



S1 ASSEMBLY

7 September 2018



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



Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus.

Holy Mary Mother of God, pray for us sinners now and at the hour of our death
Amen.





FAITH MATTERS



Morning Mass

Mass will be offered up on

- Tuesday
- Thursday
- Friday

Mornings at 8.25am.

Family members are also
welcome!



Eucharistic Adoration

12:20-1:00 every Friday in the Oratory

All pupils are encouraged to give 10 minutes each week – there will be a pupil rota for each week's Adoration - please speak to your Year Head, Mr Bradshaw or the Head Teacher to confirm your attendance.

"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



Venerable Margaret Sinclair Novena

There is a Novena in the Oratory every Monday at 12.40pm asking for the intercession of the Venerable Margaret Sinclair.

Our main intention will be for members of our school community – including family and friends – who are ill.

We hope that parents, families and friends will be able to join us for this Novena.

We would also invite anyone who cannot manage to our Oratory at this time to join with us in prayer.

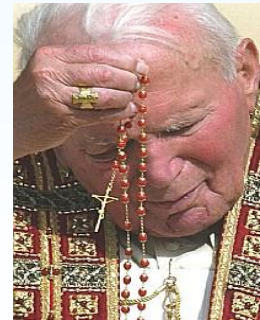


The Rosary



Join us to pray The Rosary every Friday in the Oratory, 12.25 – 1pm.

The Rosary is a prayer we can all say together with Mary, the Mother of God, who always grants our request.



*“The Rosary is my favourite prayer.”
“Pray, pray much. Say the Rosary everyday”*

**Pope John Paul II
(1978-2005)**



VOCATIONS MASS

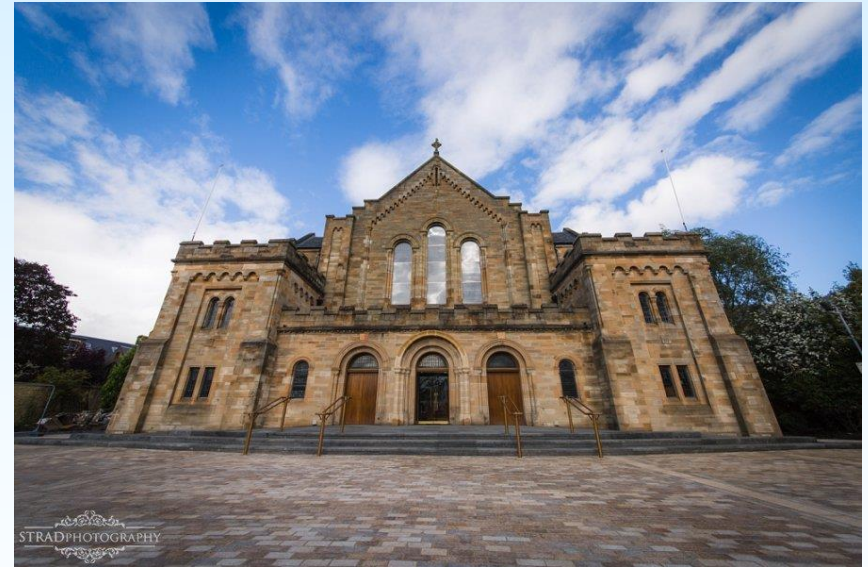
Monday 10 September

St Mirin's Cathedral,
Paisley

Bus Leaves at 5:45pm

Bus Returns at 9:00pm

Names to Mr Fuchs



Readers for Morning Mass

- Anyone interested in reading at morning mass should come and speak to Miss O'Donnell in the English department
- This is a great way to develop your reading skills/ confidence, as well as get involved in a very important aspect of the wider school life!



SCIAF CLUB

Wednesday lunch times in RE room 2
Miss O'Donnell



STAFF
VS
PUPIL
QUIZ!

