



S4 ASSEMBLY January 2019





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 on:

- Tuesday
- Thursday
- Friday

At 8.25am in the school Oratory



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.





Our Health & Wellbeing



HGIOURS

2017 – 2018: HWB Benchmarking



Our Success & Achievement



Many thanks to pupils, parents and staff who attended our Advent Service and Carol Concert on Thursday 20 December. It was an extremely special night. Well done all!





Our Health & Wellbeing



Courtesy



Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.

(Mother Teresa)

Kindness

O Jesus through the most pure heart of Mary, I offer thee all my prayers, works, joys and sufferings of this day for all the intentions of Thy divine heart and particularly for the intentions of Our Holy Father, the Pope.



“Everything
and everyone
is won by the
sweetness of
our words
and works.”

St. John Bosco



**“There is something I very much want to say to you:
I hope that among those of you listening to me today there
are some of the future saints of the twenty-first century.**

What kind of person would you really like to be?”

Pope Benedict XVI



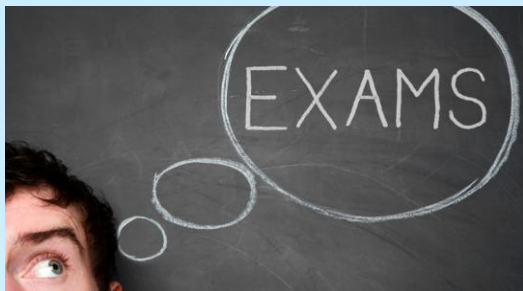


Our Learning & Teaching



EXAM REVISION





Study Skills

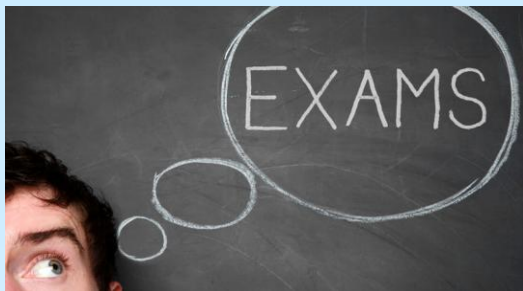


- **Be Prepared!!!**

Take confidence from the fact that exams are a test of what you already know. Start revising well in advance and prepare yourself.

- **Plan Ahead.**

Organise your revision timetable and create your own study plan with the SQA MyStudyPlan App. Import your exam schedule, enter your time availability and use the information to prioritise how much time you want to spend on each subject. Stick a paper version on your wall. Revising absolutely everything in a particular subject may seem scary but the trick is to break subjects down into small, manageable chunks



Study Skills



- **Manage your Time.**

It's easy to over-estimate what can be achieved so be realistic about how long you can study for each day. Your plan should be like a diary, spreading chunks of time around the day. The more you stick to your plan, the easier it gets and the more productive your studying will be.

- **Don't Panic**

Your study plan isn't set in stone so, if you're struggling to keep up, take the time to look over your schedule and re-plan it to get back on track. Even with your study plan, you may run out of time and find you can't cover all your topics. If this happens, try to prioritise your problem areas



Study Skills



- **Avoid Cramming**

Caffeine-fuelled all-nighters are not the best way to study. Why? Research has shown that skipping sleep to study prevents the brain from absorbing information as effectively. Also, coffee might make you feel more awake but too much caffeine can actually over-stimulate you, making it difficult to concentrate and to get that much-needed sleep. What's more, much of the information actually ends up forgotten. Instead, make sure you drink plenty of water.



- **Put it into Perspective.**

You may feel your life depends on your exams results. However, try not to worry as it doesn't help and can prevent you from performing as well as you could. Although results are important, they are not the be all and end all. No matter what you achieve, there is always a way forward.



Coping with Stress

- **Keep your body healthy.**



With so much studying to do, it's easy to think you simply don't have time for exercise. But in fact, exercise is a well-known stress buster. It's tempting to scoff chocolate when you are studying but eating too many sugary snacks can cause energy dips. High protein foods and wholegrain cereals help to release energy gradually and keep sugar levels stable. So when you need to re-fuel, swap chocolate for tuna and keep the energy coming

- **Take a break - and breeeaathe!**



Did you know experts believe we can only study properly for around 45 minutes at a time? After this, we can lose concentration and are less likely to store information. To work more effectively, study in small, focused chunks and take plenty of breaks to clear your mind. Go for a walk, read a book or chat to a friend

Getting it Right on Exam Day

- **Turn up on time.**



Flapping won't help you focus so make sure you know in advance exactly where and when your exam is taking place. Allow yourself plenty of time to get there, with a pen (plus a spare) and start as you mean to go on – calm and full of concentration.

- **The big brain breakfast**



Tempted to skip breakfast? Research shows that eating a healthy breakfast of whole grains, fruit and even limited amounts of coffee can help to improve short-term memory and concentration. Plus there's nothing like a rumbling stomach to distract you.



Getting it Right on Exam Day



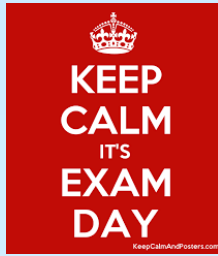
SILENCE
EXAMS
IN PROGRESS

A black rectangular sign with white text, placed in front of a wooden door.

