S1 ASSEMBLY

29 October 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

Father in Heaven,
You made me Your child
and called me to walk in the Light of Christ.
Free me from darkness
and keep me in the Light of Your Truth.
The Light of Jesus has scattered
the darkness of hatred and sin.
Called to that Light,
I ask for Your guidance.
Form my life in Your Truth,
my heart in Your Love.
Through the Holy Eucharist,
give me the power of Your Grace
that I may walk in the Light of Jesus
and serve Him faithfully.

Amen.

Hail Mary….

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

SNHS LIFE GROUP

MISS DEIGHAN
FRIDAY
LUNCHTIMES
RE ROOM 2

Want to help mothers and babies in your local community?

Life Group Sponsored Walk

ALL STAFF AND PUPILS WELCOME

WEDNESDAY 23rd October

COLLECT FORMS FROM MISS LANIGAN OR MISS DEIGHAN

Helping Hands

What do Helping Hands do?

- Raise money for different charities by hosting fundraising events within the school throughout the year.
- Events such as The Great St. Ninian's Bake Off, Christmas Coffee Afternoon, Pancake Day etc.

- Charities such as SupER Kids, the Butterfly Trust, Sisters of the Missionaries of Charity, Sisters of the Gospel of Life

Why Should You Join Helping Hands?

- Opportunity to help local charities
- Have a say in which charities we fundraise for
- Live out your faith and contribute to the faith life of the school
- Support your local community
- Develop your skills e.g. teamwork, social skills

Where is it?

- Every Monday Lunchtime is History 1
- Miss Scroggie and Mrs Howson

Come along!

Ten keys to happier living

GIVING	Do things for others
RELATING	Connect with people
EXERCISING	Take care of your body
AWARENESS	Live life mindfully
TRYING OUT	Keep learning new things
DIRECTION	Have goals to look forward to
RESILIENCE	Find ways to bounce back
EMOTIONS	Look for what's good
ACCEPTANCE	Be comfortable with who you are
MEANING	Be part of something bigger

ACTION FOR HAPPINESS

PE Pupils of the month

- **1a1 Gabriel Murphy**
- **1a2 Joshua Adams**
- **1a3 Evie Geraghty**
- **1a4 Sarah Benny**
- **1a5 Lucy Gibson**
- **1a6 Ana Paterson**
- **1a7 John Martin Coogan**
- **1a8 Olivia Shannon**
- **1a9 Mirin Sutherland**
- **1a10 Evan Adair**
- **1a11 Aiden Berry**

Computing Pupils of the month

- Lily Cook
- Ross McCall
- Lois Conroy-Coffey
- Cecily Craig
- Mairead Togher
- James Wylie
- Finlay McDiarmid

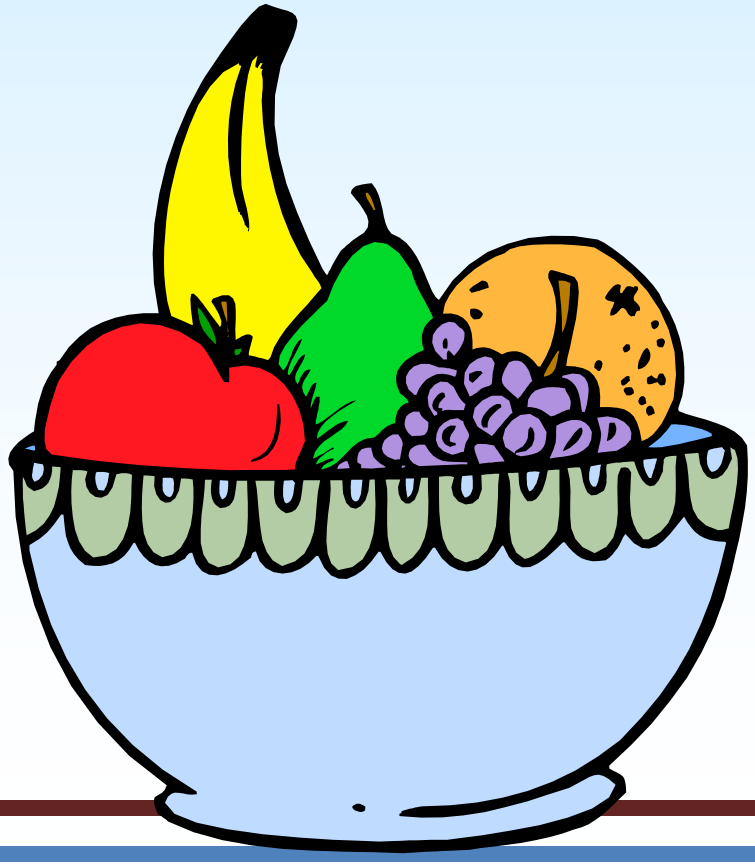
Road safety

ALERT
TODAY
ALIVE
TOMORROW

Straight Prohibitedor no entry
One way signs-vehicles prohibited in one direction
Vehicles prohibited in both direction
All vehicles prohibited
U- turn prohibited
Overtaking prohibited
No Parking
No stopping or standing
50
Speed limit
2m
3.5m
5T
4T
Width limit
Height limit
Length limit
Load limit
Axle load limit

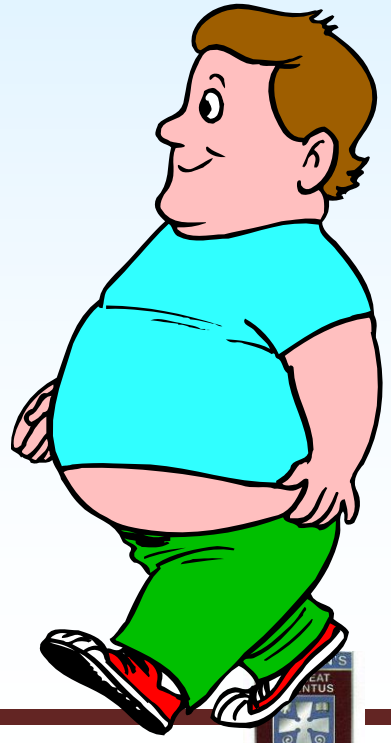
HEALTHY EATING!!!

HWB 3-34: Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.



