



S1 ASSEMBLY

10th September 2019



School Prayer

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;
where pupils are encouraged
to develop their talents
and where all
staff, young people pupils and parents -
work together
in trust and friendship.

Live among us now and forever.

Amen



With the spread of technology and social media, we now live in a world where there is little time for reflection and stillness. Today we remind ourselves that we are lucky enough to have many opportunities in our school to spend quiet time with God including at morning mass on a Tuesday, Thursday and Friday before school and at Eucharistic adoration on Fridays at lunchtime.

We pray that by spending this time reflecting on God's word and His great love for each one of us, we will receive the strength we need to always give of our best in everything we do at school, at home, and within our wider communities.



Morning Mass

Mass will be offered up on

- Tuesday
- Thursday
- Friday

Mornings at 8.25am.

Family members are also
welcome!



Wednesday @UR Space Breakfast

- Come along for a prayer breakfast
- 8am RE 2
- A great start to the day with prayer, chat and light breakfast

What is Mental Health?



In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life.

But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

In the same way you may speak to someone if you have say a sore leg or suffering from flu. It is important that you have someone to speak to when your mental health isn't feeling as it should.

Mental Health First Aid Team in St Ninian's

Our role

- To provide comfort to a person experiencing difficulties with their mental health
- To provide support and advice – a supportive ear
- To promote understanding of mental health issues.

The MHFA Board

- ✓ The MHFA board will be the third board as you approach the big pastoral base – pictures of staff are displayed here.

Drop in time (Monday lunchtimes)

- ✓ In the coming weeks there will be a launch of the drop in
- ✓ MHFA's and S6 Students will be available for a chat





Name: Mrs Marshall

**Role: PT Pupil
Support(Learning)/Modern**

**Where you can find me: Pupil
Support Base/Modern Languages 3**

**My go to strategy is: I like to read a
book to my son Blair in his play
tent or go for a walk in the fresh air**



Name: Mrs Howson

Role: History/Modern Studies

**Where you can find me: History
and Modern Studies Base**

**My go to strategy is: Putting an
upbeat playlist on and going a run
in the fresh air**



Name: Mr Power

Role: Chemistry Teacher

Where you can find me: Lab 13

My go to strategy is: Reading, running and listening to music



Name: Ms Leckie

Role: Geography Teacher

**Where you can find me:
Geography 1 or the base next door**

My go to strategy is: I cope by walking my dog Harris, no matter the weather, I find fresh air always



Name: Ms McGoldrick

Role: Biology Teacher

Where can you find me: Science Base

My go to strategy is: A nice long walk outdoors!



Name: Mrs Bastable

Role: English Teacher

Where you can find me: English Room 4 or the English base

My go to strategy is: Talking things through with someone I can trust and reading a good book. I always sleep better when I read last thing

at night:



Name: Ms Green

Role: English Teacher

Where you can find me: English Room 9/English Base

My go to strategy is: Go out for a walk to get some fresh air and cook something nice to eat



Name: Mrs Wilson

Role: Depute Head

Where you can find me: DHT office at front of the school

My go to strategy is: Clear your mind by taking part in a physical



Name: Mrs L Miller

Role: PT Wider Achievement & Raising Attainment

Where you can find me: Art Room 1 or PTD Base (English corridor)

My go to strategy is: I find it best to remove myself from the situation that is making me feel stressed at the time and to take



Name: Mrs Smith

Role: Art & Design Teacher

Where you can find me: Art Room 2 or Art Base

**My go to strategy is:
If I'm having a difficult day I like to talk it out, get some quiet time, read or exercise.**



Name: Mr McKean

Role: PT Maths

**Where you can find me: PT
Pastoral Base or Mathematics**

**My go to strategy is: When you go
home from school or from a day
out with your friends tell your
parents/carers about your day**



Name: Mr Capuano

Role: PT Physical Education

**Where you can find me: Sports
Hall/Games Hall**

**My go to strategy is: Exercise for
at least 60 minutes per day
“Exercise is the Best Medicine”**



Name: Mr Downie

Role: Physics Teacher

Where you can find me: Science 3

My go to strategy is: Anything from a walk to a marathon, get those endorphins flowing



Name: Mr Gallagher

Role: PT Pastoral/Biology

Where you can find me: Pastoral Base/Upper street

My go to strategy is: Regular exercise



Name: Ms Duncan

**Role: PT Pupil Support
(Wellbeing)/Modern Studies**

**Where you can find me: Pupil
support base above the forum**

**My go to strategy is: A long walk
along the beach helps - Prestwick
is a favourite of mine**

Name: Mrs Thornton

Role: Biology Teacher

**Where you can find me:
Lab 20/ Science base upper**

**My go to strategy is:
Talking to a friend**

S1 Successful Learners

- Be respectful, courteous and well-mannered to each other and all staff
- Be proud of your uniform and have a high standard of uniform every day
- Attend school every day and arrive on time 8.30am
- Come to school ready to learn & always behave
- Check your homework diary every night and always complete your homework
- Study at home before all tests – they all count!!

