



# S1 ASSEMBLY

6 December 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 and parents -  
work together  
in trust and friendship.  
Live among us now and forever.

**Amen**





# Our Faith



# 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.

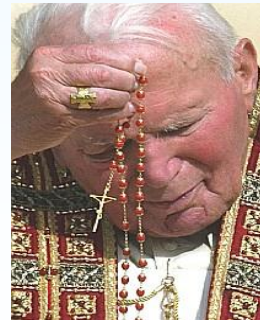


# The Rosary



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)**



# Worship Group

All pupils S1-S6 are welcome  
to come along!

Oratory every Thursday at  
3.40PM





# Advent

*Hope · Love · Joy · Peace*



Saint Ninian's High School

# ADVENT 2018





# Advent Services



During Advent we will be organising a number of liturgical services and opportunities to prepare for Christmas.

**Morning Mass** will be celebrated each morning during the week at 8.25am. All pupils are encouraged to attend and take part. This is the best way possible to prepare for the Nativity of the Lord

**Advent Service** is open to all and will take place at 4.00pm on Thursday 6 December. The theme will be 'Christ At The Centre Of Our School'. Tea and mince pies will be served after the Service

**Carol Service and Christmas Concert** will start with the Carol Service at 7.00pm on Thursday 20 December 2018, which will be followed by the Christmas Concert with its usual excellent standard of Christmas Music provided by the Music Department. All Welcome!





**Our Advent Service 'Christ At The Centre Of Our School' will take place at 4.00pm on Thursday 6 December.**

**We invite all pupils, staff and families of St Ninian's and our primaries and parishioners.**





Advent is the season of preparation for Christmas. The first Sunday of Advent is the beginning of the Christian year. On this first Sunday of Advent, we are reminded that we are waiting for the Lord's coming not only at Christmas and at the End of Time, but also in our hearts.





# A Prayer for *the First Sunday of* ADVENT

Great Giver of all that is, show us how much we have received through your abundant generosity. Satisfy our restless hearts with the assurance of your love for us, that we will grow to desire your potter's hands shaping and molding us. Amen.

## Advent Week One

May the God of hope fill you with all joy and peace  
as you trust in him, so that you may overflow with hope  
by the power of the Holy Spirit.

~ Romans 15:13, NIV ~





# Advent Week 1

As you light the first candle in the Advent wreath, take a slow deep breath. Remember that achieving the perfectly orchestrated holiday doesn't matter. What matters is watching for God in every situation.



In praise and thanksgiving, let us rejoice as we await our Saviour, Christ the Lord, God-with-us, Prince of peace. For all the oracles of the prophets foretold him; the Virgin Mary longed for him with love beyond all telling; John the Baptist sang of his coming and proclaimed his presence when he came. It is by his gift that we already rejoice at the mystery of his nativity, so that he may find us watchful in prayer and exultant in his praise.



# The Advent Wreath



The Advent wreath is made from evergreen leaves which stand for eternity, God's eternal love for us (which is ever green, ever new), shown in the promise and birth of the Messiah, his Son. Holly is traditionally used as part of the wreath, with the sharp points of the leaves reminding us of the crown of thorns (the German name for holly is Christdorn meaning 'Christ-thorn').

The circular shape of the wreath (a crown of thorns) also stands for eternity (the ring goes round without beginning or end). Red berries stand for the drops of blood which Jesus shed for us (in the Christian tradition, the joy of Christ's birth is always tempered by the knowledge that this child will end his life on the cross). Sometimes a red ribbon is tied through the wreath – this too stands for Christ's blood, the cost of our redemption. The four candles represent the four weeks of Advent, the season of preparation for Christmas. Purple is the liturgical colour of Advent and rose (or pink) is a special colour that may be used on the 3rd Sunday of Advent (known as Gaudete Sunday meaning 'rejoice' from the Latin antiphon at the beginning of Mass: 'Rejoice in the Lord always; again I say, rejoice!' (cf. Philippians 4:4-5)). In some traditions, the first candle represents prophecy (the prophecy of the birth of a Messiah in Isaiah) or hope, the second love, the third joy, and the fourth peace (sometimes known as the angels' candle after the angels which appeared singing 'Glory to God in the highest and peace to men of goodwill').

Sometimes a fifth **white candle** is added in the centre of the wreath. This is lit on Christmas Eve to mark the coming of Christ the Light. Protestant versions of the Advent wreath tend to use red candles. Catholic versions use the liturgical colours of purple, pink and white.