BAKE SALES

Advent & Lent fundraisers

LIFE GROUP



MEETING EVERY THURSDAY

12:45 IN RE 3

GET INVOLVED IN THE FAITH LIFE OF THE SCHOOL

HELP ORGANISE AND RUN FUNDRAISING EVENTS

SEE MISS LANIGAN FOR MORE INFO

LIFE GROUP SPONSORED WALK



ALL STAFF AND PUPILS WELCOME

WEDNESDAY 12TH SEPTEMBER

COLLECT FORMS FROM MISS LANIGAN

Worship Group

All pupils S1-S6 are welcome
to come along!

Oratory every Thursday at
3.40PM





SCHOOL PROCEDURES



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
- Tie (fixed appropriately)





GIFFNOCK NORTH ATHLETICS CLUB

Festival of Running

"To The Pond & Beyond"

SECONDARY SCHOOLS 2.5k RACES
 Rouken Glen Park, Giffnock, Glasgow
 Thursday 7th June 2018

Part of the Giffnock North A.C. Festival of Running
 Course 2.5k on the paths within Rouken Glen Park
 Open to all East Renfrewshire & South Glasgow
 Secondary School pupils.

Registration : 5.15pm
 Girls Race : 6.30pm
 Boys Race : 6.45pm

CHARITY WINS!
 The school with the most finishers will receive £500 to donate to the charity of their choice.

"BATTLE OF THE SCHOOLS"
 Awards for the first three in each race, and also first three school teams: four to count per team in race order. Enter as many athletes as you like, ENTRY is £4.00 (+ admin fee) per entrant
 Enter Individually online now at :-
www.entrycentral.com/TTPAB



HEALTH & WELLBEING



Health and Wellbeing Objectives

Our Objectives

1. To create a supportive environment for pupils and staff
2. To help pupils and staff overcome barriers to mental wellbeing
3. To build resilience in all our young people
4. To ensure mental health is seen as important as physical health
5. To ensure that everyone experiencing a mental health condition is treated as an equal by society

Health and Wellbeing Aims

Aims:

To focus on **your** mental health and wellbeing by:

- Increasing understanding of mental health
- Improving recognition of common mental health conditions
- Understanding the impact of stigma
- Introduce Five Ways to Wellbeing

HAPPINESS IS



...being married
to your best friend.

HAPPINESS IS



...laughing with a toddler
about something
entirely nonsensical.

HAPPINESS IS



...lending someone
a book you absolutely
adore reading.

HAPPINESS IS



...a baby's smile.

HAPPINESS IS



...a Friday afternoon

HAPPINESS IS



...a spontaneous dinner
with a dear friend.

Five Ways to Wellbeing

- Connect
- Be active
- Take notice
- Keep learning
- Give

Wellbeing: Connect

connect with the people around you: your family, friends, colleagues
and neighbours



Wellbeing

- Talk to someone instead of sending a text
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is

Wellbeing: Be Active

Wellbeing

Do what you can, enjoy what you do, move your mood

- Walk to school, perhaps create a walking bus with friends.
- Cycle to school
- Attend Extra-Curricular clubs (lunch/after school)
- Get involved - Volunteer

Always remember why exercise is good for you...



Wellbeing: Take notice
Remember the simple things that
give you joy



- Make time to appreciate what people have gained from having contact with you.
- Model 'taking notice' by giving compliments and verbally appreciating the small things in life.
- Take time to reflect on the emotions of yourself and others. Feed off the positives & look at how you can change the negatives.

