









October 2018









## Prayer

It's almost Halloween, a time for masks and costumes and, as always, a time to pray...





help us worry not so much about the everyday costumes we put on each time we dress...

Clothes don't make the man,
clothes don't make the woman:
it's how our hearts are dressed
that makes us who we are...
Help us take off our masks,
the ones we wear to hide
from others and ourselves
the person you made each of us to be...
Help us find the beauty and the goodness
beneath our costumes, behind our masks.

Help us find the beauty and the goodness beneath our costumes, behind our masks, in every one around us and help us, Lord, to love each one we find...

Amen.





## **Morning Mass**

Mass will be offered up on

- Tuesday
- Thursday
- Friday

Mornings at 8.25am.
Family members are also welcome!





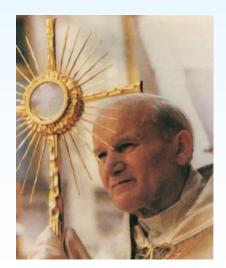
#### **Eucharistic Adoration**

#### 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.



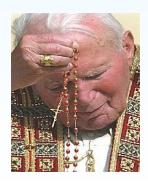


## The Rosary



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





## **UR SPACE WEDNESDAY 8am**

- Small Informal gathering for prayer and reflection
- Breakfast afterwards









#### **CARITAS**

- See Miss Higgins or Mr Bradshaw
- First Gathering Monday 29<sup>th</sup> October 3.45pm
   Oratory



#### RE

Monday period 5 – all S6 pupils to attend





Our remembrance Service of Light for pupils, parents, friends and staff will be held on Thursday 15th November at 12.25 p.m. in the school Oratory.

During November, Holy Mass is celebrated at 8.25am in the Oratory on Tuesday, Thursday and Friday. All are most welcome.

All are most welcome.



#### NOVEMBER



MONTH of the HOLY SOULS







## The Month of the Holy Souls

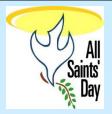
During November throughout the world those who have died are especially remembered and prayed for by the Catholic community. The Commemoration of the Dead begins on second day of the month and is commonly known as All Souls when Catholics pray for the dead as they continue, ahead of the living, the journey into the fullness God's Light.

Catholics also pray for those who are left behind and are still grieving. These prayers continue throughout the month of November, with people encouraged to visit a church or cemetery to pray. Know that, whatever your faith background, you and your loved ones will be prayed for and remembered during November.

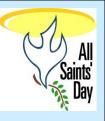
Jesus Christ conquered death through his own suffering and death on a cross and by his resurrection. In Him is the source of our hope and light whatever darkness we might currently face.

His love for us and those that we love is endless.





## All Saints Day



- All Saints' Day which in the Roman Catholic Church is officially known as the Solemnity
  of All Saints and also called All Hallows or Hallowmas, is a solemnity celebrated on 1
  November in honour of all the saints, known and unknown.
- "Hallows" meaning "saints," and "mas" meaning "Mass"; the preceding evening (Halloween) is the "Vigil or Eve of All Hallows".
- All Saints' Day commemorates all those who have attained the beatific vision in Heaven. It is a national holiday in many historically Catholic countries. In the Roman Catholic Church, the next day, All Souls' Day, specifically commemorates the departed faithful who have not yet been purified and reached heaven.
- Catholics celebrate All Saints' Day and All Souls' Day in the fundamental belief that there is a prayerful spiritual communion between those in the state of grace who have died and are either being purified in purgatory or are in heaven and those living.
- All Saints Day is a Holy Day of Obligation



## Solemnity of All Saints

S6 Mass p4 Thursday





## Emergency Alarm/ Evacuation Procedures



- When you hear the alarm signal and you are in class follow the instructions given by your teacher
- Remain calm and behave in a responsible manner
- Exit your classroom/ work area in an orderly and calm manner.
- Leave your bags
- Take blaser
- You will assemble in the designated area / Assembly Point for the department you are in
- Take note of the Fire Exit signs in your classes to be aware of where the nearest Fire Exit is
- You must line up with your class so that your teacher can take a register of who is present