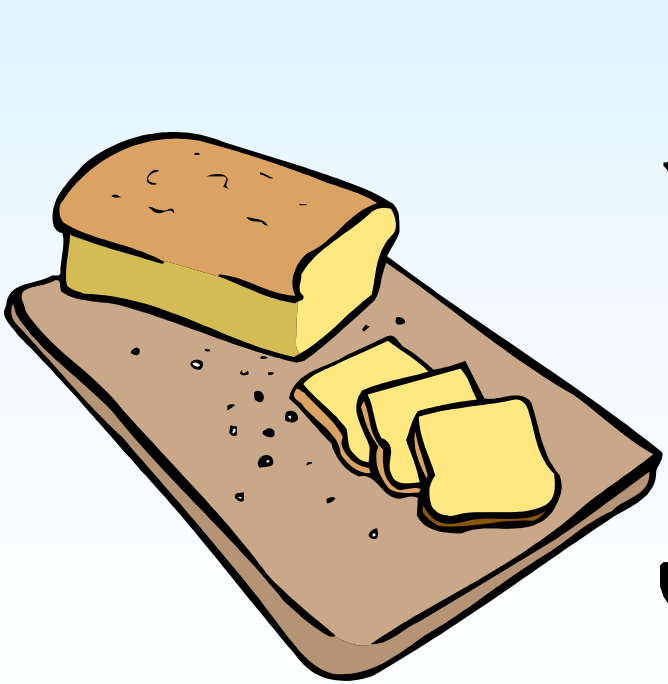
One in every 25 children are now obese, which means they're so overweight it's bad for their health.

But why do you think it's such a big problem?



CARBOHYDRATES

CEREALS BREAD POTATOES PASTA RICE



CARBOHYDRATES ARE MADE FROM:

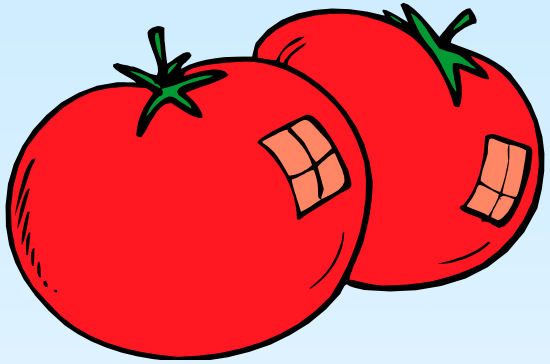
WHEAT CORN RICE BARLEY

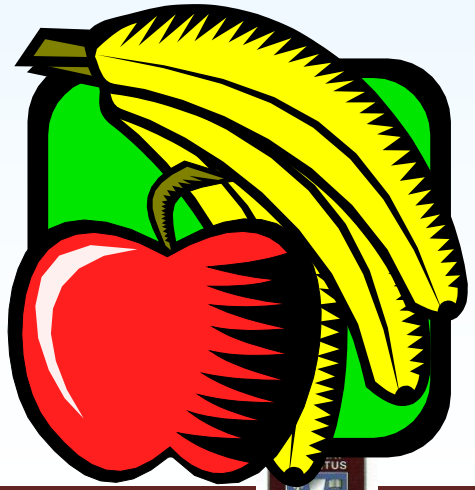
REFINED	UNREFINED
Machines have removed most of the fibre bits	All the fibre bits still in! Good for you!!!
White bread	Brown bread
White pasta	Whole grain cereal and rice
White rice	Whole grain pasta

FRUIT AND VEGETABLES

How much should we have a day?

5 Portions per day!





How much is one portion?

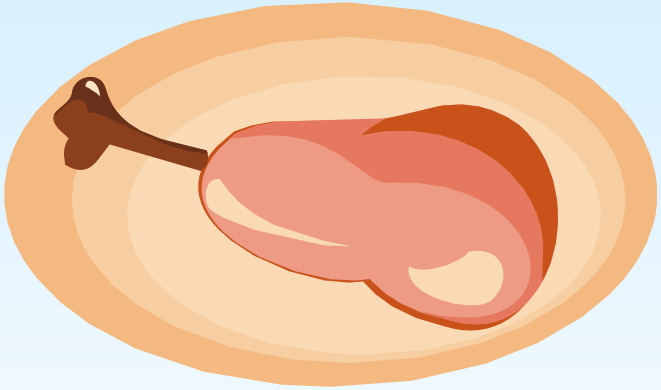
- 1 Medium sized fruit: apple orange etc.
- One slice of melon, pineapple etc.
- A handful of grapes
- One tablespoon of dried fruit
- One small glass of fruit juice
- One small tin of fruit
- One side salad
- One serving of vegetables: peas, broccoli etc.

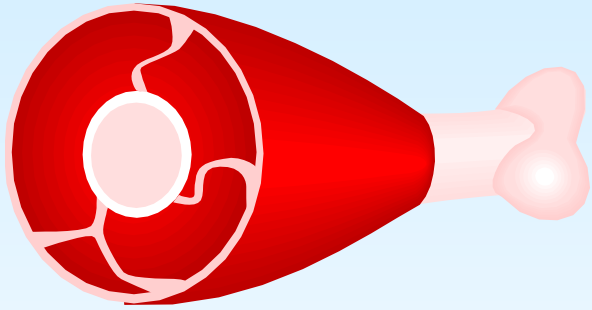
WHY DO WE NEED TO EAT FRUIT AND VEGETABLES EVERY DAY?

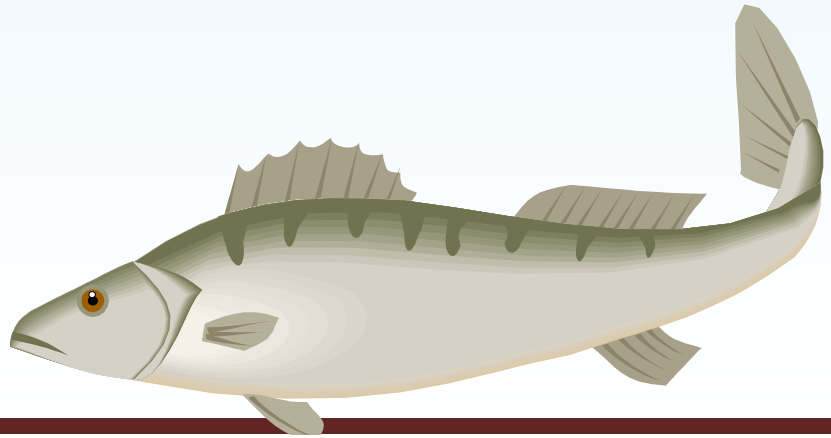
FRUIT AND VEGETABLES CONTAIN MANY OF THE VITAMINS AND FIBRES WE NEED TO STAY HEALTHY.

