

# St Ninian's High School

## PSHE Newsletter

### Week Beginning 2<sup>nd</sup> September 2019



#### *Focus:*

#### Daily Prayers

- Pupil Notices – Please cover with S1 to S6
- Volunteering opportunity for those aged 14 and above – Please advertise to pupils
- 1 September: “World Day of Prayer for the Care of Creation”

#### Extra-Curricular programme booklet

# WHAT ANXIETY FEELS AND LOOKS LIKE

The infographic features a central illustration of a man's head and shoulders. The top of his head is cut away, revealing a brain area with several terms: FEAR (skull icon), AGITATION (person with briefcase icon), NERVOUSNESS (sad face icon), and HOT FLUSHES (thermometer icon). Surrounding this central figure are numerous text labels for anxiety symptoms, each accompanied by a small icon. The symptoms are arranged in a circular pattern around the head.

**Symptoms and associated icons:**

- FEELING DISCONNECTED FROM THE WORLD (globe icon)
- WORRYING ABOUT FUTURE EVENTS (person at desk icon)
- TIGHT CHEST (person with hand on chest icon)
- UNCONTROLLABLE WORRIES (brain icon)
- OVERTHINKING (gears icon)
- EXCESSIVE WORRYING (person with clock icon)
- DEPERSONALISATION (person with red X icon)
- HEADACHES (person holding head icon)
- RESTLESSNESS (person with clock icon)
- LIGHT HEADEDNESS (person with dizziness icon)
- TENSENESS (person with tight muscles icon)
- INCREASED HEART RATE (heart rate line icon)
- PANIC ATTACKS (person running icon)
- TREMBLING (hand with wavy lines icon)
- HYPERVENTILATION (lungs icon)
- SECOND GUESSING (person with question mark icon)
- WORRYING ABOUT PAST EVENTS (person with clock icon)
- MIND READING (brain icon)
- SHORTNESS OF BREATH (lungs icon)
- DISQUALIFYING THE POSITIVE (magnifying glass icon)
- STOMACH CRAMPS (stomach icon)
- LOSS OF APPETITE (burger icon)
- HOT FLUSHES (thermometer icon)
- NAUSEAU (person with green face icon)
- FEAR (skull icon)
- AGITATION (person with briefcase icon)
- NERVOUSNESS (sad face icon)
- AVOIDANCE (person running away icon)
- "WHY CAN'T I SLEEP?" (person at desk icon)
- "WHY CAN'T I RELAX?" (person at desk icon)
- "WHAT IF..." (person at desk icon)
- WANTING REASSURANCE (hand pointing icon)
- CATASTROPHISING (sad face icon)
- SWEATING (sweat drop icon)
- IRRITABILITY (person with angry face icon)
- MUSCLE TENSION (muscle flexing icon)
- ALL OR NOTHING THINKING (person at desk icon)

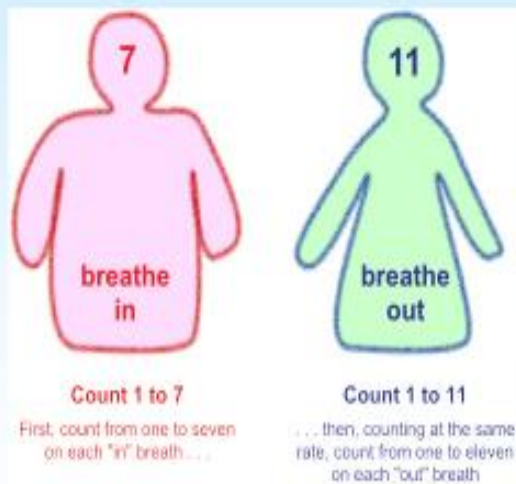
## Mental Health Awareness

### Strategies to help with Anxiety:

Research has shown that children who experience problematic anxiety can be successfully taught how to cope better with it. Research indicates that the most effective treatment for anxiety disorders is Cognitive Behavioural Therapy (CBT). CBT aims to teach children how to face their anxieties and how to think about situations in a different way so they are able to better manage their anxiety. Cognitive Behaviour Therapy consists of: Learning about anxiety and what causes it (psycho education) Learning relaxation skills Realistic thinking (cognitive exposure) Problem solving Gradually facing the fear/anxiety (graded exposure) Child anxiety management strategies (taught to parents)

## Mindful moment

1 minute



**S1**

**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**

**PSHE First Aid Visits – Please collect visitor from the school office prior to lesson beginning:**

**1a7 – 4<sup>th</sup> September**

**1a2 – 6<sup>th</sup> September**

**Body Image**

**My first week in St.Ninian's**

**Induction Slides**

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

**S2**

**Fun Run Sponsored Event – Please advertise to S2 pupils**

**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**

**Body Image**

**Study Skills for year ahead**

**Body Image**

**Induction Slides**

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

**S3**

**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**

**My WoW Ambassador Programme**

**Balanced Diet**

**Exercise Health and Fitness**

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

**S4**

**GIRFEC Booklet – Work through SHANARRI Indicators and complete with class**

**Study Tips – Inside the mind of a Procrastinator**

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

**Study Skills for S4 – Study Skills Video**

**Work Experience – Please go over with your respective classes**

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

S5

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

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

S6

GIRFEC Booklet – Work through SHANARRI Indicators and complete with class

Stuart Ivory "Money Talks" sessions 6a2 – Thursday 5<sup>th</sup> September  
1.00pm - Please collect guest from the reception prior to the start of the lesson

Study Tips – Inside the mind of a Procrastinator

Pupils are to leave class at 1.45pm to avoid corridor congestion

All about me – Complete with class

S6 Service Slides

Heriot Watt University Open Days – Edinburgh Campus  
*Saturday 14 September*  
*Saturday 26 October*

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

**Diploma Completion for S6 pupils – See the below instructions**

- **Pupils go on to “Pupil Shared Area”**
- **Click on “PSHE”**
- **Pupils go on to “Diploma 2020”**
- **Pupils click on their own respective Alpha**
- **Click on the “S6 Diploma” and immediately save in the folder using their name.**
- **Pupils are to complete each section of the Diploma by writing in to the text box at the bottom of each section**
- **This will be a working document and pupils should save their work as they go**
- **It is important that when pupils are writing information in to the text box that they do not hit the return key as this will not work with the software when transferring on to the Diploma**

**[Link to examples of previous diplomas](#)**

**[Link to Lesson for “Responsible Citizen”](#)**

**[Link to Lesson for “Confident Individual”](#)**

**[Link to Lesson for “Successful Learner”](#)**

**[My World of Work](#)**

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

T. Low