- Walk calmly with your class and teacher to Assembly Point- either 4G pitch or Hockey pitch – This will depend on which department you are in when Fire Alarm signals
- You should NOT assemble near the entrance to the pitches as this impedes entry and exit
- Remain assembled with the other pupils in your class and beside the teacher
- Do NOT wander away to chat to friends
- Wait until your teacher or a Fire warden instructs you to re enter the school building



#### 4 G Astroturf Pitch

NB This pitch is split in to 3 areas. Entrance to pitch should remain clear

BACK FENCE Area 1 Area 2 Area 3 1 Biology + S1 Science 1 Computing 1 Home Economics 2 Chemistry + S1 Science 2 History 2 Technical 3 Art 3 Physics + S1 Science 3 Modern Studies 4 Geography 4 Business Studies 4 PE 5 Modern Languages 5 Drama ENTRANCE / **GATE** 



## **Hockey Synthetic Pitch**

NB This pitch is split in to 4 areas. Area 1 is to remain clear to ensure everyone is a safe distance from the school

Area 4 English			
Area 3 Mathematics			
Area 2 RE / Music / Cafeteria / Oratory / Pastoral Base / PLC / DSM / Lecture Theatre			
Area 1 THIS AREA SHOULD BE KEPT CLEAR			



# Emergency Evacuation out with Class Time

 The Emergency Alarm may signal when you are not in class ie at interval, lunch time, after or before the school day begins.

 You should refer to the diagrams to ensure you know where your year group should assemble

Wheelchair users will assemble at nearest refuge point.

## **Hockey Synthetic Pitch**

This pitch is split in to 4 areas. Area 1 is to remain clear to ensure everyone is a safe distance from the school.

#### Year Head & Pastoral Staff to assist with supervision

<u>Area 4</u> –		S6
6a1, 6a2	6a10	
Area 3 –		<b>S</b> 5
5a1, 5a2	5a10	
Area 2 –		S4
4a1, 4a2	4a10	
Area 1		



This pitch is split in to 3 areas. The Front Area is to remain clear to ensure everyone is a safe distance from the school.

#### Year Head & Pastoral Staff to assist with supervision

#### **4 G Astroturf Pitch**

8 A C X

Area 1	Area 2	Area 3	
1A1	2A1	3A1	
1A2	2A2	3A2	
1A3	2A3	3A3	
1A4	2A4	3A4	
1A5	2A5	3A5	
1A6	2A6	3A6	
1A7	2A7	3A7	
1A8	2A8	3A8	
1A9	2A9	3A9	
1A10	2A10	3A10	



#### PREFECT ROTA

see notice board/ face book



## SCHOLAR – Mr Harry Hughes Herriot Watt University

## SCHOLAR

Please share this information within your school and/or local authority.

SCHOLAR's upcoming Online Tutor Sessions are:

Day	Date	Time	Subject	Level
Monday	22/10/2018	6pm	Physics	Higher
Tuesday	23/10/2018	6pm	English	Higher
Thursday	25/10/2018	6pm	Maths	National 5





#### SCHOLAR Online Tutor Sessions

#### **Higher Human Biology**

#### Thursday

**DNA** and Gene Expression 04/10/2018

15/11/2018 Mutations

24/01/2019 Blood Flow and the Exchange of Materials

28/03/2019 Neurotransmitters

11/04/2019 Revision

**Human Biology** Chemistry Computing Science Mathematics **Physics** 

Worksheets may be available to download and should be attempted before each session. Psychology





#### SCHOLAR Online Tutor Sessions

#### **Advanced Higher Biology**

#### Thursday

01/11/2018 Investigative Biology and

the Investigative Report

13/12/2018 Parasites

14/02/2019 Cell Division and the Cell Cycle

07/03/2019 Proteins

18/04/2019 Revision

Human Biology
Chemistry
Computing Science
Mathematics

Accounting Art and Design Business Management Economics

Psychology

Worksheets may be available to download and should be attempted before the session.





