



S4 ASSEMBLY

February 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



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



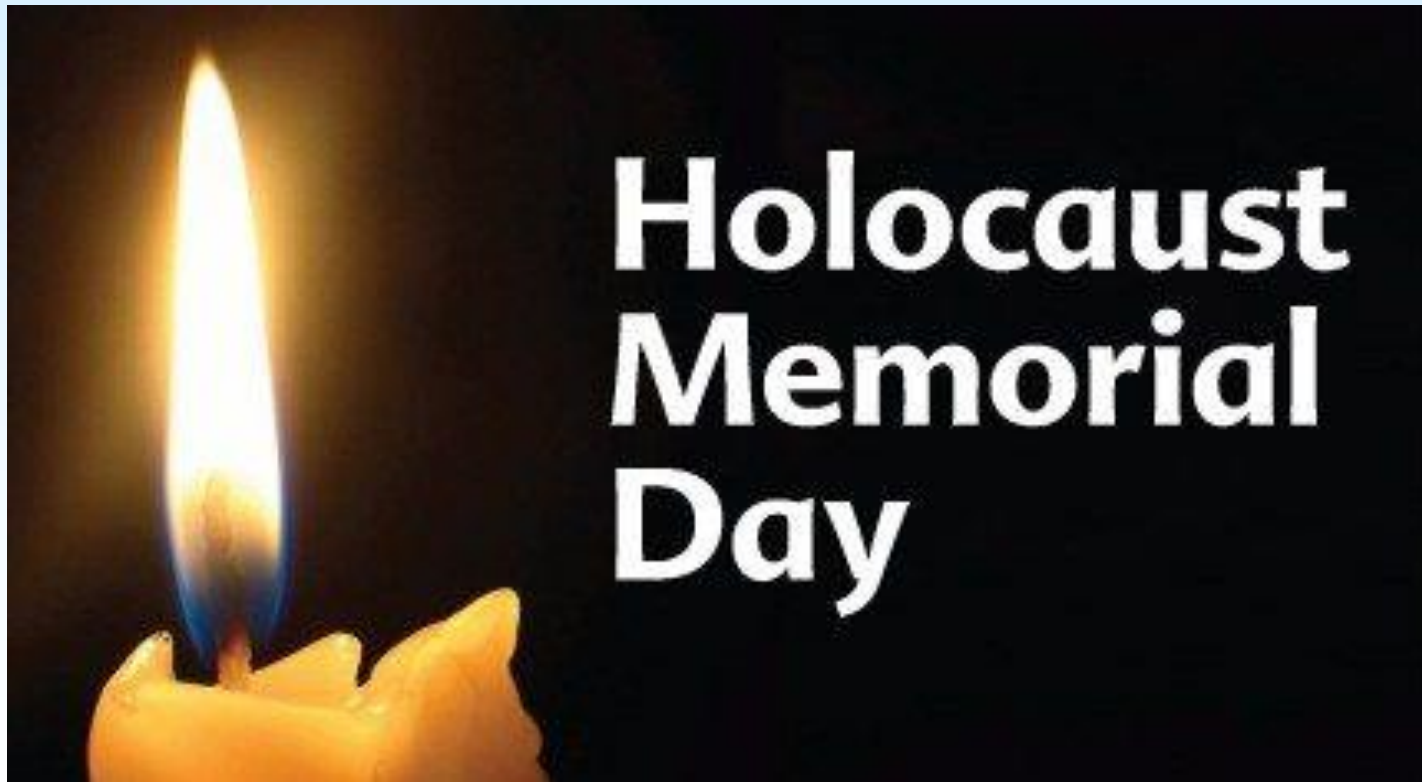


Focus for the Week



National Holocaust Memorial Day

<https://youtu.be/R1UsIL36gfY>





Our Health & Wellbeing



How to support someone be **MENTALLY HEALTHY**



LISTEN

Listen to what your friend is telling you. Take time to engage in the conversation.



COMMUNICATION

Don't be afraid to communicate. Limit the amount of questions that you ask and don't just talk about their mental health.



STAY IN TOUCH

Remain in contact. Stay in touch with your friend or family member. An email or text can go a long way



SUPPORT

Support and encourage your friend or family member. Be compassionate



AVOID CRITICISM

Don't criticise or be harsh. Take time to understand what it is your friend is going through



BE PATIENT

Understand that people will go through ups and downs



INFORMATION

If you know someone experiencing a mental health problem why not spend some time researching where to find help for them (E.g. Mind, Rethink)



BE CARING

Show them that you are there for them and that you care about them



ENCOURAGE

Gently encourage them to seek help from mental health professionals



I'M PROUD OF YOU

Tell them that you are proud of them for talking about their problem



Our Learning & Teaching



MORE INFO

DATES

Saturday 6 - Thursday 11 April
Leaving 11am on Saturday.
Returning 6pm on the Thursday.