Lockers

- Final Lockers will be allocated today
- Padlock and 3 sets of keys

PSHE- Personal, Social & Health Education

- Meet your Pastoral Teacher
- Who can help/support you
- First point of contact with your parents
- Will offer you guidance and good advice for your well being
- Will show you how to use your homework diary
- Hand in data check form
- Will closely monitor your attendance

PSHE lesson this week

- [Fun Run Sponsored Event](#)
- PSHE First Aid Visits – Please collect visitor from the school office prior to lesson beginning:
 - 1a8 – 11th September
 - 1a3 – 9th September
- [Healthy Eating](#)
- [Body Image](#)
- Pupil Council Nominations

Who can I ask for help?



Be kind to your friends

- Primary and New friends
- Making comments about others can be hurtful
- Offer friendship to those who are finding it more difficult to settle
- If someone sitting on their own try to include them
- No negative comments on social media
- Zero tolerance of bullying in SNHS

Appointments

- Bring in note or appointment card
- Pastoral Teacher must sign day before appointment
- Ask for permission out of class
- Go to office to sign out
- If morning appointment Pastoral Teacher will inform office day before

Contacting school office

Making your way to class

- Get ready before bell at interval and lunch time
- Arrive on time
- Don't waste time getting to class
- Phones away and switched off

Homework Diary

- Every class HW diary should be on desk ready to use
- Pastoral Teacher will give lesson in PSHE on use of homework diary
- Regular checks you are using your diary every day

24-30		This week	December
Notes			
Mon 24			
Tue 25			
Wed 26			

24-30		January
Thu 27		
Fri 28		
Sat 29		
Sun 30		

PE kit and personal belongings

- Label every item with your name
- BLASER
- PE KIT

School Procedures

- Interval / Lunchtime Procedures
 - Tables
 - Chairs
 - Litter
 - Leaving school building
- Mobile Phones
 - MUST NOT USE MOBILES IN SCHOOL BUILDING

Dress Code

- Maroon blazer with school badge
- Grey trousers / Grey school skirt of an appropriate / modest length and comfort (not tight fitting)
- Pale blue or white shirt
- Black shoes not trainers or boots
- Tie (fixed appropriately)



Dress Code

- Sky blue polo shirt
- Black shorts/tracksuit trousers/sports leggings
- Training shoes which have built in support (not fashion shoes)
- **Absolutely no football or designer tops, shorts or tracksuit trousers.**
- **Jewellery should NOT be worn in Physical Education.**





UPCOMING EVENTS



What's the Big iDEA?

- Innovation
- Digital
- Technology
- Enterprise
- Employability

iDEA is a programme that helps you develop digital, enterprise and employability skills for free.

Through a series of online challenges and events, you can gain industry recognised awards that help you stand out from the crowd.

Thursday
Lunchtime
ICT 8
S1-S3 welcome



Maths Homework Club

- Mr Wilson will again run a Mathematics homework club for S1 – S3 on a Thursday at 3.30 – 4.30 AFTER SCHOOL
- This club will run weekly in Maths Room 1.
- The first session will be on Thursday 29th August





Holala Languages Club

Come and practise your French and
Spanish
through games!

*Every Wednesday at
lunchtime
in the
Modern Languages
Department*



Any questions, please see Miss Henriot

你好 S1

Mandarin Study and Chinese Events



Mrs Zhou

S1 Mandarin Lunch-time Club

ML3 Thursday
12.25 – 12.55

- Chinese Calligraphy
 - Basic Mandarin
 - Chinese Chess
 - Chinese Song
- Chinese Fan Dance

Mrs. Zhou 周老师

Welcome
S1

苏格兰

格拉斯哥

你好！

圣尼安中学



Friday Mandarin Evening

- Starting from 7th Sept Friday 6:30pm-8:00pm in ML1
- Skills developed to go on to further study of Mandarin as a subject from S2.
- Opportunities to meet friends with similar interests.
- Opportunity to experience Chinese language and culture.
- Opportunities to show off talents such as singing in Mandarin, playing Chinese chess, doing Chinese calligraphy

China

S1 Singers

**WEDNESDAY LUNCHTIME
12.20-1 PM**

MUSIC ROOM 3

**ALL WELCOME!
(NO AUDITIONS)**

First rehearsal 28th August



SING

Come along to sing popular well-known songs from your favourite artists, musicals and more!