# The Advent Wreath





Week 1  
**Hope**

**Reminds us...**  
Jesus is coming

**Bible verse**  
Romans 15:  
12-13

**Bible verse**  
Luke 2:10

**Reminds us...**  
The joy at the coming  
birth of Jesus



Week 3  
**Joy**

Week 2  
**Faith**



**Reminds us...**  
To prepare the way of  
the Lord

**Bible verse**  
Luke 3:4-6

**Bible verse**  
Luke 2:14

**Reminds us...**  
"Glory to God in the highest  
heaven, and on earth  
peace for those he favours"

Week 4  
**Peace**



What do we  
remember each  
week of  
**Advent?**



# Christmas Jumper Day

Friday 14 December



- Pupils are invited to wear a Christmas Jumper to raise money for the Life Group
- Suggested £1 donation

# Christmas Ceilidhs

- Tuesday 11 December
- Tickets (£2) from Street at lunchtime



# Health and Wellbeing

## Advent Calendar



During Advent we encourage our pupils to Connect and Give in preparation for the coming of the Lord.....



### 1. Morning Mass

Every morning during Advent we will celebrate Mass in our Oratory. This is an excellent opportunity to start your day on a positive note and connect with your Faith.

### SEASON OF ADVENT



### 2. School Advent Service

On Thursday the 6<sup>th</sup> of December we will celebrate Advent at our School Service. All pupils, parents/carers and staff are welcome.

### 3. Christmas Ceilidhs

Our pupils will take part in Christmas Ceilidhs, giving them the opportunity to connect with others in their year group. Ceilidhs will take place week beginning the 11<sup>th</sup> of December.



### 4. Life Group Christmas Jumper Day

On the 14<sup>th</sup> of December pupils are invited to wear a Christmas jumper to raise money for a pro-life charity. Suggested £1 donation.

### 5. Santa Dash

On the 14<sup>th</sup> of December S1 pupils will take part in our Santa Dash. Pupils will be encouraged to donate toiletries/food to the East Renfrewshire Food Bank.



# Health and Wellbeing

## Advent Calendar



During Advent we encourage our pupils to Connect and Give in preparation for the coming of the Lord.....



### 6. Advent Charities

#### First and Second Year Pupils

Bringing in of baby items which will go to Cardinal Winning Pro – Life Initiative. New clothes, baby shampoo and soap, sponges, bibs, baby socks, nappies etc.



### 7. Advent Charities

#### Third Year Pupils

Mary's Meals Back Pack appeal.

mary's meals

a simple solution to world hunger

### 8. Advent Charities

#### Fourth, Fifth and Sixth Year Pupils

Money donations and items for local food bank.



### 9. Staff Advent Reflection Sessions

There will be a series of four reflection sessions for all staff on the Tuesdays in Advent. They will run between 4:00pm and 4:30pm in the Oratory, led by staff.





# Our Health and Wellbeing



# S1 Santa Dash





# What is a Santa Dash?

You will jog a short route around the 4G Pitch with your entire year group



# When and Where?

**Friday 14 December** during **period 3**. All pupils should go straight to the PE department and get changed.

1a1 – 1a5 should change at Sports Hall

1a6 – 1a10 should change at Games Hall

You will start on the 4G pitch and be guided around the route by the Sports Council representatives.



# What do I need to bring?

You should bring a change of clothing including a suitable pair of trainers for running.

You should bring a Santa costume/hat for this event.

Points will be awarded to the class who are most dressed up!



# Donation to the East Renfrewshire Foodbank

We will be collecting donations for the Trussell Trust, East Renfrewshire Foodbank.

The Trussell Trust runs a network of over 400 foodbanks, giving emergency food and support to people in crisis across the UK, where thirteen million people live below the poverty line. In the last year they gave 1,182,954 three day emergency food supplies to people in crisis.



# How do I donate?

Simply bring in a donation and drop this off at the 'Foodbank Collection Table' that will be situated in the forum on **Friday 14 December**.

## What do I bring?

- Soaps
- Bubble Bath
- Shampoo
- Conditioner
- Cereal
- Soup
- Pasta
- Rice
- Pasta sauce
- Beans



# *Please note:*

*This is also Christmas jumper day!*

## *To-bring list for this day:*

- PE kit and trainers
- Santa outfit/Santa hat
- Donation for Foodbank
- Christmas jumper
- £1 donation for Christmas jumper





Supporting people at risk of severe allergies

ALLERGY  
AWARENESS  
2018

MARTHA MCMAHON (IA6) AND HOLLY EDGAR (6AI)

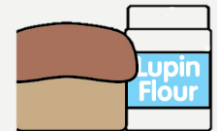
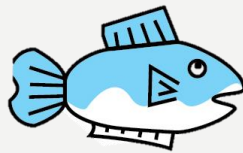
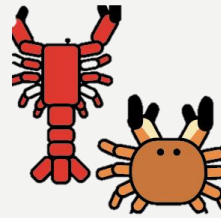
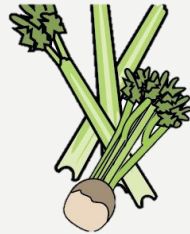
# WHAT IS AN ALLERGY?