PROTEINS

MEAT FISH EGGS NUTS SOYA QUORN





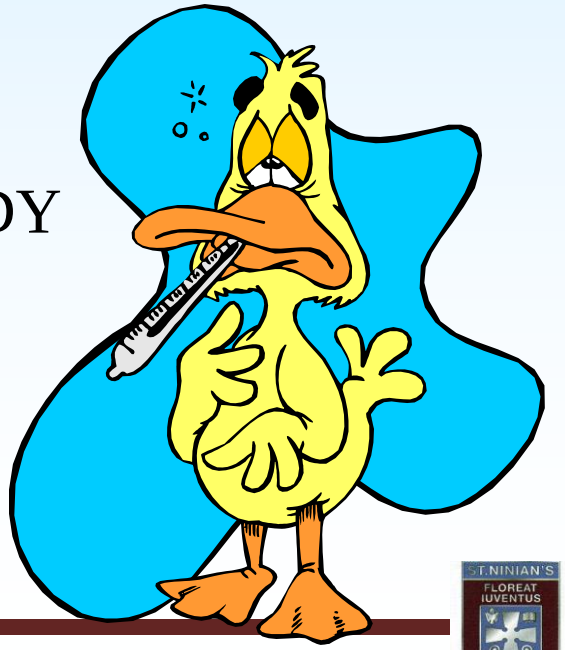


WHY DO WE NEED PROTEINS EVERY DAY?

PROTEINS HELP TO BUILD THE BODY: ESPECIALLY IMPORTANT FOR GROWING CHILDREN!

PROTEINS HELP TO REPAIR THE BODY

AFTER AN ILLNESS OR INJURY.

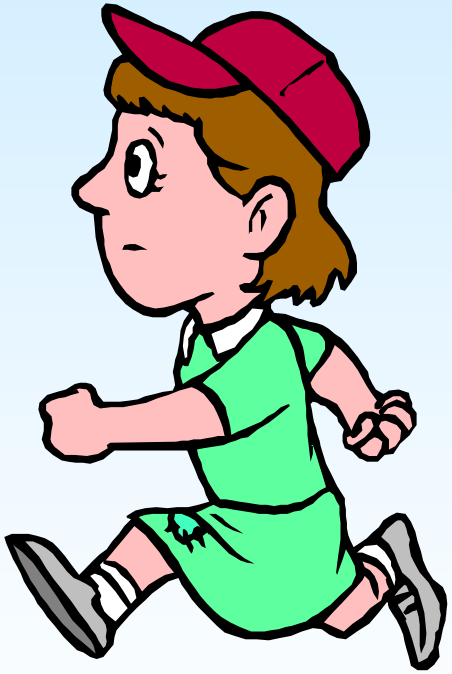


FATS AND SUGARS

BUTTER FULL FAT MILK CAKE BISCUITS
SWEETS CHOCOLATE FAT ETC.

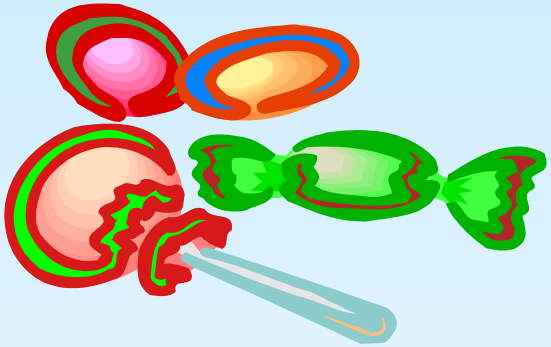
NOT ALL FATS AND SUGARS ARE BAD BUT THEY NEED TO BE TAKEN IN SMALL AMOUNTS!

FATS AND SUGARS GIVE THE BODY ENERGY!



IF WE EAT MORE THAN WE NEED OUR BODY CANNOT BURN ALL THE ENERGY! THIS IS WHEN WE START TO PUT ON WEIGHT!

HOW CAN WE EAT LESS FATS AND SUGARS?



- Snack on dried fruit or fresh fruit
- Trim the fat off meat
- Buy lean meat
- Steam or bake rather than frying in oil
- Use less butter and margarine
- Use skimmed milk rather than full fat
- Avoid too much high fat fast foods
- Avoid too many high sugar sweets and drinks

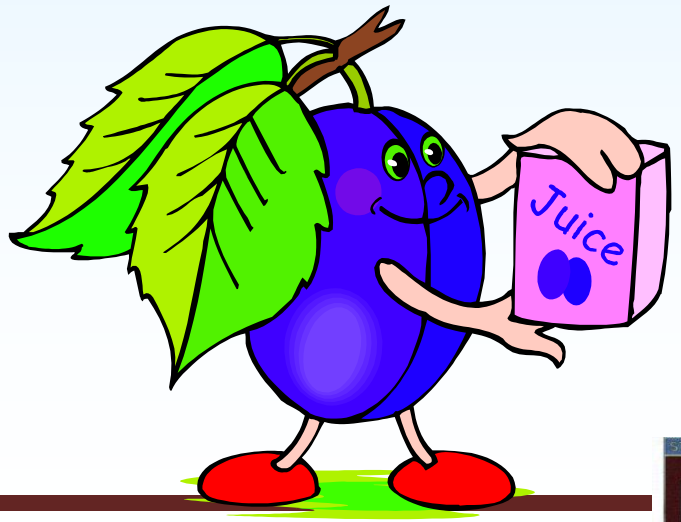
DRINKS

WATER: WE SHOULD DRINK ABOUT 8 GLASSES OF WATER PER DAY

FRUIT JUICE

PURE UNSWEETENED FRUIT JUICE IS THE BEST!

ALSO HAVE SOME DELICIOUS SMOOTHIES!