MUSIC ROOM 3
Thursday lunch times
Bring your lunch!



S1 DRAMA CLUB

MAKE NEW FRIENDS

Confidence

GAMES

Skills

Fun

Performance



S1 Drama Club – all welcome!



Starting on **Monday 2nd September 3.30-4.30** in **drama HE** (HE Corridor).

20 PUPILS MAX IN THIS CLUB- SIGN UP WITH MS. MITCHELL IN THE H.E. BASE

The club will run for 12 weeks **PLUS FINAL PRESENTATIONS IN DECEMBER!**

This is not a 'drop in' club – you do need to attend every week (unless you are absent from school)

If you are not sure this is for you why not try out for a couple of weeks?



SCIAF CLUB

Starting Wednesday the 4th of
September, during lunch time in RE
room 2

Lead by Miss Swan and Miss
O'Donnell

All years welcome! 😊



BAKE
SALES

Staff vs
Pupil Quiz

Real
Gifts

JUNIOR FILM CLUB



Attend viewings, write reviews
and potentially win prizes!

Wednesdays after school
English Room 6
See Miss O'Donnell for consent
forms!

St Ninian's Public Speaking and Debate Society



- Every Tuesday 12.30pm in English room 2 (from the 3rd September)
- An opportunity to debate a wide range of topics
- Develop your confidence in public speaking and debate
- Have fun and meet like-minded people!

LOVE ART?

Join the Art Club!

Improve your Art skills through:

- painting
- drawing
- sculpture

**From 29th August
Every Thursday
3.30 — 4.30pm
Art Room 2
Miss Joice**



FASHION + TEXTILES CLUB

...with Miss Smith
Every Tuesday at 3.45
Art Room 2
S1 + S2 welcome!



Monday @ 3:30 – 4:45

Badminton

Sports Hall with Miss Miller

Club





Monday \$1-\$3 @ 3:30- 4:30

Basketball Club

Games Hall with Mr Ford





Thursday @ 3:30- 4:30

Cheerleading Club

Small Gym with Miss Lanigan



\$1-3



Wednesday @ 2:45 – 3:45

Dance Club

Gym with Mrs Burns



**Wednesday
after school**

Skiing

Xscape with Mr Eaglesham

A collage of four futsal game images. Top left: A player in a yellow jersey (number 12) is kicking a yellow ball while a player in a white jersey (number 6) defends. Top right: A player in a teal jersey (number 8) is kicking a ball while a player in a white jersey (number 14) defends. Bottom left: An aerial view of a futsal court with players in various colored jerseys. Bottom right: A player in a green jersey (number 6) is kicking a ball while a player in a light blue jersey (number 10) defends.

