



S4 ASSEMBLY

March 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
- Everyday during Lent 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



PRAYER



Wednesday 6th March is **Ash Wednesday**, when we begin the great season of Lent – a time of spiritual renewal. Please take advantage of the Lenten opportunities offered by the school, Diocese of Paisley, and Archdiocese of Glasgow.

The celebration of Ash Wednesday was introduced in the seventh century to ensure Lent consisted of 40 days exactly. The forty days refer to the time Jesus spent in the desert after being baptised in the Jordan by John and before beginning his public ministry (cf. Matthew 4:1-11, Mark 1:12-13, Luke 4:1-13). The ashes used in the liturgy on Ash Wednesday are traditionally made from the palms used on Palm Sunday the previous year. Ash Wednesday is a day of fasting and abstinence. Abstinence from eating meat applies to everyone age 14 and above. Fasting applies to everyone age 18-59. During the season of Lent, Christians traditionally engage in three practices: prayer, fasting, alms-giving

In Sunday's readings we hear Jesus speaking in Galilee as well as a Jewish sage named Sirach [Ecclesiasticus] writing in Jerusalem more than a century earlier. The two of them touch upon a single truth: The words that come out of us make known the hidden thoughts within us. Speech reveals the secrets of the heart. Sirach teaches that speaking is "the test of men" and their character. One who is upright will utter words that are truthful and encouraging to others. But one whose heart is cluttered

<p>WHY THE ASHES? THE MEANING OF ASH WEDNESDAY</p>	<p>1 ASHES WERE USED AS A SIGN OF REPENTANCE IN THE OLD TESTAMENT</p> 	<p>2 ASHES ARE A PUBLIC SIGN OF OUR INTENT TO DIE TO OUR WORLDLY DESIRES AND LIVE IN CHRIST</p> 
<p>3 ASHES ALSO SYMBOLIZE GRIEF. IN THIS CASE, GRIEF FOR OUR SINS.</p> 	<p>4 AS OUR FOREHEADS ARE BEING MARKED, THE PRIEST SAYS: "REMEMBER THAT YOU ARE DUST AND UNTO DUST YOU SHALL RETURN"</p> 	<p>5 THE ASHES COME FROM THE BLESSED PALMS USED IN THE PALM SUNDAY CELEBRATION OF THE PREVIOUS YEAR</p> 

FASTING

with "refuse" will be exposed, since the "fruit" of his mouth speaks volumes about the "tree" that produces it. Sirach also compares the testing of our words to clay fired in a kiln—if properly prepared, a useful vessel emerges; but if the clay is not fully dried, it will break apart in the extreme heat. In a similar way, Jesus insists that a person speaks "out of the abundance of the heart". He too compares our speech, whether good or bad, to what grows on a tree: "For no good tree bears bad fruit, nor again does a bad tree bear good fruit". Read Scott Hahn's complete reflection for this coming Sunday **here**.

Why I'm Not Leaving the Church and 3 Things We Can Do to Fix It
Chris Stefanick, one of the most engaging young defenders of the Christian faith today speaks to over 90,000 teenagers, young adults, and parents every year. He has an excellent YouTube channel called Real Life Catholic, which you can see **here**. His videos are short clips and messages. "Now more than ever people need to know there is something more to life" he says. "Now more than ever people need to know that the answer is the Good News Jesus offers. And that is why now, more than ever, people need us to get back to basics: **Pray, Serve the poor, Live the Gospel.**"

Fullness of Life - an animation based on John 10:10 Use the film with your pupils to explore what fullness of life means, and how we can all live our lives to the full https://www.youtube.com/watch?v=bV-oCy_SVU4

What does fullness of life mean to you? We believe fullness of life involves working together to make a better world for everyone. In our world today there are: 1.2 billion people living on less than 74p a day, 2.5 billion people lack basic sanitation, 770 million people do not have access to water. As a global community we can work to overcome this injustice. The film explores how we can put our faith into action, by learning about global issues, praying, campaigning and fundraising for a better world, and show how people are responding to be loving and merciful neighbours. Why not use the short film about Saint Oscar Romero, defender of oppressed people in El Salvador, who was martyred