WATCH THIS VIDEO ON:

'TRAIN YOUR BRAIN TO EAT HEALTHY'

DISCUSS THE QUESTIONS BELOW AS A CLASS AND WRITE THE ANSWERS IN YOUR BOOKLETS:

1. WHY DO WE NEED TO EAT HEALTHILY?

2. WHAT SMALL STEPS CAN WE TAKE TO EAT MORE HEALTHY?

3. WHAT WILL HAPPEN TO OUR BODIES IF WE CONTINUE TO HAVE A POOR DIET?

SHANARRI Indicators

I Feel Safe

Feeling safe means:

- You feel protected from harm within your home and school
- The people who care for you teach you how to protect yourself from harm
- You know when things are risky and try to stay away from danger
- The people who care for you know who you are with and where you are when you go out

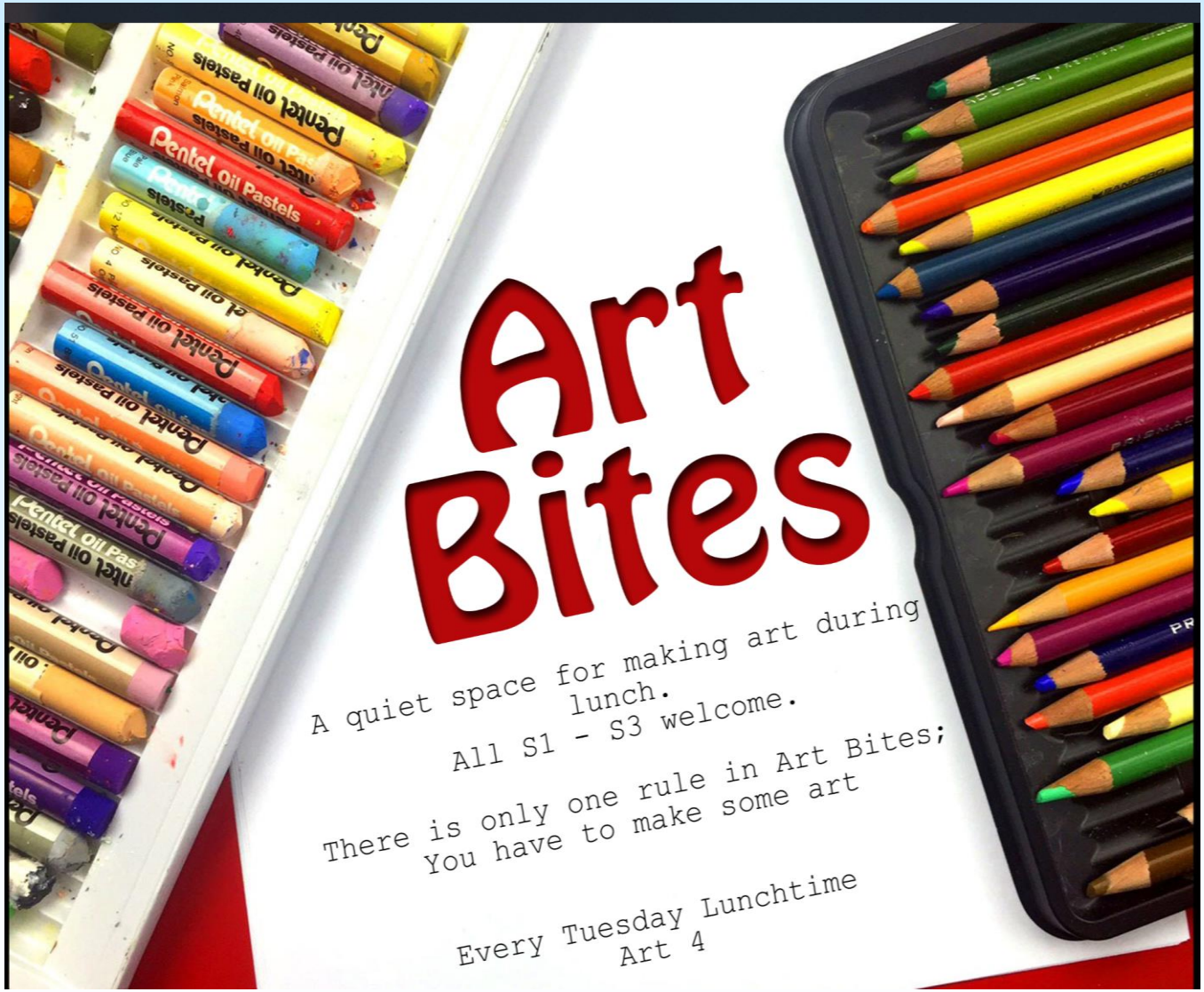
I Am Healthy

Being healthy means:

- You have healthy food to eat most of the time
- You exercise regularly
- You get the chance to spend time outside
- The people who look after you make sure you get help when you feel ill
- The people who look after you help to make sure you eat and exercise to keep you healthy
- You enjoy life
- You feel able to deal with difficult things that might happen in your life

I Am Achieving	I Feel Nurtured
Achieving means • You are learning new skills in school • You are confident that you can do well • You do the best you can • You have hobbies and interests out of school that help you learn new skills • The adults in your life encourage you to do your best • If you are struggling with work someone can help you with it. • You get the help you need to do well in school	Feeling nurtured means • You feel cared for and supported by the people who live in your home • You live in a home that is clean and warm. • Someone at home listens when you want to tell them about things you need, like or dislike. • You are learning to look after yourself and make decisions

I Am Active	I Feel Respected
Being active means • You do things for fun in your spare time • You have the chance to take part in leisure and sporting activities in your area • The adults in your life help you find ways to do things that interest you in your spare time	Being respected means • You feel that people listen to you before they make decisions which affect you • You are involved in making decisions about your life • If you need it, you have to tell people about your views and decisions


Art Bites
A quiet space for making art during lunch.
All S1 - S3 welcome.
There is only one rule in Art Bites;
You have to make some art
Every Tuesday Lunchtime
Art 4

Biology Week 2019

5th-13th October

Open to 1st – 6th year pupils. This is INDIVIDUAL task only.

Submit to any Biology staff member with your name and alpha class by 25th Oct.

Can you design a Biology themed game?

