work together
in trust and friendship.

Live among us now and forever.

Amen





FAITH MATTERS



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



St. Thérèse of Lisieux

Let us love, since that is what our hearts were made for.

The Diocese of Paisley Welcomes the
'Little Flower' to Scotland



Bishop John Keenan (Paul McSherry)

Diocese of Paisley St. Thérèse Relics Schedule

Sunday 15th Sep St. Mirin's Cathedral, Paisley

11:30am Arrival & Procession
12:00 noon Solemn Mass for the feast of St. Mirin
1:30pm Public veneration of the relics
2:30pm Holy Mass for the Polish Community
3:30pm Public veneration of the relics
5:00pm Evening Prayer (Vespers of St. Mirin)
with Benediction of the Most Blessed Sacrament
6:00pm to midnight Public veneration of the relics & parish visit
Midnight to 06:00am All-night vigil

Mon 16th September St. Mirin's Cathedral, Paisley

09:00am Preparation for Holy Mass with Primary 7 pupils
10:00am Holy Mass with Primary 7 pupils
11:00am Preparation of Holy Mass with secondary school pupils
12:00 noon Holy Mass with secondary school pupils
1:00pm Farewell ceremony
1:30pm Relics leave for Barlinnie Prison, Glasgow

Saturday 14th Sep St. Mary's Church, Greenock

5:30pm Vigil Mass & Procession
6:30pm to midnight Public veneration of the relics & parish visits
Midnight to 05:00am All-night vigil

Sunday 15th Sep St. Mary's Church, Greenock

05:00am to 09:00am Public veneration of the relics & parish visits
09:30am Celebration of Sunday Mass
10:45am Relics depart for St. Mirin's Cathedral Paisley

Sixth Year Pupils had the great honour of bringing the Relics of St Therese into St Mirin's Cathedral on Sunday 15 September.





HEALTH & WELLBEING



What is Mental Health?



In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life.

But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

In the same way you may speak to someone if you have say a sore leg or suffering from flu. It is important that you have someone to speak to when your mental health isn't feeling as it should.

Mental Health First Aid Team in St Ninian's

Our role

- To provide comfort to a person experiencing difficulties with their mental health
- To provide support and advice – a supportive ear
- To promote understanding of mental health issues.

The MHFA Board

- ✓ The MHFA board will be the third board as you approach the big pastoral base – pictures of staff are displayed here.

Drop in time (Monday lunchtimes)

- ✓ In the coming weeks there will be a launch of the drop in
- ✓ MHFA's and S6 Students will be available for a chat





Name: Mrs Marshall

**Role: PT Pupil
Support(Learning)/Modern Languages**

**Where you can find me: Pupil Support
Base/Modern Languages 3**

**My go to strategy is: I like to read a book
to my son Blair in his play tent or go for a
walk in the fresh air with some music**



Name: Mrs Howson

Role: History/Modern Studies Teacher

**Where you can find me: History and
Modern Studies Base**

**My go to strategy is: Putting an
upbeat playlist on and going a run in
the fresh air**



Name: Mr Power

Role: Chemistry Teacher

Where you can find me: Lab 13

My go to strategy is: Reading, running and listening to music



Name: Ms Leckie

Role: Geography Teacher

Where you can find me: Geography 1 or the base next door

My go to strategy is: I cope by walking my dog Harris, no matter the weather, I find fresh air always lifts my spirits



Name: Ms McGoldrick

Role: Biology Teacher

Where can you find me: Science Base

My go to strategy is: A nice long walk outdoors!



