



St Ninian's High School

PSHE Newsletter

Week Beginning 10th September 2018

Focus:

Daily Prayers

- **Metacognition & Self- Regulated Learning**
- **Summary or Recommendations Poster**

Extra-Curricular programme booklet



WORLD SUICIDE PREVENTION DAY



What is World Suicide Prevention day?

World Suicide Prevention Day is held each year on **10 September**. It's an annual awareness raising event organised by International Association for Suicide Prevention (IASP) and the World Health Organisation (WHO)

Why is it important?

More than 800,000 people take their lives each year across the world. In the UK and ROI, more than 6,000 people die by suicide a year - an average of 18 a day.

Other sources of information

Samaritans is here round the clock every single day for the year for anyone struggling to cope. If you're worried about someone, or would like emotional support yourself, please get in touch.

What you can do

1. Start a conversation today if you think a friend, colleague or family member may be struggling.
2. You can also join us on Twitter to spread the word.

How can people reach out?

It can be daunting to approach someone who is struggling to cope; you may not know what to say, how to start a difficult conversation or worry that you'll make things worse. However, you don't need to be an expert. Often, just asking if someone's OK and letting them know you're listening can give people the confidence to open up about how they're feeling.

S1

First Aid Class for 1a9 – Wednesday 12 September 11.30am
Please collect guest from the reception prior to start of the lesson

First Aid Class for 1a1 – Friday 14 September 10.40am
Please collect guest from the reception prior to start of the lesson

Healthy Eating

Film Club

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Body Image

Pupil Council Nominations to be completed ASAP. Please forward names to year head.

S2

Internet Safety

Film Club

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian's High School

Study Skills for year ahead

Pupil Council Nominations to be completed ASAP. Please forward names to year head.

S3

Mental Health and Wellbeing

The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.

Study Skills

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

My WoW Ambassador Programme

Sports Council – Nominate two pupils from each alpha to be a part of the St.Ninian's Sports Council

Balanced Diet

Exercise Health and Fitness

Pupil Council Nominations to be completed ASAP. Please forward names to year head.

S4

Mental Health and Wellbeing

The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.

Work Experience – pupils who have yet to hand in a green form should log on to WorkIT and request placements. Usernames and Passwords can be obtained from Mrs Kennedy

PSHE Booklet – complete skills learned in each subject

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

PSHE Booklet – Health and Wellbeing Pages 10, 11, 12 & 13.
Complete Term 1 Sections

Work Experience – Please go over with your respective classes

Pupil Council Nominations to be completed ASAP. Please forward names to year head.

S5

Mental Health and Wellbeing

The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.

Importance of Sleep

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Study Skills – in booklets, highlight the different types of approach to studying. Use 'Notes' page for this activity

Study Tips – Inside the mind of a Procrastinator

Induction Slides

Urdu Class for Nat 5 and Higher begins Friday 25th August. Please make those concerned aware of this.

Pupil Council Nominations to be completed ASAP. Please forward names to year head.

S6

Mental Health and Wellbeing

The attached slides cover how pupils, parents and staff can access support for a range of Mental Health issues. The information here can also be accessed on the main school website.

Caritas Award

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Stuart Ivory "Money Talks" sessions 6a5 and 6a6 – Thursday 13 September 1.00pm. Please collect guest from the reception prior to the start of the lesson

First Aid Class for 6a3 – Thursday 13 September 1.00pm
Please collect guest from the reception prior to the start of the lesson

Link to school website and advice on completing Personal Statement

Link 1 – Advice on completing Personal Statement

Link 2 – How to structure Personal Statement

Fast Track applicants should hand first draft of personal statement to teacher for feedback. Also, log on to UCAS using phones or computers to ensure all information is up to date.

Study Tips – Inside the mind of a Procrastinator

All about me – Complete with class

Induction Slides

Pupil Council Nominations to be completed ASAP. Please forward names to year head.

S6 Service – encourage pupils to sign up to volunteering opportunities that are on offer throughout the year

T. Low