A video, card or board game – all are acceptable!

TOP PRIZE TO BE WON!

S1 PHYSICS TRIP – JUNE 2020

Saint Ninian's High School

S1 PHYSICS £380

3 days 2 nights <u>ALL</u> meals

Tuesday 2nd June to Thursday 4th June

Day 1: Coach travel to **Jodrell Bank** and Museum of Science and Industry, Manchester

Day 2: **National Space Centre**, Leicester

IF YOU ARE INTERESTED TALK TO THE PHYSICS DEPARTMENT FOR A LETTER WITH MORE INFORMATION.
THERE ARE ONLY 35 PLACES.

ST.NINIAN'S
FLOREAT IUVENTUS
HIGH SCHOOL

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!!

Timekeeping

- All pupils should arrive at school no later than 8.40am
- Leave your house a little earlier if traffic is heavy at park entrance
- Phonecall/letters home

Interim Report

- Well Done !
- All pupils should have received Interim Report
- Discussion with your parent about your progress
- Targets to improve from Good to Excellent

Participation & Engagement Tracking

1. Candidate Number *

The value must be a number

2. Pupil's First Name *

Enter your answer

3. Pupil's Last Name *

Enter your answer

4. Class *

Select your answer

5. Total Number of Excellents *

Maximum number that you should have is 11 for Behaviour, 11 for Effort, 11 for Homework = 33
For any subjects with missing information consider this as Excellent.

Use of Phones in school

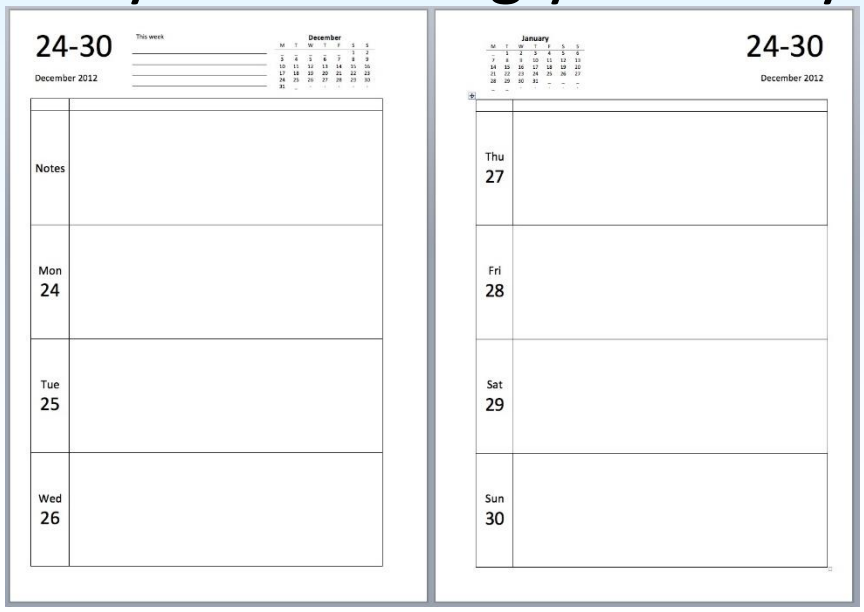
- Phones must be used according to your IT User Agreement in school
- Never record/film anyone without their permission
- Film/recording should never be posted on online chat forums
- Inappropriate comments/images should never be sent/posted

Lunch time behaviour

- Behaviour at lunch time should be calm
- Pupils should not be ‘play fighting’
- Outside areas
- Upstairs Social Area
- Litter
- Spillages

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



PE kit and personal belongings

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

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

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

ST.NINIAN'S
FLOREAT IUVENTUS
HIGH SCHOOL

S1 Mandarin Lunch-time Club

ML3 Thursday
12.25 – 12.55

Welcome
S1

苏格兰

格拉斯哥

你好！

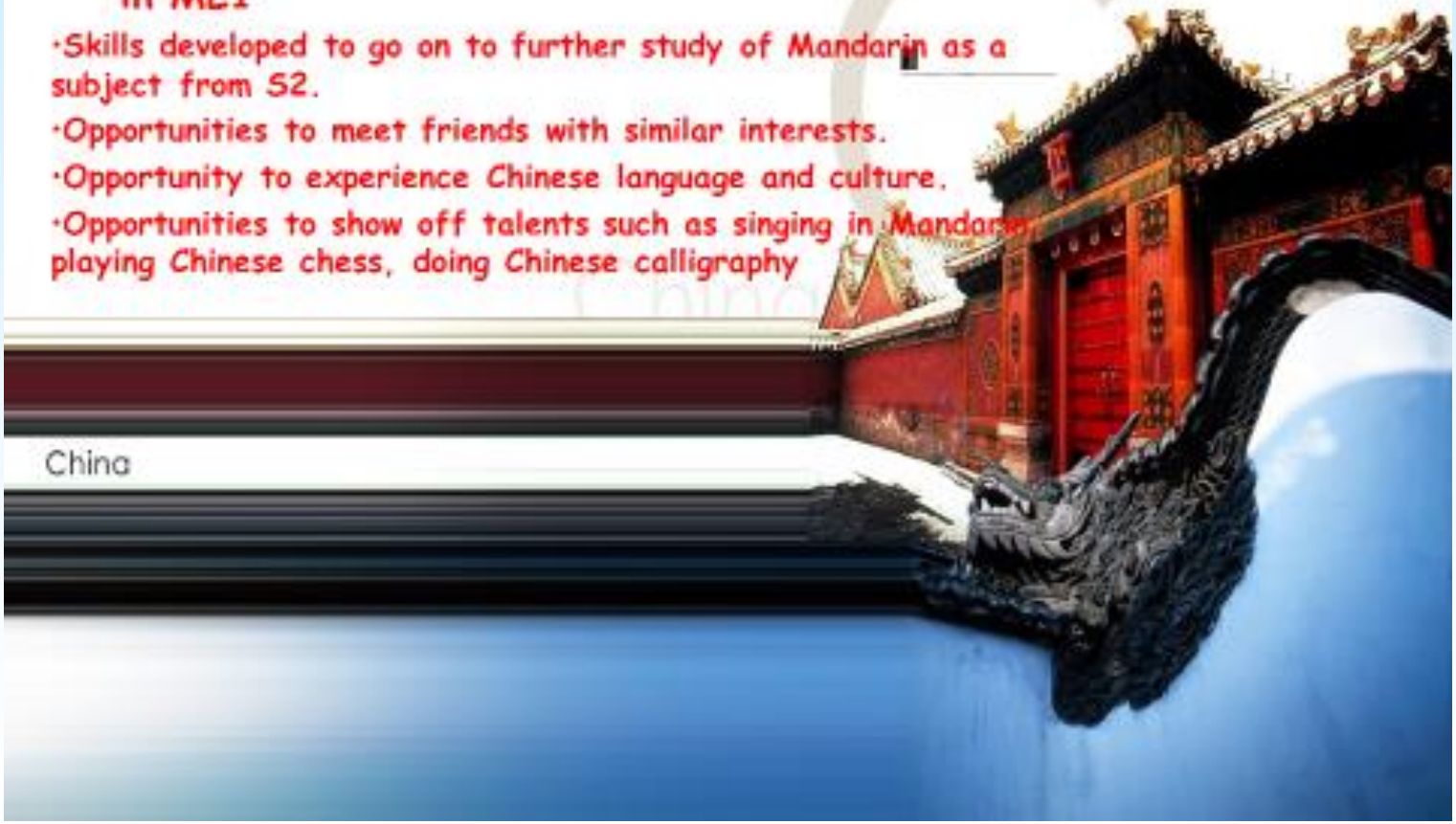
- Chinese Calligraphy
- Basic Mandarin
- Chinese Chess
- Chinese Song
- Chinese Fan Dance