Name: Mrs Bastable

Role: English Teacher

Where you can find me: English Room 4 or the English base

My go to strategy is: Talking things through with someone I can trust and reading a good book. I always sleep better when I read last thing at night



Name: Ms Green

Role: English Teacher

**Where you can find me: English Room
9/English Base**

**My go to strategy is: Go out for a walk
to get some fresh air and cook
something nice to eat**



Name: Mrs Wilson

Role: Depute Head Teacher/Chemistry

**Where you can find me: DHT office at
front of the school**

**My go to strategy is: Clear your mind by
taking part in a physical activity**



Name: Mrs L Miller

Role: PT Wider Achievement & Raising Attainment

**Where you can find me: Art Room 1 or
PTD Base (English corridor)**

My go to strategy is: I find it best to remove myself from the situation that is making me feel stressed at the time and to take deep breaths in and out



Name: Mrs Smith

Role: Art & Design Teacher

**Where you can find me: Art Room 2 or
Art Base**

**My go to strategy is:
If I'm having a difficult day I like to talk it out, get some quiet time, read or exercise.**



Name: Mr McKean

Role: PT Maths

**Where you can find me: PT Pastoral
Base or Mathematics Base**

**My go to strategy is: When you go home
from school or from a day out with your
friends tell your parents/carer about
your day**



Name: Mr Capuano

Role: PT Physical Education

**Where you can find me: Sports
Hall/Games Hall**

**My go to strategy is: Exercise for at least
60 minutes per day "Exercise is the Best
Medicine"**



Name: Mr Downie

Role: Physics Teacher

Where you can find me: Science 3

My go to strategy is: Anything from a walk to a marathon, get those endorphins flowing