\$1-2

Monday @ 12:20 – 12:50

Futsal

Games hall with Mr Ford

Lunch Club



Monday @ 3:30- 4:30

Gymnastics Club

Small Gym with Mrs Burns





Tuesday @ 3:30- 4:30

Hockey Club

Outside with Mr Lough

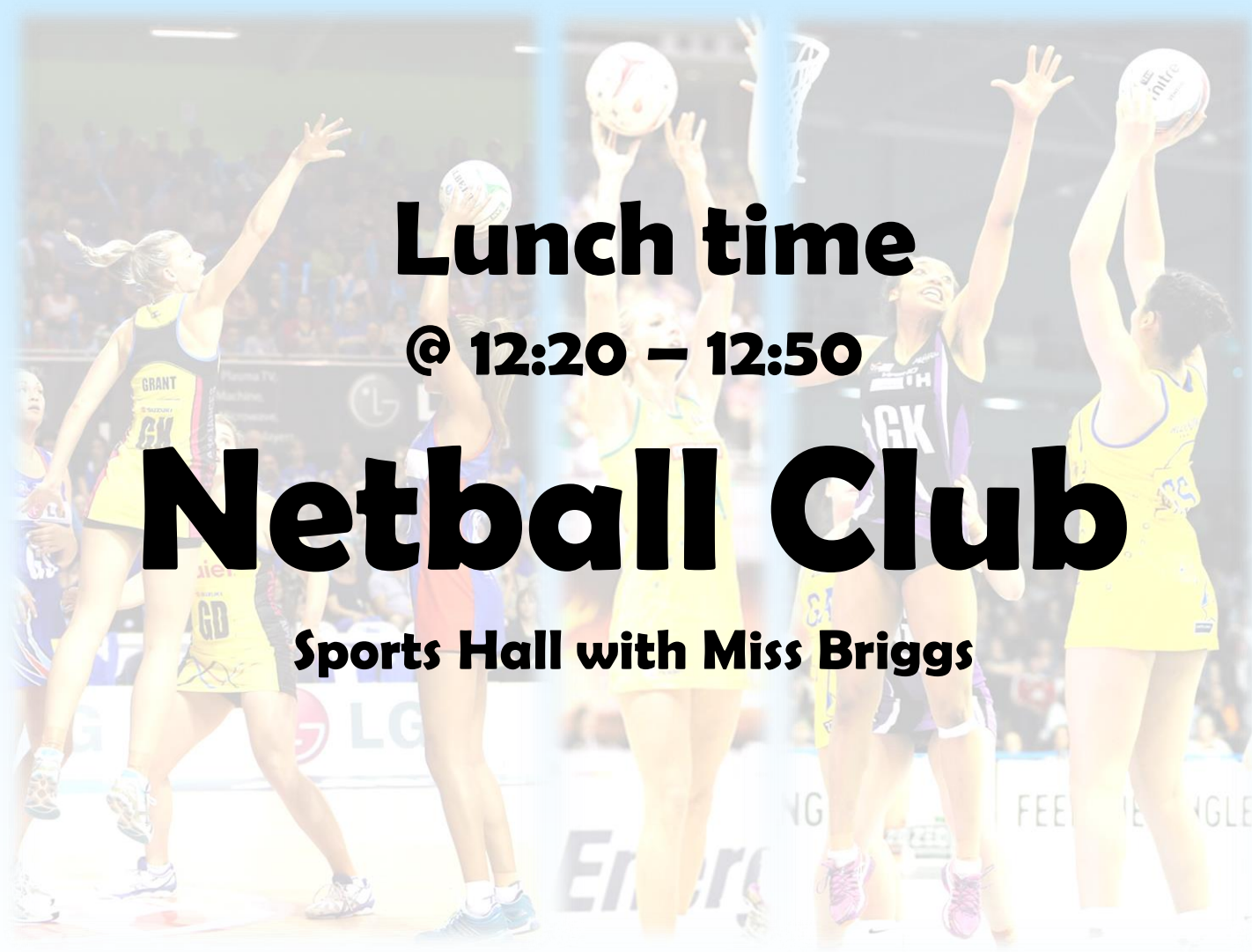


S1-2

Wednesday @ 2:40 – 4:00

Netball Team

Games Hall with Miss Briggs



Lunch time

@ 12:20 – 12:50

Netball Club

Sports Hall with Miss Briggs



Wednesday @ 3:30- 4:30

Taekwondo



Gym with Mr Paterson



Friday Club Multi-Sports

2:45 – 4:00

12:20 – 12:50



Football

Pitch

Everyday @ Lunch

12:20 – 12:50

Fitness Suite

Everyday @ Lunch



Wednesday @ 2:45 – 3:45

Rugby Club

Wednesday's after school on the grass pitch at the back of the Hockey pitch. Pupils must bring their P.E. Kit, boots and mouthguard. Please see Mr Low for further information.