Wellbeing: Keep learning

Embrace new experiences, see opportunities, surprise yourself



- Celebrate light bulb moments
- Research subjects that you hear or read about that trigger your interest
- Take time to speak to new people and hear about their background & experiences
- Encourage further exploration of mental wellbeing and resilience



Wellbeing: Give

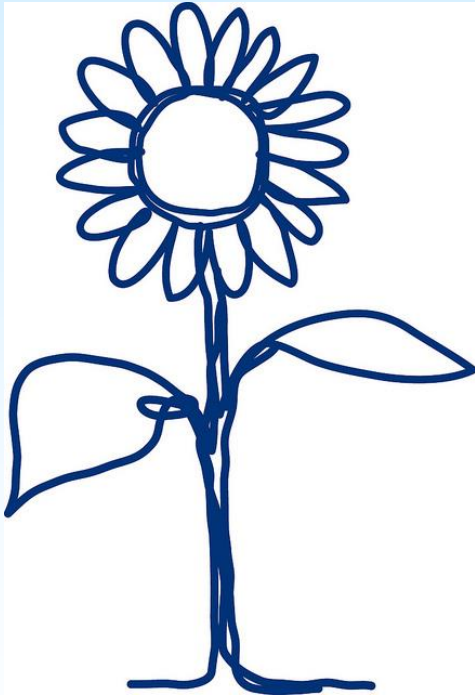
Wellbeing

Your time, your words, you presence

- How can you use what you have learnt to benefit others?
- Giving and receiving help
- Take or give a compliment
- Create something for someone: write a note to go with it to say why you made it for them: being thankful

Three Good Things

Outlook



Each day - think back and remember three good things.

Note them down - this is important. You may want to get a small notebook just for this purpose or use an online diary (Facebook have a free app for this or you can use the 'Happynote' app).

Think about why - write down why it happened and why you feel good about it.

Look back - after a week, have a look back on what you've written. How does it feel when you look at all these good things? Do you notice any themes?

Keep it up

Resilience: Culture

- Building the right culture from the start.
- Value resilience as a school.
- Remember “the greatest glory in living is not never falling, but in rising every time we fall”
Nelson Mandela

You are already doing
it





Orchestra Members

Instrument	Name
Conductor	Mr. [Name]
First Violin	[List of names]
Second Violin	[List of names]
Viola	[List of names]
Cello	[List of names]
Double Bass	[List of names]
Flute	[List of names]
Oboe	[List of names]
Bassoon	[List of names]
Clarinet	[List of names]
Saxophone	[List of names]
Trumpet	[List of names]
Trombone	[List of names]
Euphonium	[List of names]
Tuba	[List of names]



OPPORTUNITIES FOR PERSONAL ACHIEVEMENT



What is Bikeability L3?



Level 3 equips trainees with skills for more challenging roads and traffic situations, queuing traffic, complex junctions and roundabouts. It also includes planning routes for safe cycling. Level 3 training is delivered one-to-one or in groups of up to 3 so can be tailored to a trainee's individual needs, such as a route to work or school. At Level 3 you can:

- prepare for a journey
- understand advanced road positioning
- pass queuing traffic
- perceive and deal with hazards
- understand driver blind spots
- react to hazardous road surfaces

What do I have to do?



Friday 5th October

1.5 hour classroom lesson

Monday 8th October

Road lesson 1 hour (9.15am - 10.15am)

Wednesday 10th October

Road lesson 2 hours (9.15am – 11. 15am)

Bikeability at St Ninian's

I have completed bikeability level 3 and I have had a great experience.

I learned about how to cycle safely on busy roads and have gained confidence with my cycling skills.

It was very enjoyable as the trainers were very helpful and understanding.

Bikeability is a great thing to get involved with and I would advise everyone to try it out.

Bikeability is very good for your health as well.

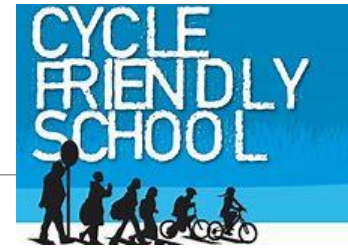
I loved bikeability!!!!



Gareth Issac (2a5)

How do I sign up?

Collect a letter from Miss Murphy.



The first six pupils to return a letter will complete the October course.

The following six pupils will complete the course in March 2019.