圣尼安中学

Mrs. Zhou 周 老师

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



S1 Singers

Wednesday lunchtime
12.20-1pm

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

GAMES

MAKE NEW FRIENDS

Confidence

Fun

Performance Skills

COMING SOON

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!

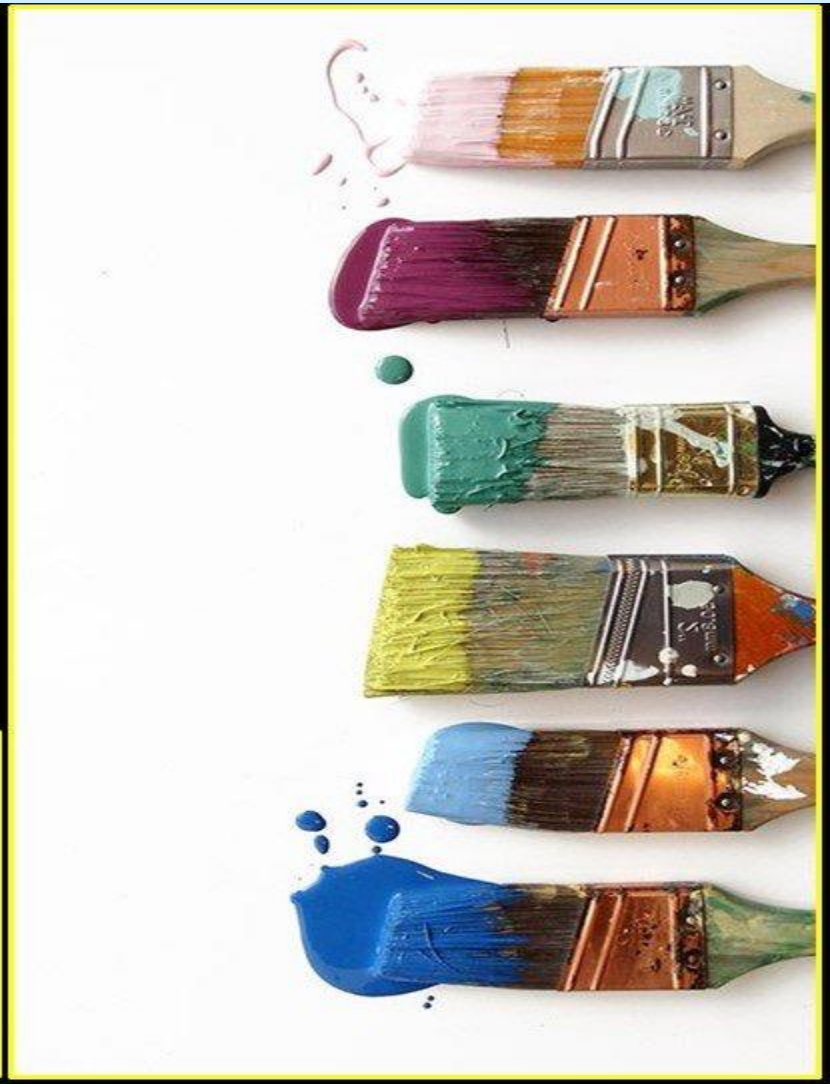
LOVE ART?

Join the Art Club!