Name: Mr Gallagher

Role: PT Pastoral/Biology

Where you can find me: Pastoral Base/Upper street

My go to strategy is: Regular exercise



Name: Ms Duncan

**Role: PT Pupil Support
(Wellbeing)/Modern Studies**

**Where you can find me: Pupil support
base above the forum**

**My go to strategy is: A long walk along
the beach helps - Prestwick is a
favourite of mine**

Name: Mrs Thornton

Role: Biology Teacher

**Where you can find me:
Lab 20/ Science base upper**

**My go to strategy is:
Talking to a friend**

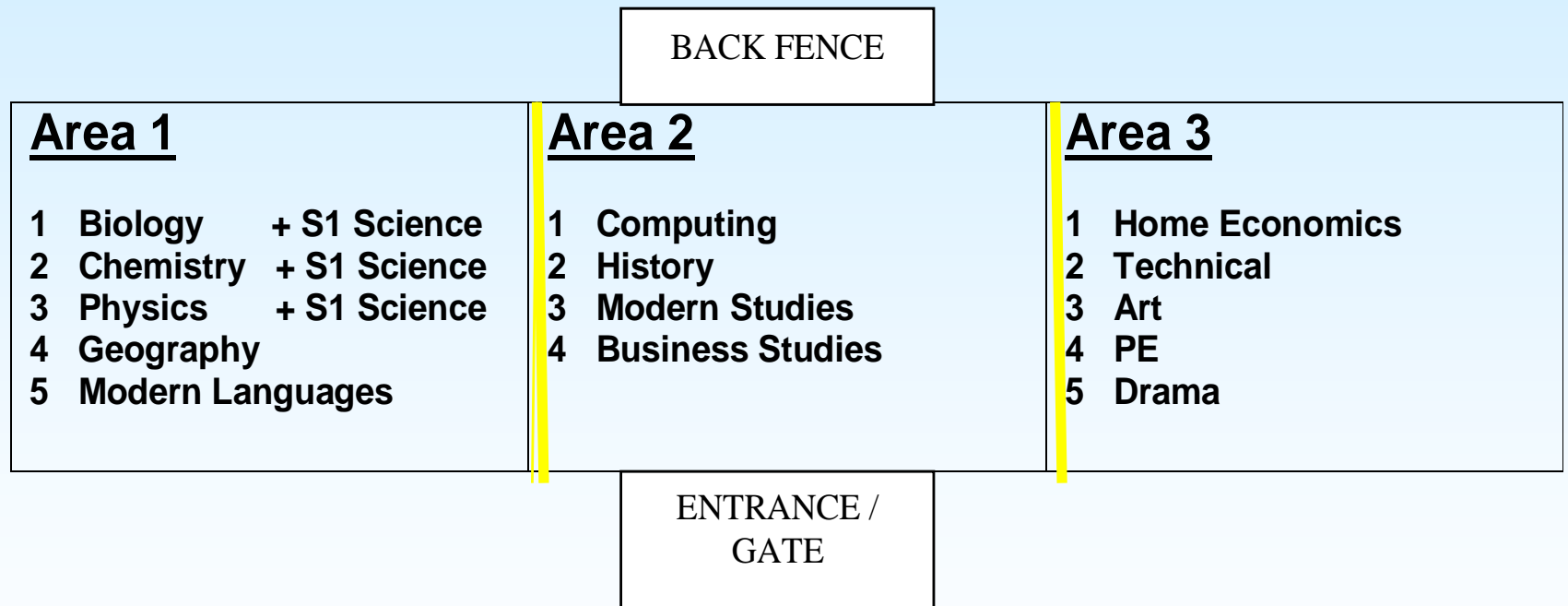
Emergency Alarm/ Evacuation Procedures

- When you hear the alarm signal and you are in class follow the instructions given by your teacher
- Remain calm and behave in a responsible manner
- Exit your classroom/ work area in an orderly and calm manner.
- Leave your bags
- Take blaser
- You will assemble in the designated area / Assembly Point for the department you are in
- Take note of the Fire Exit signs in your classes to be aware of where the nearest Fire Exit is
- You must line up with your class so that your teacher can take a register of who is present

- Walk calmly with your class and teacher to Assembly Point- either 4G pitch or Hockey pitch – This will depend on which department you are in when Fire Alarm signals
- You should NOT assemble near the entrance to the pitches as this impedes entry and exit
- Remain assembled with the other pupils in your class and beside the teacher
- Do NOT wander away to chat to friends
- Wait until your teacher or a Fire warden instructs you to re enter the school building

4 G Astroturf Pitch

NB This pitch is split in to 3 areas. Entrance to pitch should remain clear



Emergency Evacuation out with Class Time

- The Emergency Alarm may signal when you are not in class ie at interval , lunch time , after or before the school day begins.
- You should refer to the diagrams to ensure you know where your year group should assemble
- Wheelchair users will assemble at nearest refuge point.

This pitch is split in to 3 areas. The Front Area is to remain clear to ensure everyone is a safe distance from the school.

Year Head & Pastoral Staff to assist with supervision

4 G Astroturf Pitch



<u>Area 1</u>	<u>Area 2</u>	<u>Area 3</u>
1A1	2A1	3A1
1A2	2A2	3A2
1A3	2A3	3A3
1A4	2A4	3A4
1A5	2A5	3A5
1A6	2A6	3A6
1A7	2A7	3A7
1A8	2A8	3A8
1A9	2A9	3A9
1A10	2A10	3A10



OPPORTUNITIES FOR PERSONAL ACHIEVEMENT





We have had 150 sign ups
for 70 available places.

So I am asking for a small written piece to be
submitted by everyone who wants to take part.





Written Piece

Roughly 100 words long and must include:

- Why you want to do DofE?
- What skills will you bring to your group?
- What skills do you hope to gain?
- What you intend to do for your three sections
 - Volunteering
 - Skill
 - Physical



