



S4

ASSEMBLY

Advent Week 2





Our Relationships



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 every day during Advent.

Mass will be celebrated at 8.25am.

Family members are welcome!



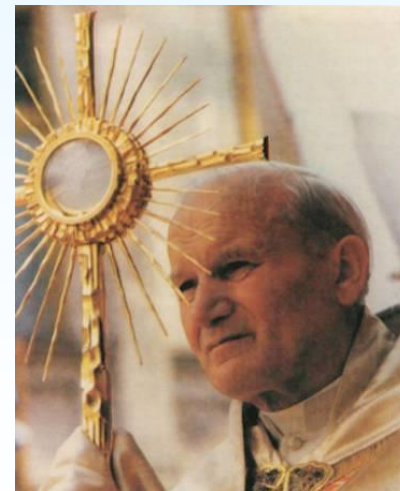
Eucharistic Adoration

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."

St. 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.



Advent

Hope · Love · Joy · Peace



Saint Ninian's High School

ADVENT 2018





Advent Services



During Advent we will be organising a number of liturgical services and opportunities to prepare for Christmas.

Morning Mass will be celebrated each morning during the week at 8.25am. All pupils are encouraged to attend and take part. This is the best way possible to prepare for the Nativity of the Lord

Advent Service is open to all and will take place at 4.00pm on Thursday 6 December. The theme will be 'Christ At The Centre Of Our School'. Tea and mince pies will be served after the Service

Carol Service and Christmas Concert will start with the Carol Service at 7.00pm on Thursday 20 December 2018, which will be followed by the Christmas Concert with its usual excellent standard of Christmas Music provided by the Music Department. All Welcome!



Advent Week One

May the God of hope fill you with all joy and peace
as you trust in him, so that you may overflow with hope
by the power of the Holy Spirit.

~ Romans 15:13, NIV ~



10 ATTITUDES FOR ADVENT



Search

God in others and in your day to day life.



Be generous

Share your time and your joy.



Trust

God is always listening.



Reconcile

with God and others.



Be coherent

Match your actions to your beliefs.



Love

others through simple and kind gestures.



Be grateful

with God for all your blessings.



Speak

about God. Don't be ashamed of Him.



Illuminate

others with joy. Be a light in the world.



Pray

Dedicate some special time to God.



Our Health & Wellbeing





Supporting people at risk of severe allergies

ALLERGY
AWARENESS
2018

MARTHA MCMAHON (IA6), SAMANTHA HOWIE (IA1)
AND HOLLY EDGAR (6A1)

WHAT IS AN ALLERGY?

- An allergy is an over reaction of your immune system to usually harmless substances
- Allergens can be found anywhere



COMMON ALLERGIES



WHICH OF
THESE MAY
CONTAIN
EGGS?



ALLERGIC REACTION

- An allergic reaction happens when the person who has the allergy has been exposed to it
- The body thinks it is fighting a germ so it over reacts causing severe symptoms

Signs of a severe reaction

- Difficulty breathing – noisy breathing, wheeze, persistence cough
- Swollen face and eyes
- Flushing of the skin
- Feeling sick and dizzy
- Stomach pain
- An allergic reaction can become serious very quickly

MEDICATION

- When an allergic reaction occurs, it is important to get help quickly.
- An adult will know what to do, how to help and what medicine to give.

There are two types of medicine

- For mild reactions: antihistamine
- For severe reactions: Adrenaline Auto-Injector (EpiPen®, Jext® or Emerade®)



GETTING HELP QUICKLY CAN SAVE A LIFE

- In school – get a teacher IMMEDIATELY
- Out of school – If adults are not around don't delay in dialling 999 and say anaphylaxis.
- Do not move the person.
- Do not leave them alone.
- Help find their kit.

HOW TO USE AN ADRENALINE AUTO INJECTOR

- Locate the medication
- Position the casualty (sat upright or lay down with their legs elevated)
- Check injection site (ensure there are no zips, buckles or anything that will get in the way)
- Follow the instructions on the adrenaline auto-injector
- If someone was lying down with feet up they should stay in that position until the paramedics arrive – never stand or sit up even if feeling better.