- **Read questions carefully.** When the exam starts, take some deep breaths, read all questions through thoroughly - then re-read them again! One of the biggest mistakes students can make is failing to read the question properly and misunderstanding what is being asked.
- **Which question?** You don't always need to work through the questions in order – starting with the easiest will help boost your confidence. If you are stuck at any question, then don't waste too much time stressing over it – come back to it later. Fresh eyes can often work wonders.
- **Take time over your answers.** Avoid a muddle of scored-out scribbling by taking time to plan your answer. Work out the key points and think about exactly what you need to include in your answer. It might help to make a list of the important points, ticking them off as you go along.



Getting it Right on Exam Day



- **Note the marks.**

Pay attention to the number of marks that each question is worth. Take this as a measure of importance and of how much work is needed in the answer. If time is running out, try to tackle the higher scoring questions first to maximise your overall score.

- **Check your answers.**

Check over all questions for incomplete work and anything that has been missed. Try to also look at ways to improve your answers or find ways to add possible marks to them. A rule of thumb is to allow 20 minutes in a two hour exam.

- **Comparing notes.**

It's only natural to want to discuss questions and answers with friends but try to keep it in perspective - it's not a competition and don't panic if answers differ. Remember exams may be important at the time but they are only a small part of life.



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



Respect for All

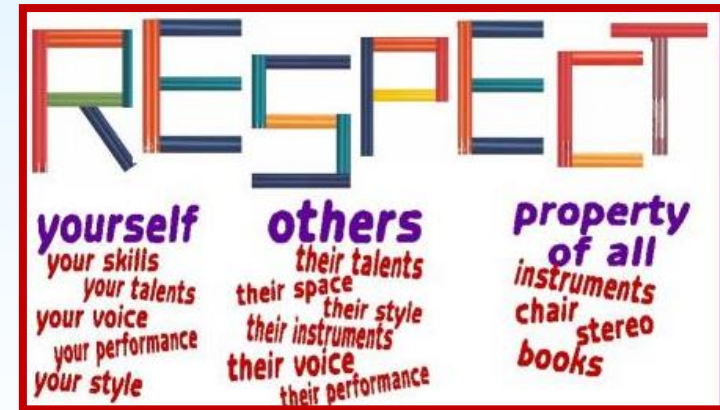
At St Ninian's we believe it is important to treat everyone with respect. We believe everyone is made in the image of God and we should value everyone.

Sadly, some people can be prejudiced towards others because they're different in some way or are perceived to be different.

Being different isn't the problem – the problem lies in **other people's attitude** towards what makes someone different. Some characteristics are protected by law to address the imbalance experienced by some groups over the years.

The Equality Act 2010 makes it illegal to discriminate against a person due to the following, which are known as the '**Protected Characteristics**':

- gender
- race including colour, nationality, ethnic or national origin
- disability
- religion or belief
- sexual orientation
- gender reassignment
- being pregnant or having a child



We all have a moral responsibility to ensure that everyone feels they are welcome and that no one is discriminated against for any reason.

We are all equal, We are all God's children and We all deserve to be respected.

SILICON VALLEY TRIP - OCTOBER 2019

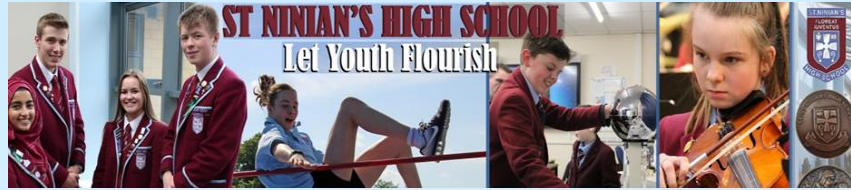
COMPUTER HISTORY MUSEUM
TOUR OF SILICON VALLEY
GOLDEN GATE PARK & BRIDGE
ACADEMY OF SCIENCES
TOUR OF ALCATRAZ
YOSEMITE NATIONAL PARK
SIGHT-SEEING IN SAN FRANCISCO
CABLE CARS
GREAT AMERICA THEME PARK

IF INTERESTED COME AND SEE MR KELLY IN

LOT 4



Volunteers Needed!



How Good is OUR School?

Would YOU like to have a say in how we shape our school?

THEN THIS IS THE JOB FOR YOU!

We want to know how you rate your school.

Pupils across all year groups are required to form the new HGIOS Working Group. This is a fantastic opportunity to participate in self-evaluation and school improvement.

Self-evaluation is how schools decide what is going well and what could be better. It helps us as a school to identify the actions they need to take to keep improving.

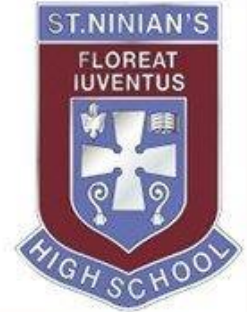
Have you say!

| 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 |





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!

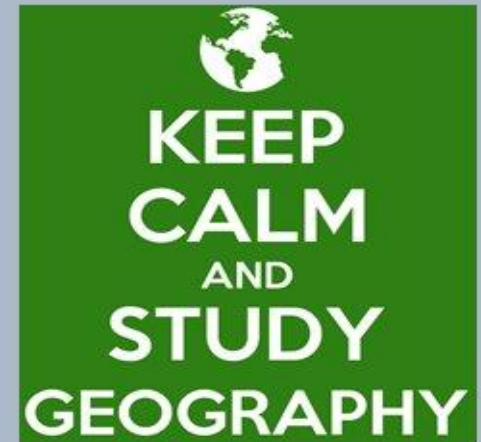
**KEEP
CALM
AND
STUDY
BIOLOGY**

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.