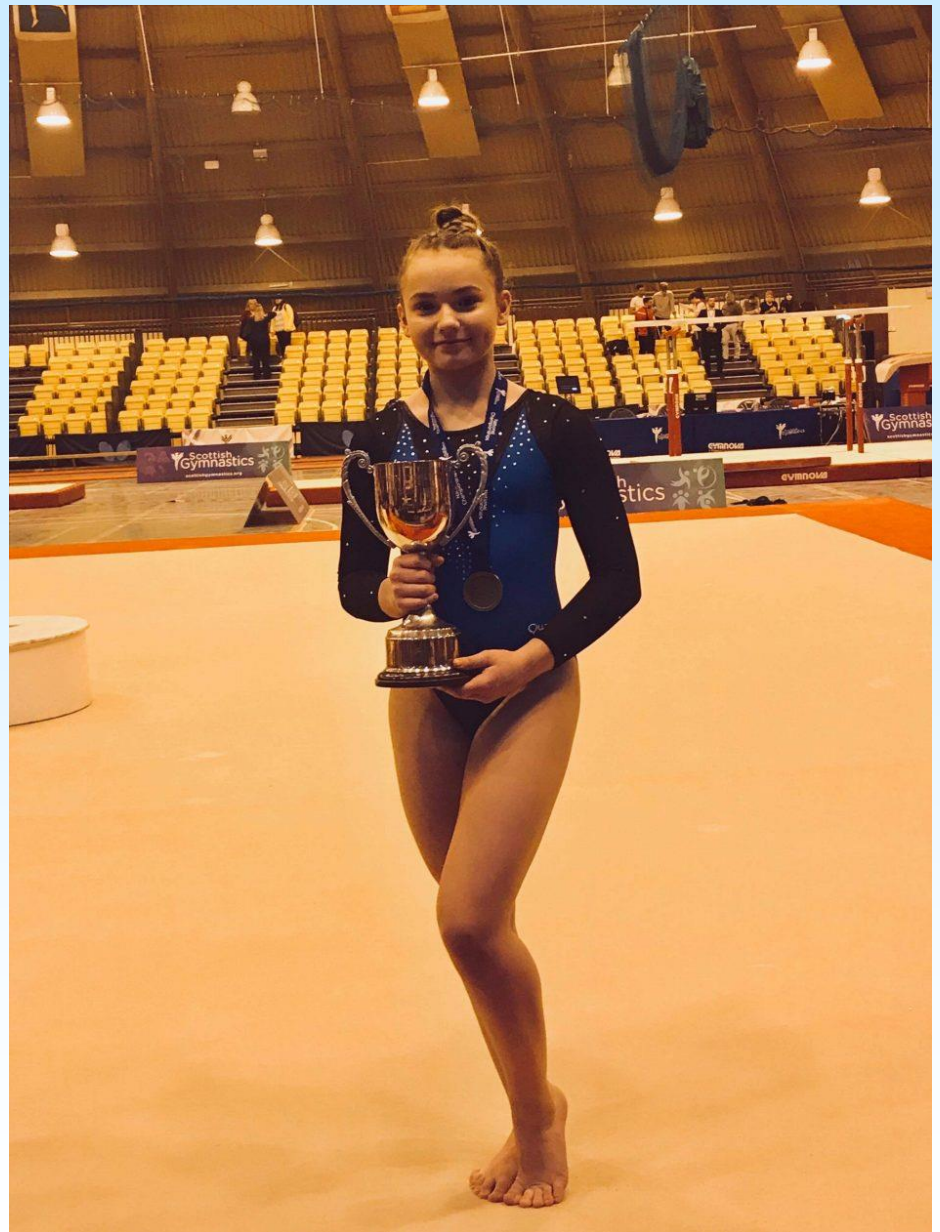
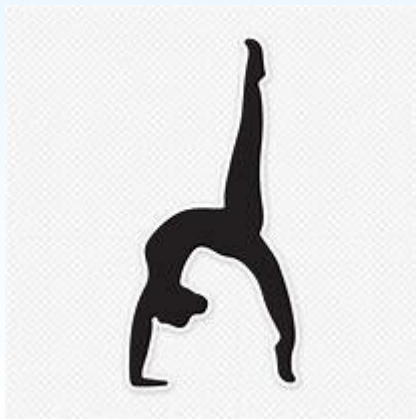
Our Achievements



Well done Sophie MacPherson (4A6)

Sophie Macpherson was part of City of Glasgow Gymnastics team which won overall gold in the team competition at the Scottish Artistic Championships on Saturday and Sunday 23rd and 24th February 2019.