- An allergy is an over reaction of your immune system to usually harmless substances
- Allergens can be found anywhere





# COMMON ALLERGIES



WHICH OF  
THESE MAY  
CONTAIN  
EGGS?



# ALLERGIC REACTION

- An allergic reaction happens when the person who has the allergy has been exposed to it
- The body thinks it is fighting a germ so it over reacts causing severe symptoms

## **Signs of a severe reaction**

- Difficulty breathing – noisy breathing, wheeze, persistence cough
- Swollen face and eyes
- Flushing of the skin
- Feeling sick and dizzy
- Stomach pain
- An allergic reaction can become serious very quickly

# MEDICATION

- When an allergic reaction occurs, it is important to get help quickly.
- An adult will know what to do, how to help and what medicine to give.

There are two types of medicine

- For mild reactions: antihistamine
- For severe reactions: Adrenaline Auto-Injector (EpiPen<sup>®</sup>, Jext<sup>®</sup> or Emerade<sup>®</sup>)



# GETTING HELP QUICKLY CAN SAVE A LIFE

- In school – get a teacher IMMEDIATELY
- Out of school – If adults are not around don't delay in dialling 999 and say anaphylaxis.
- Do not move the person.
- Do not leave them alone.
- Help find their kit.

# HOW TO USE AN ADRENALINE AUTO INJECTOR

- Locate the medication
- Position the casualty (sat upright or lay down with their legs elevated)
- Check injection site (ensure there are no zips, buckles or anything that will get in the way)
- Follow the instructions on the adrenaline auto-injector
- If someone was lying down with feet up they should stay in that position until the paramedics arrive – never stand or sit up even if feeling better.

# DEMONSTRATION



- There are three different types of injectors for allergies; epipens, jext and emerade.
- We are going to show you how to use an epipen but please read the instructions on the pen, it might be different.
- The person who is having the allergic reaction probably will be able to give their own pen but they might need help.

# WHAT DOES IT FEEL LIKE TO HAVE AN ALLERGY?

- Someone with an allergy has to be more aware than others
- Some situations might be more difficult for someone with an allergy





# LEO'S STORY



# TEASING

- Some people think it's funny to tease people about their allergy.
- This can anything from laughing at them to throwing food that they are allergic to at them
- The effect on people can be hurtful or throwing these foods can even cause them to have a severe life threatening allergic reaction.

**IS IT STILL FUNNY ?**

THINK ABOUT LEO

# WHAT YOU CAN DO TO HELP

- Good hygiene – wash hands
- Help make sure your friends with allergies are safe
- Ask your friend about their allergy and be understanding
- Don't share your lunch or snacks
- Know the signs of an allergic reaction and get help if you spot them
- Help your friend to remember to take their kit, this could save their life!

# ALLERGIES ARE HIDDEN

Can you spot which child has an  
allergy?

5-8% of people have allergies so  
there could be up to 90 people  
in this school that have a severe  
allergy or even more.





# Anaphylaxis Campaign

Supporting people at risk of severe allergies

The Anaphylaxis Campaign is the only UK wide charity solely focused on supporting people at risk of severe allergic reactions.

Visit our website <https://www.anaphylaxis.org.uk/> or find us on

Facebook [@anaphylaxiscoms](#)

Instagram [@anaphylaxis\\_campaign](#)

Twitter [@anaphylaxiscoms](#)

YouTube [Anaphylaxis Campaign](#)

# Dementia Therapy Dolls

Would you like to help...?

## The Issue.....

Dementia sufferers can often find comfort from holding baby dolls. Holding a baby doll can engage and relax, providing mental and physical benefits. However suitable dolls are expensive.

## The Project.....

In this new project we want to identify caring individuals or groups to help make these comforting dolls more readily available to dementia sufferers in Scotland.

## The Opportunity for You

We would welcome your help by:

1. **Sourcing suitable dolls** Second-hand is welcome but baby dolls should be in good condition, with a soft body and solid limbs.
2. **Making clothes or blankets** for the dolls. Do you have knitting skills and can spare some time to dress even a couple of dolls?



To see how you can contribute to this important project please see the Dementia Therapy Dolls page on Facebook

Your local donation point is: **St Ninian's High School Main Office**



# 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.