Tuesday @ 3:30- 4:30

Volleyball Club

Games Hall with Mr Cheshire



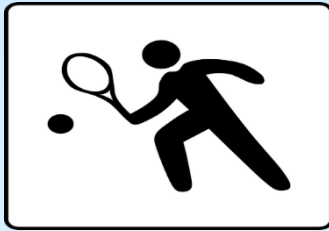


Tuesday @ 4pm-5pm

Tennis Club

**Giffnock Tennis Club
with Kerry Comerford**

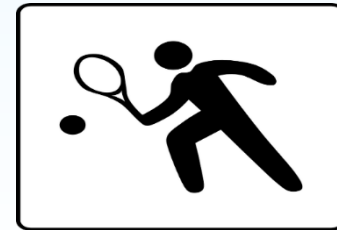




Wednesday Lunch Time

Squash Club

**Giffnock Tennis Club
with Kerry Comerford**



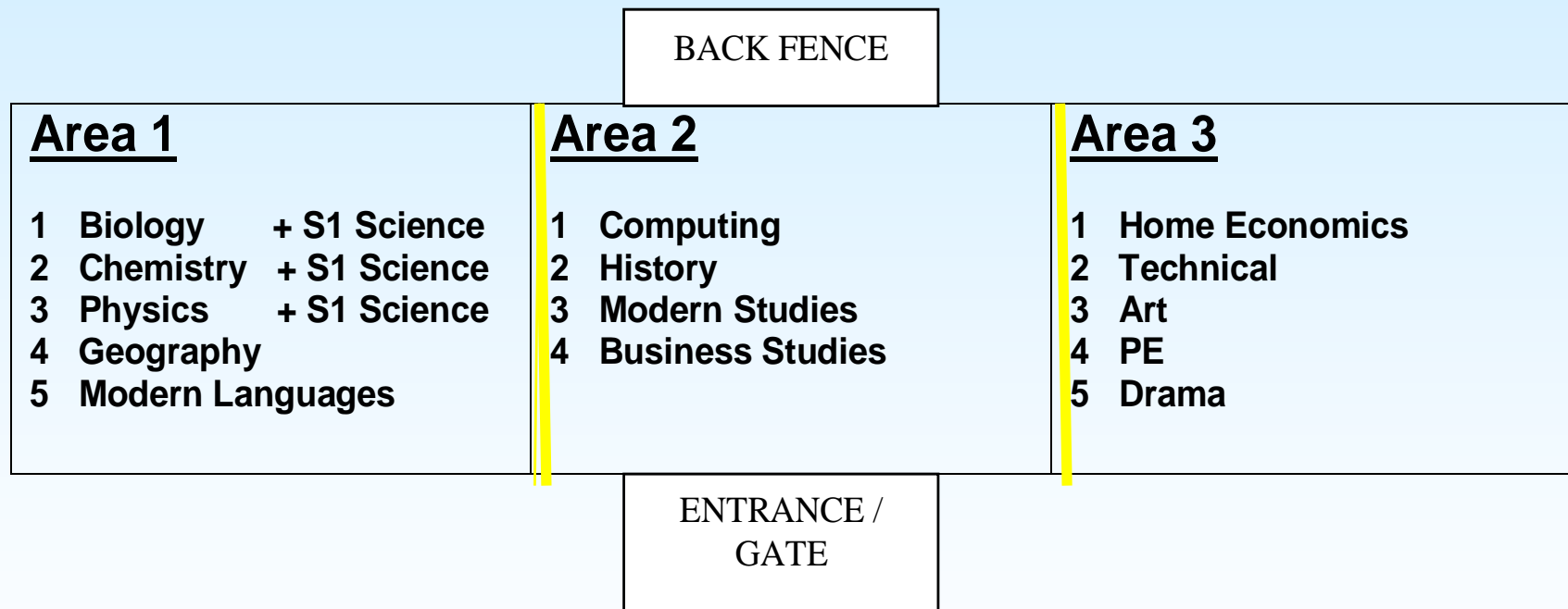
Upcoming Events

- Book Week/ Reading Festival – Next week
- S1 Information & Numeracy Evening – Thursday 3rd October
- S1 Interim Reports – Friday 4th October

4 G Astroturf Pitch

NB

This pitch is split in to 3 areas. Entrance to pitch should remain clear



Hockey Synthetic Pitch

NB

This pitch is split in to 4 areas. Area 1 is to remain clear to ensure everyone is a safe distance from the school

<u>Area 4</u>	English
<u>Area 3</u>	Mathematics
<u>Area 2</u>	RE / Music / Cafeteria / Oratory / Pastoral Base / PLC / DSM / Lecture Theatre
<u>Area 1</u>	THIS AREA SHOULD BE KEPT CLEAR

Emergency Evacuation out with Class Time

- The Emergency Alarm may signal when you are not in class ie at interval , lunch time , after or before the school day begins.
- You should refer to the diagrams to ensure you know where your year group should assemble
- Wheelchair users will assemble at nearest refuge point.

This pitch is split in to 3 areas. The Front Area is to remain clear to ensure everyone is a safe distance from the school.

Year Head & Pastoral Staff to assist with supervision

4 G Astroturf Pitch



<u>Area 1</u>	<u>Area 2</u>	<u>Area 3</u>
1A1	2A1	3A1
1A2	2A2	3A2
1A3	2A3	3A3
1A4	2A4	3A4
1A5	2A5	3A5
1A6	2A6	3A6
1A7	2A7	3A7
1A8	2A8	3A8
1A9	2A9	3A9
1A10	2A10	3A10

Permission Out of Class

- Toilet- INTERVAL /LUNCH
- Water Bottles- INTERVAL /LUNCH

Disco



S1 Year Group – Aiming for Excellence

- Pride in our Uniform
- Positive and cooperative behaviour
- Respectful to our teachers and support staff
- Work hard in all our classes giving of our best
- Great attendance
- Always on time for school and for all our classes
- Respect our school environment – Litter, putting chairs under desks
- Never have chewing gum in school building
- Homework diary on desk in every class

Our Father

Our Father, who art in heaven, hallowed be thy name; Thy Kingdom come, Thy will be done on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Amen.