Sophie finished in 4th place in the individual category which is a fantastic achievement at this level of competition.



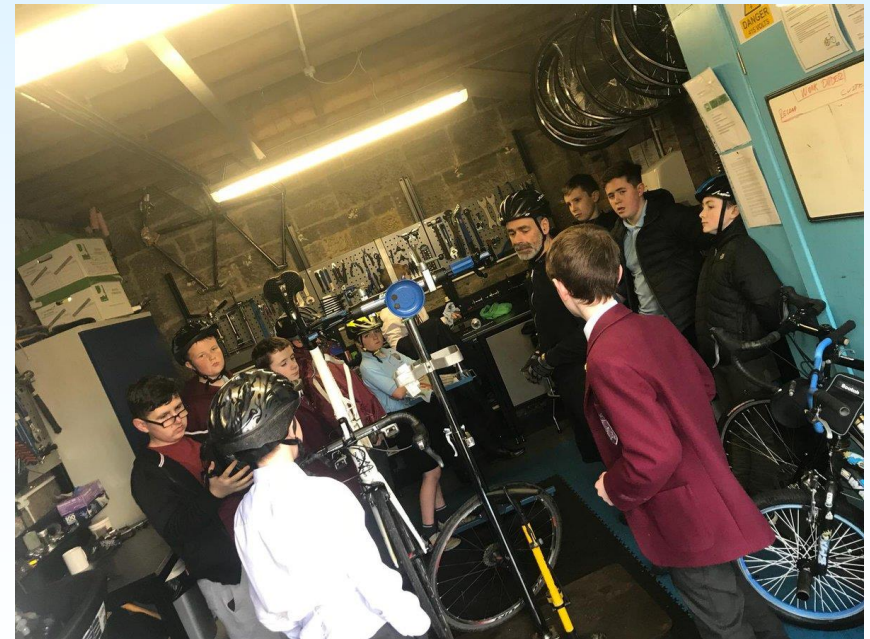


Bike maintenance



Thanks to the Neilston Trust for working with our S1 and S2 pupils teaching them bike maintenance.

Many thanks to Our S4 bike mechanics who helped out.



Healthy Bake Sale



Cheerleading



BATD Dance Scholarships



Gymnastic Competition - Perth





Our Health & Wellbeing





PennState
PRO Wellness



BE MINDFUL!

MINDFULNESS IS WHEN YOU ARE CALM AND AWARE OF YOUR SENSES.
FOR INSTANCE, HOW YOUR BODY FEELS AND THE WAY YOU BREATHE.

BEING MINDFUL CAN

HELP YOU TO PAY
BETTER ATTENTION

HELP YOU TO CONTROL
YOUR EMOTIONS

HELP YOU TO BETTER
HANDLE STRESS

HELP YOU TO MAKE
BETTER DECISIONS

TRY MEDITATION! IT CAN HELP YOU BECOME MINDFUL



PREPARE YOUR SPACE!
QUIET AND FREE FROM DISTRACTIONS



GET INTO A COMFORTABLE POSITION
CLOSE YOUR EYES AND FOCUS ON YOUR BREATHING



#1
THE SUPERMAN

TRY A POSE!

1. STAND WITH FEET JUST WIDER THAN THE HIPS,
FISTS CLENCHED ARMS REACHED OUT, STRETCHING THE BODY OUT AS LONG AS POSSIBLE.

2. STAND WITH FEET JUST WIDER THAN THE HIPS,
AND HANDS OR FISTS PLACED ON THE HIPS.



#2
WONDER WOMAN

CLOSE YOUR EYES, BE CALM, AND TAKE IN YOUR SURROUNDINGS USING ALL OF YOUR SENSES!