DEMONSTRATION



- There are three different types of injectors for allergies; epipens, jext and emerade.
- We are going to show you how to use an epipen but please read the instructions on the pen, it might be different.
- The person who is having the allergic reaction probably will be able to give their own pen but they might need help.

WHAT DOES IT FEEL LIKE TO HAVE AN ALLERGY?

- Someone with an allergy has to be more aware than others
- Some situations might be more difficult for someone with an allergy



LEO'S STORY



TEASING

- Some people think it's funny to tease people about their allergy.
- This can anything from laughing at them to throwing food that they are allergic to at them
- The effect on people can be hurtful or throwing these foods can even cause them to have a severe life threatening allergic reaction.

IS IT STILL FUNNY ?

THINK ABOUT LEO

WHAT YOU CAN DO TO HELP

- Good hygiene – wash hands
- Help make sure your friends with allergies are safe
- Ask your friend about their allergy and be understanding
- Don't share your lunch or snacks
- Know the signs of an allergic reaction and get help if you spot them
- Help your friend to remember to take their kit, this could save their life!

ALLERGIES ARE HIDDEN

Can you spot which child has an allergy?

5-8% of people have allergies so there could be up to 90 people in this school that have a severe allergy or even more.





Supporting people at risk of severe allergies

The Anaphylaxis Campaign is the only UK wide charity solely focused on supporting people at risk of severe allergic reactions.

Visit our website <https://www.anaphylaxis.org.uk/> or find us on

Facebook [@anaphylaxiscoms](#)

Instagram [@anaphylaxis_campaign](#)

Twitter [@anaphylaxiscoms](#)

YouTube [Anaphylaxis Campaign](#)



Our Success & Achievement



Well done to the Fourth Year pupils who were awarded Excellence Awards at today's assembly.

Pupils were presented with their awards by the Head Teacher.





Our Health & Wellbeing



Health and Wellbeing

Advent Calendar



During Advent we encourage our pupils to Connect and Give in preparation for the coming of the Lord.....



1. Morning Mass

Every morning during Advent we will celebrate Mass in our Oratory. This is an excellent opportunity to start your day on a positive note and connect with your Faith.

SEASON OF ADVENT



2. School Advent Service

On Thursday the 6th of December we will celebrate Advent at our School Service. All pupils, parents/carers and staff are welcome.

3. Christmas Ceilidhs

Our pupils will take part in Christmas Ceilidhs, giving them the opportunity to connect with others in their year group. Ceilidhs will take place week beginning the 11th of December.



4. Life Group Christmas Jumper Day

On the 14th of December pupils are invited to wear a Christmas jumper to raise money for a pro-life charity. Suggested £1 donation.

5. Santa Dash

On the 14th of December S1 pupils will take part in our Santa Dash. Pupils will be encouraged to donate toiletries/food to the East Renfrewshire Food Bank.



Health and Wellbeing

Advent Calendar



During Advent we encourage our pupils to Connect and Give in preparation for the coming of the Lord.....



6. Advent Charities

First and Second Year Pupils

Bringing in of baby items which will go to Cardinal Winning Pro – Life Initiative. New clothes, baby shampoo and soap, sponges, bibs, baby socks, nappies etc.



7. Advent Charities

Third Year Pupils

Mary's Meals Back Pack appeal.



8. Advent Charities

Fourth, Fifth and Sixth Year Pupils

Money donations and items for local food bank.



9. Staff Advent Reflection Sessions

There will be a series of four reflection sessions for all staff on the Tuesdays in Advent. They will run between 4:00pm and 4:30pm in the Oratory, led by staff.