COST

£180 by cheque payable to 'Kelston Trips'. Send to Kelston, 159 Nightingale Lane, London SW12 8NQ or give in to the club leader.

Should you wish to pay directly into our bank, the details are: 'Kelston Trips', Barclays Bank, account 70544973, sort code 20 90 69.

LOCATION

Thornycroft Hall, Pexhill Road, Siddington, Cheshire SK11 9JN

Open to all, spiritual activities are entrusted to Opus Dei, a personal prelature of the Catholic Church.

TO BOOK A PLACE

Sign up for a course of thirty hours intensive personal study for your examinations.

You can reserve a place by emailing Pablo Hinojo at mail@kelston.org.uk.

Kelston Club & Study Centre is part of Netherhall Educational Association, a registered charity no. 236586



STUDY WEEK 2019

6 April - 11 April

30

HOURS OF INTENSE PERSONAL STUDY

WHAT WE OFFER?

INTENSE STUDY

The timetable will guarantee a high number of hours to study each day. This week is a challenge. It is for those seriously wanting to give of their best in forthcoming exams, helped by the presence of others intent on using the time well.

DEEP WORK

As it's a week for revision you can do without mobile phones and the Internet. Accommodation will be in single rooms and the study room area will have plenty of space for you to spread out your books and notes. The Conference Centre will provide all meals and there will be numerous breaks to keep up the concentration levels.

MENTORING

Throughout the study week there will be plenty of opportunities to get to know others as well as have one-to-one mentoring to discuss your academic studies and personal development.

”

**“YOUR WORK IS GOING TO
FILL A LARGE PART OF YOUR
LIFE. AND THE ONLY WAY TO
DO GREAT WORK IS TO LOVE
WHAT YOU DO. IF YOU
HAVEN'T FOUND IT YET, KEEP
LOOKING, AND DON'T SETTLE.**

“

*Steve Jobs
Founder of Apple*

WHY GO SO FAR?

TEAM EFFORT

Studying in a library allows you to get out of the rut and into your comfort zone. Being surrounded by other people who are also studying, you will be able to concentrate more and be more predisposed to learning.

TIMETABLE BREAKS

The timetable will allow for 30 hours of study. In order to make the most out of the week we will have study breaks to enable people to disconnect and recharge batteries. There will also be ample opportunities to play sports, and have evening entertainment.

WHAT TO BRING

You can bring as many books and reference materials as you want. Ensure you are well kitted out with pens, pencils, plus any past papers or syllabuses. In addition, bring changes of clothes and sports kit.



Our School & Community



In the Footsteps of Pope St. John Paul II



- Pilgrimage to Krakow
- 7th – 11th October 2019
- 4 Spaces
- £550 per person

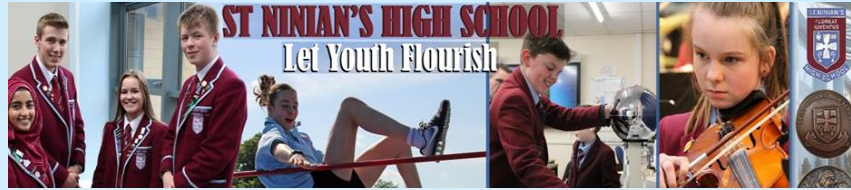
SILICON VALLEY TRIP - OCTOBER 2019

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
ICT 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



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



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!

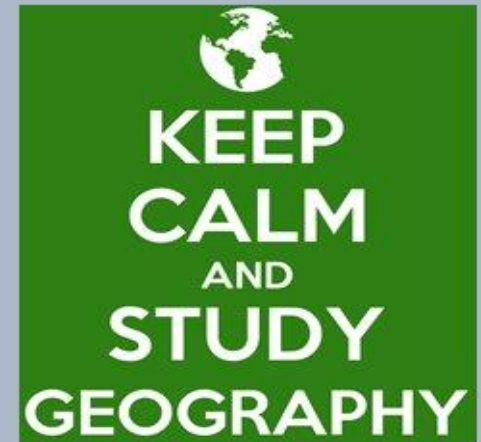
**KEEP
CALM
AND
STUDY
BIOLOGY**

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.