S1/S2 SQUASH CLUB - LUNCHTIME

Every Wednesday lunch time in the Games Hall.

Pupils must wear trainers to take part.

Equipment will be provided.



S1 TENNIS CLUB

Every Tuesday at Giffnock Tennis Club,
Percy Drive.

Pupils to make their own way to the
tennis club as quickly as they can and
must be collected/make their own way
home.

The club will finish at 4.30pm.



**ALL PUPILS MUST HAVE A TENNIS CONSENT
FORM TO BE ABLE TO ATTEND.**

CONSENT FORMS CAN BE COLLECTED
FROM THE OFFICE.

COMPLETED CONSENT FORMS MUST BE
TAKEN TO THE TENNIS CLUB AND GIVEN
TO KERRY COMERFORD.

Talented Athletes Programme



We are looking for those who go above and beyond in their sport to get the recognition they deserve.

The Talented Athlete Programme is here to support those who are working hard to be the best they can be in their chosen sport. It can be any sport from football, to athletics, to curling! We want to **promote** your success and help you go even further!


Do you compete at a high level in a sport outside school?

Do you represent a club at National or International Events?

Or are in fact you a superstar who represents their country!!!!



If you think this applies to you please come and see Miss Briggs in PE as soon as possible so you can join the many other talented athletes in St. Ninian's.



SCHOOL SHOW
June 2019

Annie

OPEN TO ALL PUPILS S1 – S6

1st rehearsal and audition preparation:

Tuesday 4th September

Music Room 4 3:30 – 5:30pm

Newsletter Club

English Room 7

Miss Ramsay

MONDAY LUNCHTIME

S1-S6

LOVE FASHION?

Join the S1—S3 Fashion club

- Design and make an Outfit
- Enter your creations in local fashion shows
- Enter national competitions with prizes ranging from £2500 to iPad minis!
- Display your work at an end of year school Fashion Show!

**From 4th September
Every Tuesday
3.30 — 4.30pm
Art Room 2
Miss Gibson**



S1 T-Pottery Club

Would you like the opportunity to work with clay and develop your clay skills?

Come along and experience designing and making your own fantasy pots – the more creative, the better!

We'll celebrate completion of our designs with a wee tea-pot party!

**Starting 4th September, after
school each Wednesday
2.45pm – 3.45pm, Art Room 3
Miss McCarley / Mrs Smith**



LOVE ART?

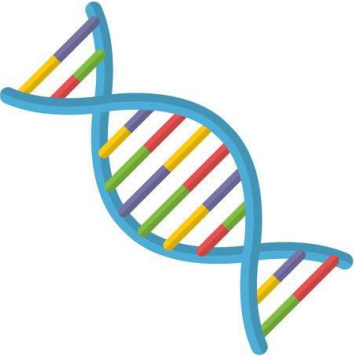
Join the Art Club!

Improve your Art skills through:

- painting
- drawing
- sculpture

From 6th September
Every Thursday
3.30 – 4.30pm
Art Room 2
Miss Joice



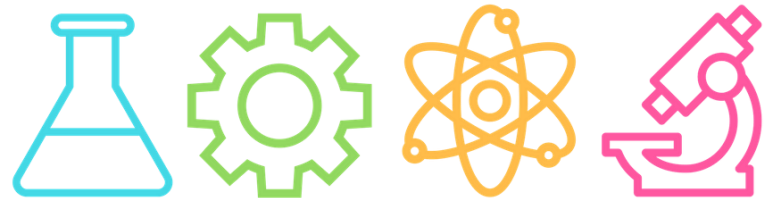


Science = mc^2

Club



Every Tuesday Lunchtime @12:30 Lab3
Starting the 4th September
A fun new experiment every week



Week 1 is making lava lamps
You can take home

S1 Singers



WEDNESDAY LUNCHTIME

12.20-1 PM

MUSIC ROOM 3

ALL WELCOME!