Our Learning & Teaching



S4 Revision Class

Subject	Support
Art	Daily after School
Administration	Drop-in sessions when required
Business Management	Monday after school
Biology	Wednesday lunchtime (Science 15)
Geography	Monday after school (Geography 1)
French	Oral preparation lunchtime and after school
Modern Studies	Thursday after school
History	Drop in Monday after school
Mathematics	Monday after school (dates on website)
Physics	Drop in at lunchtime and after school
Chemistry	Wednesday lunchtime (Science 6)
Music	Available during lunch and after school

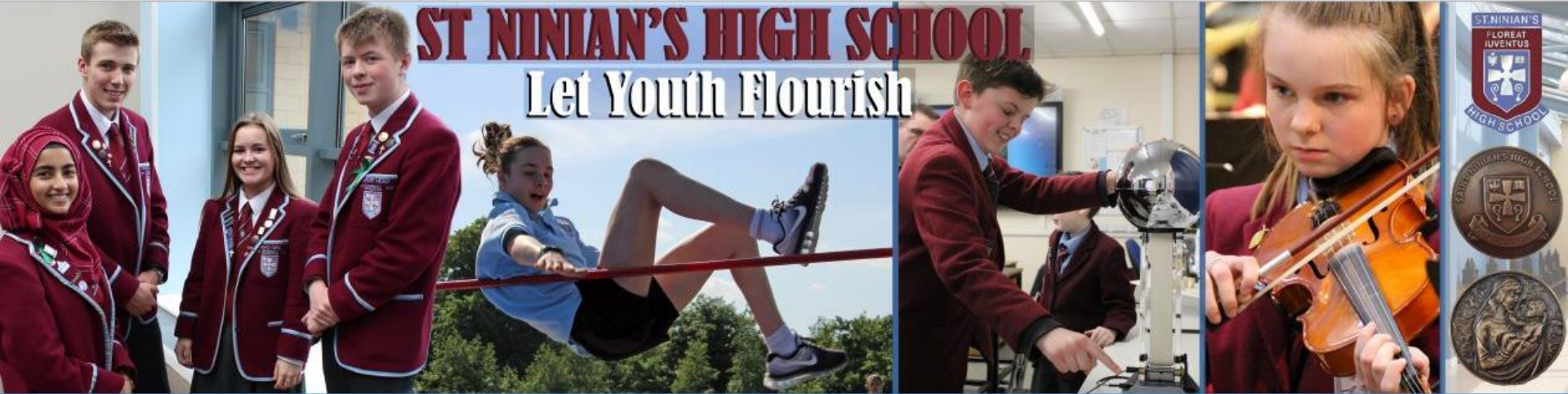


Our School & Community



ST NINIAN'S HIGH SCHOOL

Let Youth Flourish



Saltire Awards

Celebrating young people who take part in volunteering



The logo for Saltire Awards features a stylized blue saltire (a white cross on a blue field) 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 Mr Downie** 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
- Collect these from Mr Downie/ Mrs Miller or the PTD base in the English corridor

Saltire Awards

volunteering for 12 to 25 year olds



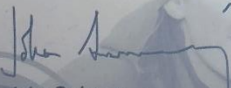
10 hours Volunteering

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

From 2nd September 2017 To 3rd September 2017

With St Ninian's High School – Celebrate Conference




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



www.saltireawards.org.uk



The logo for Saltire Awards features a stylized saltire (X-shaped cross) on the left, composed of two overlapping, brush-stroke-like lines. To the right of the saltire, the words "Saltire Awards" are written in a blue, sans-serif font. The letter 'e' in "Saltire" has a small circle inside it, and the word "Awards" is in a slightly larger font size than "Saltire".

Saltire Awards

Process

- You can hand in the forms throughout the year

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

**SEE MR DOWNIE/ MRS MILLERT IF YOU FEEL YOU
SHOULD HAVE RECEIVED A CERTIFICATE AND DID
NOT**

The logo for 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, serif font. The letter "i" in "Saltire" has a dot that is a small circle, and the letter "e" has a horizontal bar that is a small circle.