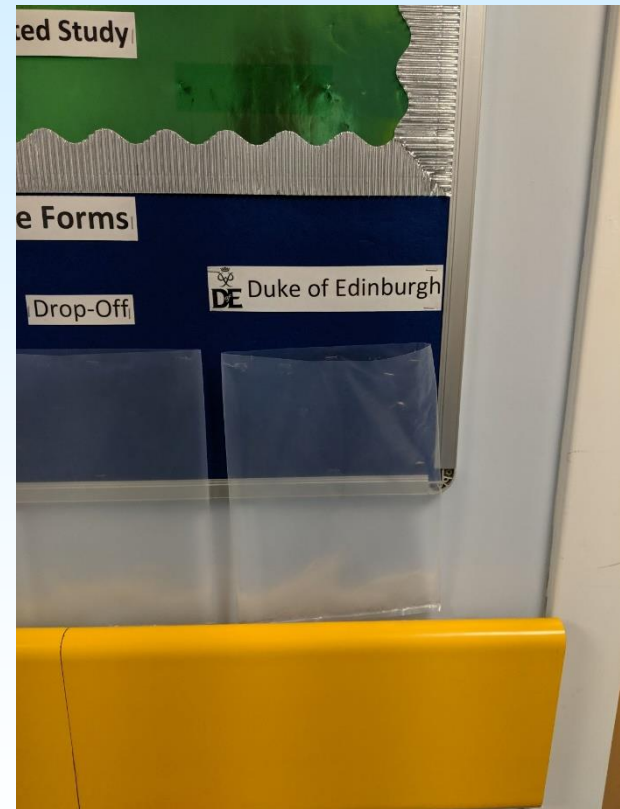
Due by **Wednesday 18th** **September**

Either hand to **Mr Downie**

or

Place in the pocket outside
Lab 3

**Please make sure it
includes your name**



What's the Big iDEA?

Innovation

Digital Technology

Enterprise

Employability

iDEA is a programme that helps you develop digital, enterprise and employability skills for free.

Through a series of online challenges and events, you can gain **industry recognised awards** that help you stand out from the crowd.

Thursday Lunchtime
ICT 8
S1-S3 welcome

iDEA
THE DUKE OF YORK
INSPIRING DIGITAL
ENTERPRISE AWARD





UPCOMING EVENTS



Important Dates

- S3 Interim report 1 – Thursday 26th September
- Bronze DofE Information Evening – Thursday 31st October
- S3 Information Evening – Thursday 21st November
- S3 Full report – Friday 6th March
- S3 Parents Evening – Thursday 19th March
- S3 Interim report 2 – Wednesday 6th May

School Procedures

- Lunchtime Procedures
 - Tables
 - Chairs
 - Litter
 - Leaving school building
- Mobile Phones
- Homework Diary
- Lockers
- ParentPay

School Procedures

- Getting around
 - Stay on the left
- Names on all uniform and PE kit
- Valuables
 - Money
 - Mobile
- Absences

Code of Conduct

- Be aware of Health & Safety
- Behave responsibly at all times in school & travelling to and from school
- Move quietly in and around the school
- Help to keep the school clean & tidy
- Take proper care of books & equipment



Dress Code

- Maroon blazer with school badge
- Grey trousers / Grey school skirt of an appropriate / modest length and comfort (not tight fitting)
- Pale blue or white shirt
- Black shoes
- Tie (fixed appropriately)



Dress Code

- Sky blue polo shirt
- Black shorts/tracksuit trousers/sports leggings
- Training shoes which have built in support (not fashion shoes)
- **Absolutely no football or designer tops, shorts or tracksuit trousers.**
- **Jewellery should NOT be worn in Physical Education.**



St Ninian's is now on Instagram!

Follow **@stninianshighschool** to see regular photographs and important notices.



The image shows a screenshot of the Instagram profile for St Ninian's High School. On the left is the school's crest, which is a shield with a white cross and a blue border containing the text "ST. NINIAN FLOREAT IUVENTUS HIGH SCHOOL". To the right of the crest, the username "stninianshighschool" is displayed, along with an "Edit Profile" button and a gear icon. Below the username, it shows "17 posts", "202 followers", and "1 following". A bio section contains the text: "St Ninian's High School Follow @stninianshigh on Twitter for further information blogs.glowscotland.org.uk/er/StNinians". At the bottom, there are three photo thumbnails: the first shows a group of schoolgirls in their uniforms; the second shows two girls in winter sports gear; the third shows a person skiing down a slope.