STAY SAFE ONLINE

National Online Safety have developed a number of excellent resources offering advice to Parents & Carers for social media apps and platforms.

Follow the link for more examples and instructions of how to access more resources and advice from National Online Safety

<https://blogs.glowscotland.org.uk/er/HealthandWellbeingWebsite/online-safety-advice-for-parents/>

<https://twitter.com/natonlinesafety?lang=en>

<https://nationalonlinesafety.com/>

National Online Safety **7 questions to help you start a conversation with your child about online safety** **#WakeUpWednesday**

1 Which apps/games are you using at the moment?
THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY. IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

2 Which websites do you enjoy using and why?
AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

3 How does this game/app work? Can I play?
PLAY AGAIN? YES NO
SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM, IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

4 Do you have any online friends?
CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD ASK THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE, "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.

5 Do you know where to go for help?
ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT, BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER, HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

6 Do you know what your personal information is?
YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED, HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

7 Do you know your limits?
CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION, TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

www.nationalonlinesafety.com **Twitter - @natonlinesafety** **Facebook - /nationalonlinesafety** **Phone - 0800 368 8061**



Body Image and Self-Esteem

Bodies come in all different sizes and shapes.

There is no one “right” body size.

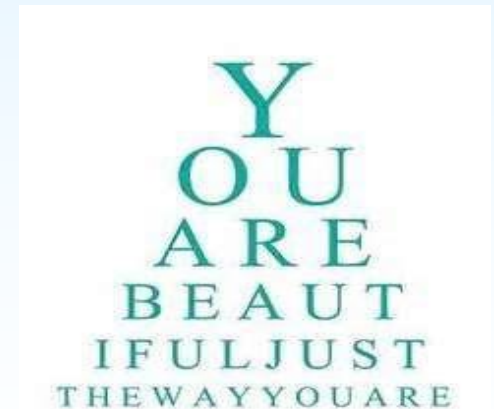
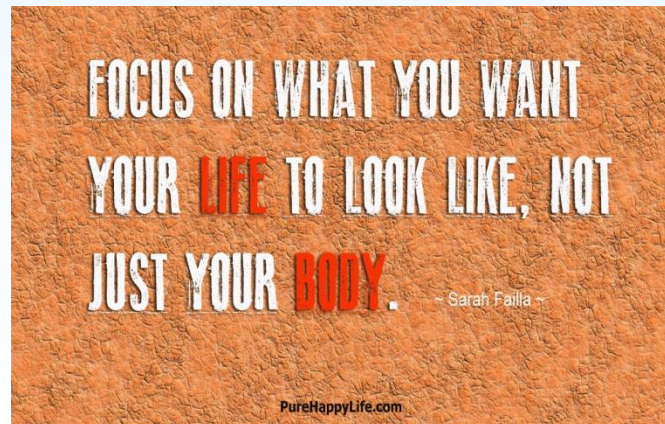
Your body is not and should not be exactly like anyone else’s.

Try to see your body as a facet of your uniqueness and individuality.

Try not to compare yourself to others.

Remember that your body size, shape, or weight does not determine your identity as a person or your worth as a person.

‘You are not just your body’.



Body Image and Self-Esteem

"I'm fat. I'm too skinny. I'd be happy if I were taller, shorter, had curly hair, straight hair, a smaller nose, bigger muscles, longer legs"

- Do any of these statements sound familiar?
- Are you used to putting yourself down?
- Body image is constantly being debated in society and there are photographs in the media of women and men that cause intense discussion about the aesthetic ideals we impose on ourselves and others.