Saltire Awards

- Remember to return your completed Application Forms
- These should be returned to Mr Downie directly or the drop off box within his room
- You will need to return your completed forms in order to receive a certificate



To receive a certificate prior to Easter
please submit current hours by

Friday 14th Dec

MINIMUM 10 HOURS – MAXIMUM 500



HGIOURS Theme	Staff
Our Learning and Teaching	Mrs Grant and Mr Downie
Our Relationships	Mr Wilson and Mr McLaughlin
Our School and Community	Mr Young, Ms Kelly, J Ramsay
Our Health and Wellbeing	Mr Devine, Mrs Howson, Mr Kerr
Our Success and Achievements	Mr Zochowski, Ms Kennedy, Mr Macfarlane



Are you a Digital Leader?



St Ninian's High School are looking to recruit a team of Digital Leader's.

- Your job will be to support pupils and staff in the use of digital technology in the classroom and around the school.
- Helping a teacher set up a Google Classroom or Microsoft Team
- Helping Year Head set up for assembly and information evenings
- Helping with the upload of a video to YouTube
- Suggesting software or technology that could help your learning.
- Helping another pupil complete an assignment using MS Forms, Google Classroom etc.
- Taking part in pupil focus groups, helping inform and shape school policy.
- Introducing new technology into the classroom

If you are up for the challenge and think you have the skills for the job...

Scan the code below and complete the application form as soon as you can!



4th, 5th and 6th Year Advent Appeal 2018

Collection for Local Food bank



foodbank



Examples of the best non-perishable foods to donate:

Biscuits
Canned Vegetables
Canned Soups
Canned Tuna
Canned Chicken
Pasta, Rice, Quinoa Etc.
Jars e.g., Jam, Peanut Butter, Etc.
Nuts, Seeds, Dried Fruit, Pulses,
Shelf Stable Milk And Milk Substitutes
Pasta Sauce, Tinned Sauces
Canned Stews
Fruit Juice, Diluting Juice
Cereals
Olive Oil
Canned Tomatoes
Dried Fruits, Honey



Please be aware of 'use by dates' – no short dated food.

We can also take donations of cash.

Helping Hands Christmas Coffee



Date: Wednesday 19th December

Time: 3:00-4:00pm, Staff Room

Pupils, staff, parents **ALL WELCOME** to
enjoy a few Christmas treats and help
raise money for the
Sisters of the Gospel of Life, Crosshill.



Nat 5 Maths Supported Study Dates



- Monday 29th October
- Monday 19th November
- Monday 3rd December
- Monday 19th December
- Monday 4th March
- Monday 11th March

All dates are set to target revision for Block Tests and the Prelim.

ALL pupils are encouraged to attend.

Supported study will take place in Maths Room 10 (3.30-4.30pm)



Biology Supported Study

National 5 - Every Wednesday Lunch time.

Higher Human - Every Thursday 3.30-4.30pm

In Science 15 - All welcome!

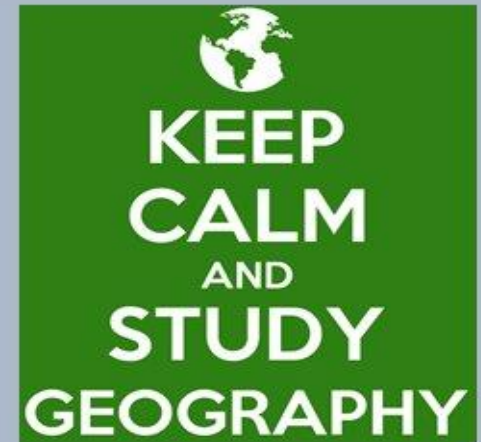
**KEEP
CALM
AND
STUDY
BIOLOGY**

National 5 Geography Supported Study

Every Monday

In Geo 1, from 3:30-4:30pm.

All welcome!



S4 Prelim Dates

Class:	4H classes	4E classes	4F
Date:	Thursday 17 th January	Monday 21 st January	Thursday 24 th January
Periods:	1-3	5-7	2-4
Time*:	8.45 am -11.15am	1.00pm -3.30pm	9.35am -12.05pm
Break: (Only in street area)	11.15am-11.30am	No break	12.05pm-12.20pm

2 ½ hour prelim exam.

*Times will differ slightly for pupils
with additional arrangements.