(NO AUDITIONS)

First rehearsal 29th August



Ukulele Group

Tuesday lunchtime


(Bring your lunch)

Music Room 3





St Ninian's High School Ceilidh Band



Monday
3.45pm - 4.30pm



Music Room 1

New members welcome

S1-S6!





SI Keyboard Club

Open to all 1st years who
want to play the
keyboard outside of

**MUSIC ICT Room
2**

THURSDAY

Create your own

LEGO

character

Develop the skills to:

3D Model

and

3D Print

your own Lego man/woman



See Mr McLaughlin if interested



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: The Great St. Ninian's Bake Off!
October 2018

NO

CHILD
TAKEN

No Child Taken Group

Thursday Lunch Time
Music 4

Bring your lunch!

tearfund

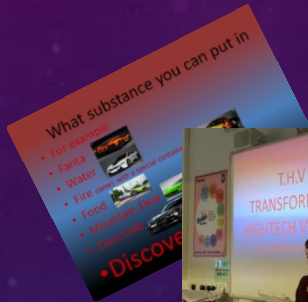
S1 Business Club

Are you the next Elon Musk, Alan Sugar, Deborah Meaden, Richard Branson, or Duncan Bannatyne?

Interested in business and want to develop your entrepreneurial skills? Then the S1 Business Club is for you!!

Working with a team of budding entrepreneurs you'll come up with a business idea, write a business plan, develop your product and have fun!

When: Wednesday lunchtime
Where: ICT8







When? - from the 10th to the 16th September

What is it about? - Helping everyone in our nation see maths positively. The aim is for everyone to experience the benefits, joy and beauty of maths in exciting new ways. We would like to see maths explored and celebrated throughout Scotland, raising the profile of maths and its importance in all aspects of our lives.

What do we have to do? - All year groups will have the opportunity to get involved, whether it be through;

- a lesson in class
- helping to deliver a lesson to another year group
- coming along at lunch time to explore some Maths challenges
- attending a lecture from a visiting speaker



S1 - a lesson in class on Friday 14th September

S2 - a lesson in class on Friday 14th September

(S4 will be in class to help)

S3 - a lesson in class on Friday 14th September

S4 - a lesson in class on Tuesday 11th September

S5/6 Higher/Advanced Higher - a lecture on Wednesday 12th September

There will also be lunchtime activities in the Maths Department running on **Monday 10th** and **Thursday 13th** at lunchtime. Everyone is welcome to come along!!

- 'Maths with Nae Borders' challenge
- Padlock Challenge
- Relay Challenge
- Murder Mystery

S1 - 3 Homework Club

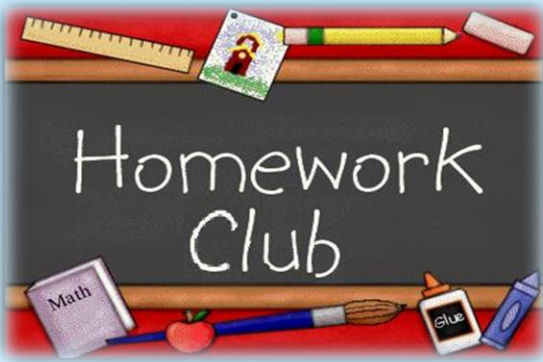
Runs fortnightly in Maths Room 8.

The next time it runs will be Thursday 13th September.

Extra sessions will run in the lead up to assessments.

All dates will be published on the Maths Twitter Page.





ST NINIAN'S
TALENT SHOW
TUESDAY 24 APRIL
7 PM
£3



UPCOMING EVENTS



Upcoming Events

- Vocations Mass – Monday 10 September (5:45pm)
- Life Group Sponsored Walk – Wednesday 12 September
- Maths Parents Information Evening – Tuesday 18 September
- S1 Skipathon – Wednesday 19 September
- S1 Information Evening – Thursday 4 October
- S1 Interim Reports – Friday 5 October

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.