142) I honestly believe that all my problems will disappear if I become skinnier.

i need
~~thinner legs~~
~~a flatter stomach~~
~~longer hair~~
~~whiter teeth~~
~~softer skin~~
~~a prettier face~~
~~more friends~~
a change in perspective &
a higher self esteem

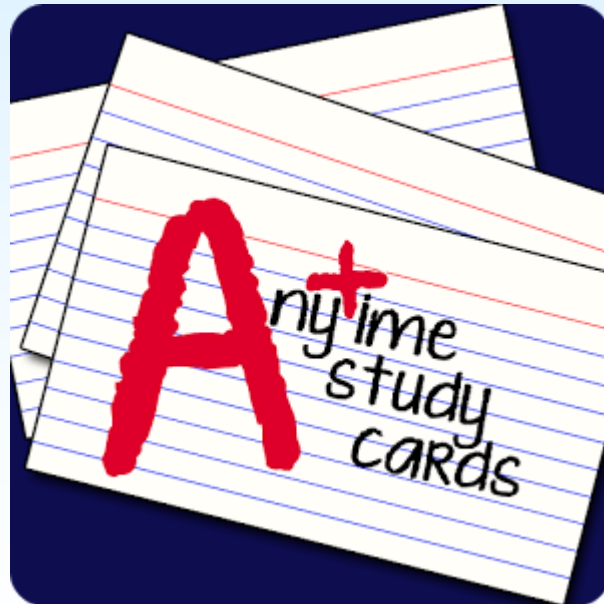


Our Learning & Teaching



Study Cards

Study cards are available from the school office for £1.00 per pack.

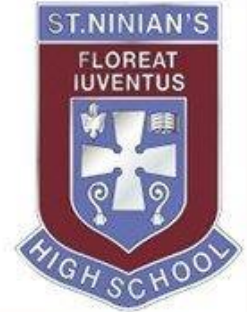


S4 Revision Class

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!

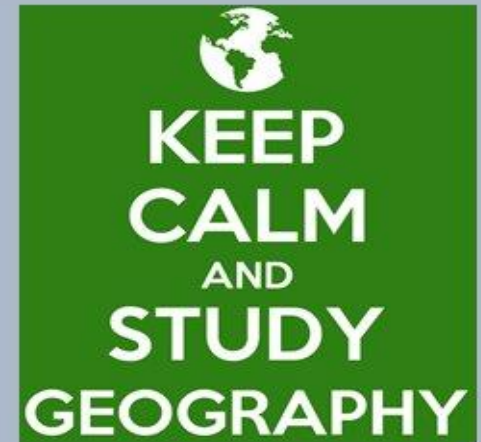
**KEEP
CALM
AND
STUDY
BIOLOGY**

National 5 Geography Supported Study

Every Monday

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

All welcome!





Our School & Community



St. Ninian's High School

FASHION SHOW & EXHIBITION

21st March 2019

19.00 - 21.00

£3





School Lenten Service
After school on 12th March 2019
All Welcome

Apprentice Opportunities

Mactaggart & Mickel Homes Ltd are recruiting 2 apprentice painters (Central and West of Scotland) and one joiner (Based in the East of Scotland) for an August 2019 start at Mactaggart & Mickel Homes Ltd.

If you would like to apply or you are interested, you can find out further details on their recruitment website and submit a CV directly:

<https://careers.macmicgroup.co.uk/latest-vacancies/>



LIFE

Afternoon Tea

St Ninian's High School
23rd March 2019
1pm-4pm

CHILD TICKET £3
ADULT TICKET £5



MILLPORT TRIP – TUESDAY 2ND APRIL 2019

Fancy a relaxing, fun day cycling round Millport?

The cost is **£15** each which covers the cost of transport, hire of a bike and helmet.

Come on, sign up – it'll be fun!!

See Mr Fuchs for details.



Millport Trip



Come and enjoy a relaxing and enjoyable day with friends and family cycling round Millport.

This years annual Millport trip will be on **Tuesday 2 April** and promises to be an excellent day.

We will leave school at 9.20am and travel over to Millport together to spend the day on the Island before returning to school around 6pm.

If you are interested in coming along or have any questions then please see Mr Fuchs for an information letter.



No Child Taken
Club Presents

Entry £3

7-9pm

THE BIG QUIZ NIGHT

22nd March

**Bring friends
and family!**

Home Baking





Helping Hands S1 - S6 Charity



Helping Hands

When: Every Monday
Where: Lab 15 at 12:30pm

Helping Hands is a school fundraising group which aims to help to raise money for local charities such as Missionaries of Charity and Mary's Meals.

Next event: Pancake Tuesday 5th March