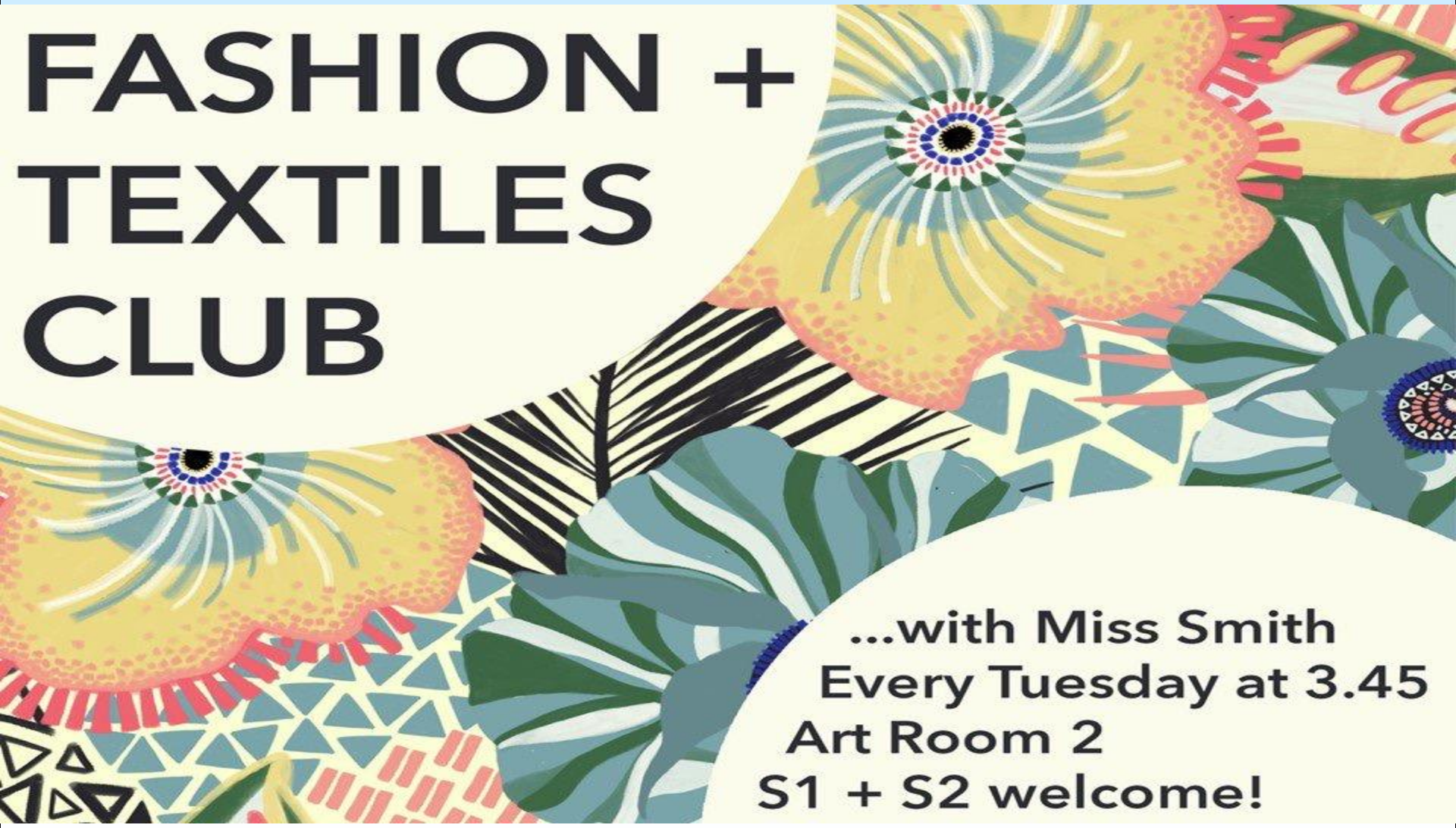
Improve your Art skills through:

- 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 S1-S3 @ 3:30- 4:30

Basketball Club

Games Hall with Mr Ford

Thursday @ 3:30- 4:30

Cheerleading Club

Small Gym with Miss Lanigan

S1-3

Wednesday @ 2:45 – 3:45

Dance Club

Gym with Mrs Burns

Wednesday after school

Skiing

Xscape with Mr Eaglesham

S1-2

Monday @ 12:20 – 12:50

Futsal

Games hall with Mr Ford

Lunch Club

Monday @ 3:30- 4:30

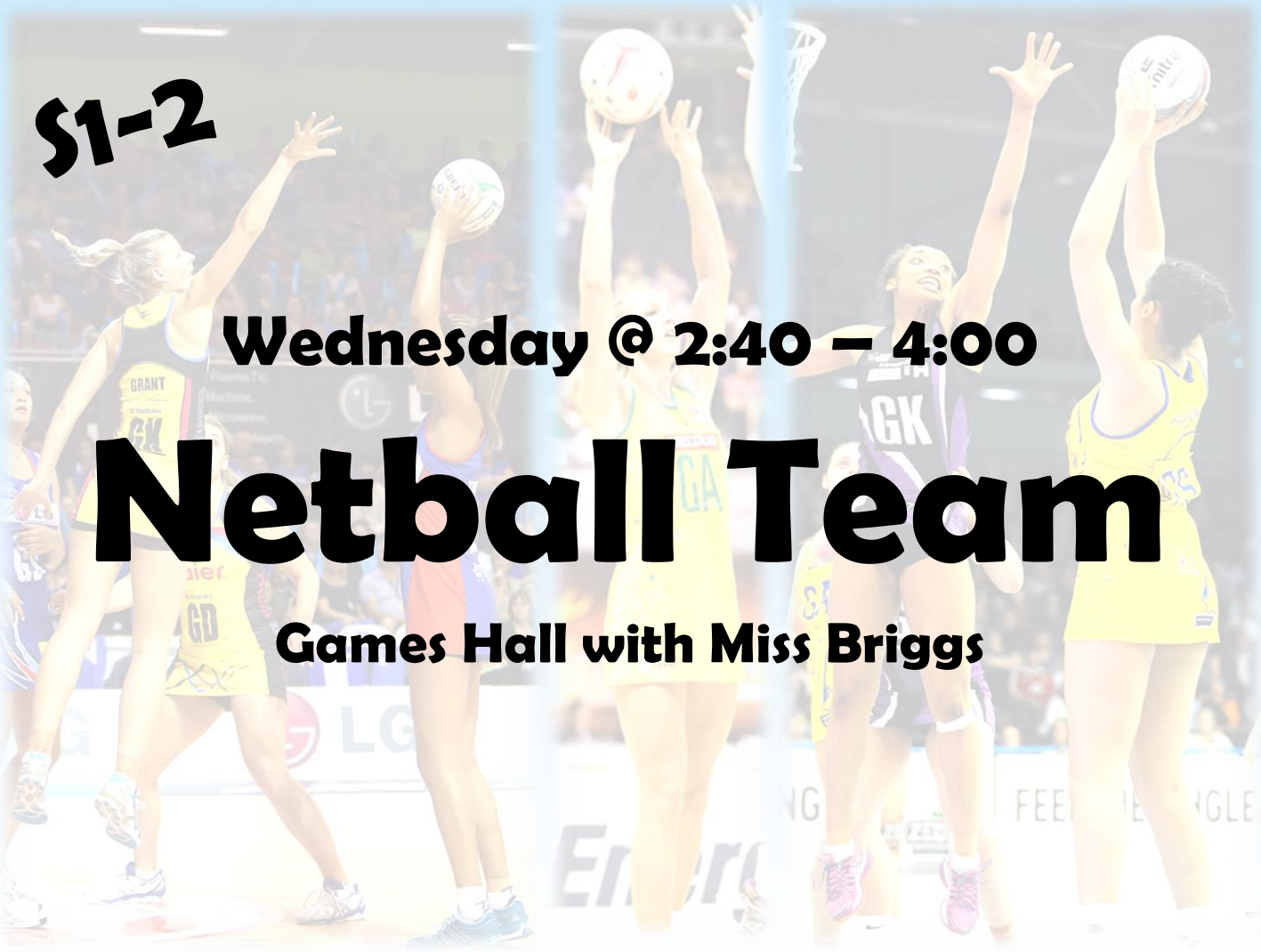
Gymnastics Club

Small Gym with Mrs Burns

Tuesday @ 3:30- 4:30

Hockey Club

Outside with Mr Lough

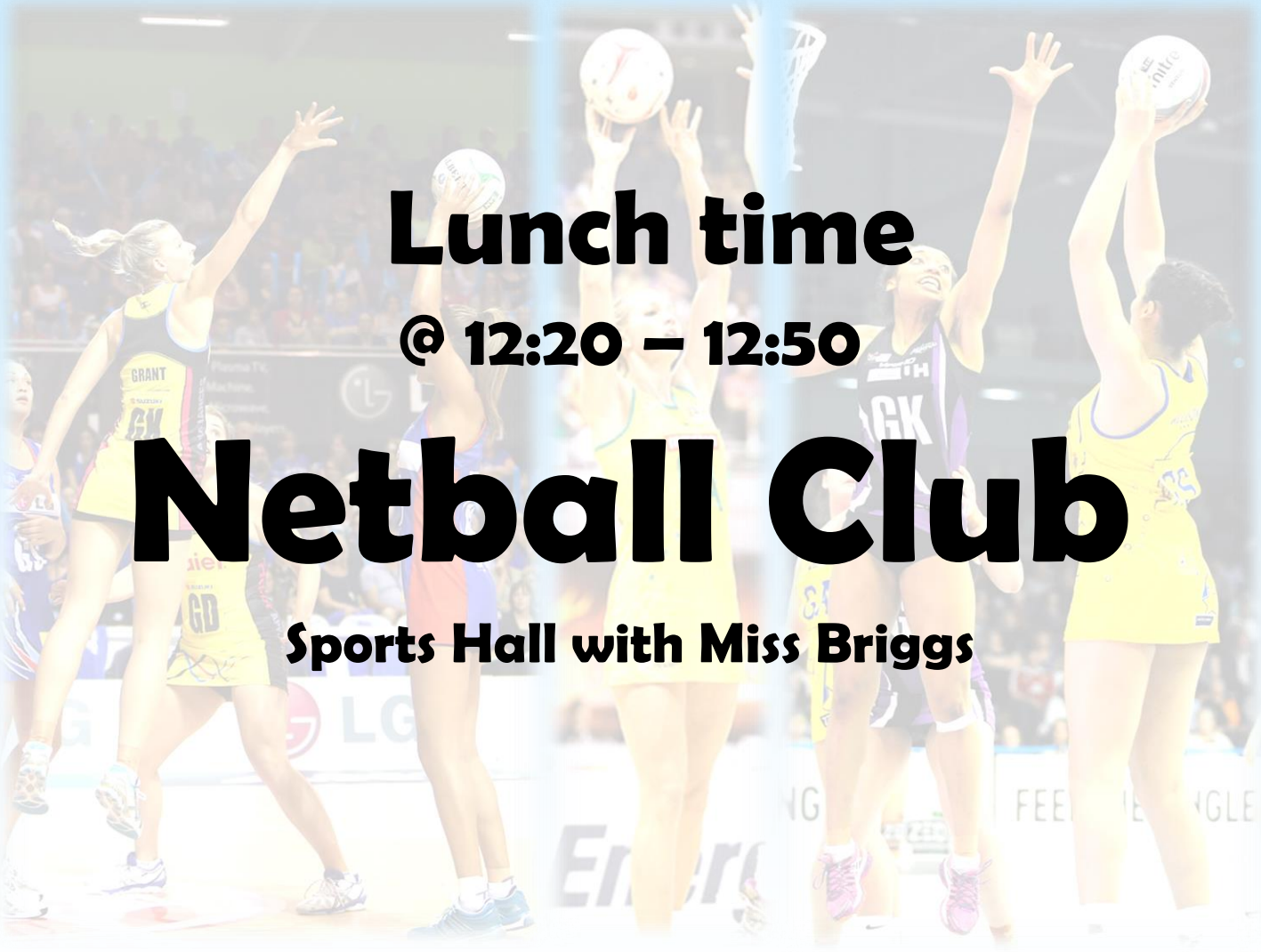


S1-2

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

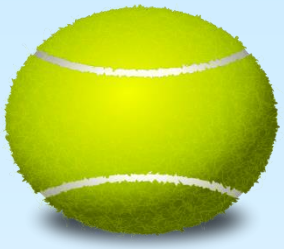
Rugby Club

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

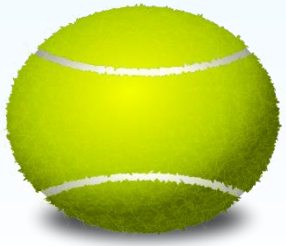
Games Hall with Mr Cheshire

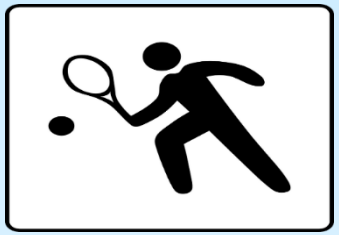


Tuesday @ 4pm-5pm

Tennis Club

Giffnock Tennis Club
with Kerry Comerford

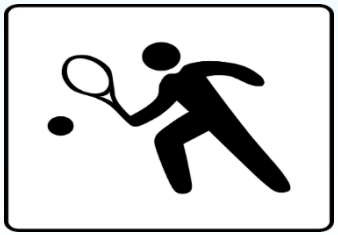




Wednesday Lunch Time

Squash Club

Giffnock Tennis Club
with Kerry Comerford



Permission Out of Class

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

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.