



S4

ASSEMBLY

September 2018





FAITH MATTERS



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,

young people 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



Morning Mass

Mass will be offered up on

- Tuesday
- Thursday
- Friday (S4)

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



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.





CELEBRATING SUCCESS



Duke of Edinburgh Trip...



Well done to pupils who completed their Bronze Expedition



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

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



- 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



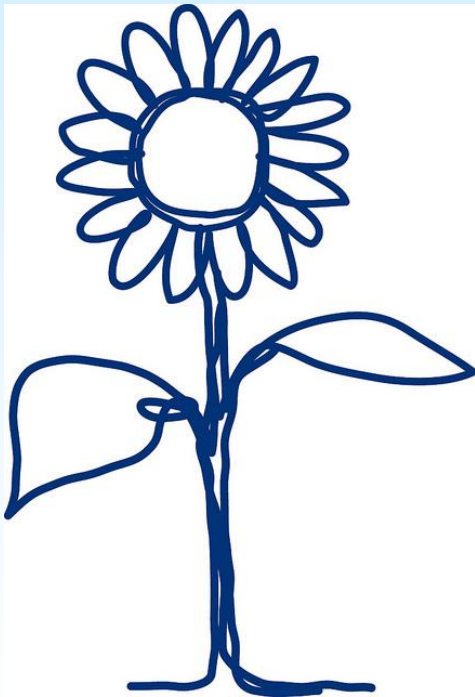
Wellbeing: Give

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



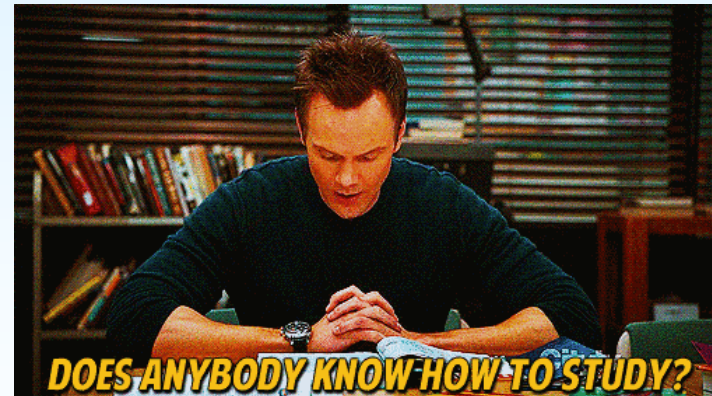


OPPORTUNITIES FOR PERSONAL ACHIEVEMENT





Study Timetables



Creating a Study Timetable

Make it as colourful or as simple as you want.

Find a time of the day where you can concentrate the most.

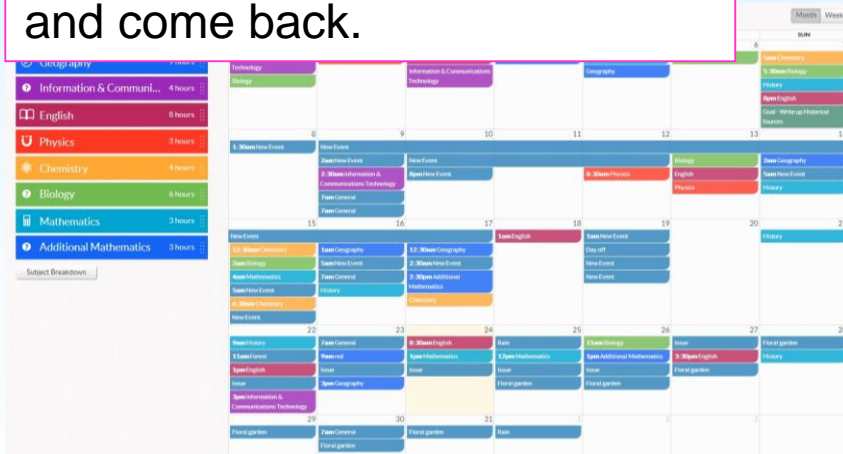
Important- don't study for the sake of studying. If you can't concentrate then take a break and come back.

| | 9-10am | 10-11am | 11-12 | 12-1pm | 1-2pm | 2-3pm | 3-4pm |
|-----------|--------|------------|------------|--------|--------------|--------------|---------------------------|
| Monday | Maths | English | Maths | Lunch | Maths | Chem | Maths Walk dog Xbox |
| Tuesday | | Maths Exam | Maths Exam | Lunch | English | English | Art English TV |
| Wednesday | GC | English | | Lunch | English Exam | English Exam | P Des Rugby Read |
| Thursday | | Art | Chem | Lunch | Chem | P Des | English French |
| Friday | Chem | | Chem Exam | Lunch | Chem Exam | | French |
| Saturday | | Art | Art | Lunch | GC | P Des | GC |
| Sunday | | | English | Lunch | Rugby | Rugby | Rugby |

Don't procrastinate- start early and build up hours so you feel your schedule is something that you can stick to.

Try to make it flexible- if something took longer than expected it can be moved to your schedule.

Write a list of tasks for each subject – that way you know what to work on when you start.



Things to do

- Ease your way into the timetables- start with maybe 1 hour a day until you feel comfortable with timekeeping
- It's okay to be loose with your timetable: e.g. Monday is for physics, etc.
- Keep away from distractions e.g. switch phones off
- Try following your school timetable during study leave



Things not to do

- Don't focus on strong subjects just because they are easy
- Don't just read notes
- Don't totally lose your social life – it's important to relax too.
- Don't study with other people-it could be distracting for you and them
- Don't study too late – even if your are used to staying up late, it's harder to process information when tired



glasgow science centre



INTERDISCIPLINARY LEARNING



Work Experience 2018

- Placements should now be confirmed.
- If you are awaiting a green form to be returned please wait behind after assembly.
- If you are awaiting WorkIT places please keep checking the website.

S4 Microsoft Teams

- This year we will post information on the S4 Microsoft Teams Website.
- To join the site enter the code: mfroksx
- Site will be moderated by Mr Marshall





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Maths Week Scotland

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When? - from the 10th to the 16th September

What is it about? - Helping everyone in our nation see maths positively. The aim is for everyone to experience the benefits, joy and beauty of maths in exciting new ways. We would like to see maths explored and celebrated throughout Scotland, raising the profile of maths and its importance in all aspects of our lives.

What do we have to do? - All year groups will have the opportunity to get involved, whether it be through;

- a lesson in class
- helping to deliver a lesson to another year group
- coming along at lunch time to explore some Maths challenges
- attending a lecture from a visiting speaker



S1 - a lesson in class on Friday 14th September

S2 - a lesson in class on Friday 14th September

(S4 will be in class to help)

S3 - a lesson in class on Friday 14th September

S4 - a lesson in class on Tuesday 11th September

S5/6 Higher/Advanced Higher - a lecture on Wednesday 12th September

There will also be lunchtime activities in the Maths Department running on **Monday 10th** and **Thursday 13th** at lunchtime. Everyone is welcome to come along!!

- 'Maths with Nae Borders' challenge
- Padlock Challenge
- Relay Challenge
- Murder Mystery



UPCOMING EVENTS



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.

Life Group Sponsored Walk



ALL STAFF AND PUPILS WELCOME

WEDNESDAY 12TH SEPTEMBER

COLLECT FORMS FROM MISS LANIGAN