#### SCHOLAR Online Tutor Sessions

#### **Higher Biology**

#### Wednesday

26/09/2018 DNA and Gene Expression

21/11/2018 Genes and Mutations

16/01/2019 Cell respiration

27/02/2019 Social Behaviour

20/03/2019 Revision

Biology **Human Biology** Chemistry Computing Science Mathematics **Physics** 

Worksheets may be available to download and should be attempted before each session.



## **SCHOLAR**

## SCHOLAR

Please share this information within your school and/or local authority.

SCHOLAR's upcoming Online Tutor Sessions are:

Day	Date	Time	Subject	Level
Tuesday	30 <sup>th</sup> October 2018	6pm	Chemistry	Advanced Higher
Thursday	1 <sup>st</sup> November 2018	6pm	Biology	Advanced Higher

For more information on how to take part in upcoming sessions, please visit SCHOLAR's Online Tutor Sessions.

Please note that worksheets will be available and should be attempted before some sessions.

You can see regular updates via Twitter <u>@SCHOLARuk</u> and Facebook <u>SCHOLARprogramme</u>.

Best wishes,

SCHOLAR Development Team





















Congratulations to our S6 pupil Anna McLaughlin who was awarded the East Renfrewshire Culture and Leisure Award for Technical Official of the Year







## The Thomas McBrearty Excellence in Chemistry Award





# 2018 Recipient For their outstanding achievement in the Higher Chemistry SQA Exam 2018





# The Thomas McBrearty Award for



Excellence in Higher Chemistry

Emma Martin

St. Ninian's High School

October 2018



Congratulations to Emma Martin who received the Thomas McBrearty award for Excellence in Higher Chemistry today. Emma achieved the top mark in St. Ninian's for 2018 Higher Chemistry SQA exam.





# Congratulations to Holly Edgar (6a1) who was one of 7 national winners of the 'What's your Story?' programme run the Scottish Book Trust.







# Congratulations to our senior FOOTBALL team who beat Hermitage Academy 4-1 in the Scottish Cup first round



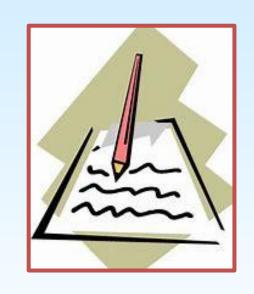






## WRITING COMPETITION

Congratulations to Zaynab Sarguroh (6a3), Depute Head Girl, who has won a prestigious writing competition with CMS Law.



The prize is a £10,000 bursary which will be paid to her towards the cost of studying law, if she is successful in securing a place.



# A huge well done to the pupils who completed their Heartstart instructor assessment. Our senior pupils will now be looking to deliver the skills they have learned to pupils through PSHE







A successful start for the volunteers at The Wayside Club. S6 pupils should check the notice board for rota details on Monday!







## **HEALTH & WELLBEING**



# Simple steps to keeping mentally healthy

As we begin a new term, it is important that we take time to consider how we can live well and enjoy life, whilst keeping in perspective the daily demands that arise through our work and studies.

#### 1. Remember what's normal.

Feeling the full range of human emotions is part of everyday life. Sadness, anger and anxiety are normal and appropriate responses to certain circumstances, just as calm, joy and excitement are. The trick is to feel the right emotion, in the right way, at the right time, towards the right situation, for the right reasons. It may well be that difficult or unpleasant emotions are there for a good reason and our job is to understand why they are there, even if this may be difficult to accept at times. Our emotions and moods can be directly affected by what we choose to think, say and do. Learning to regulate our emotions is an important human skill.

#### 2. Do not underestimate friendship.

Friendship is vital for a good life of the mind. The people who care for us, commiserate with us, share our joys, offer a listening ear, and spend time with us doing what we love make a massive difference.

# Simple steps to keeping mentally healthy

#### 3. Sleep.

There is a strong relationship between sleep and mood. Adults need 7–8 hours per night and adolescents need 8–9. This is a need and can make a huge difference There are some ideas here for how to improve your sleep. Before you go to bed to put your phone away and spend time reading a book or article.

#### 4. Exercise.

The NHS suggests that if exercise were a pill, it would be one of the most cost-effective drugs ever. This is especially true of mental health and our ability to learn and there is strong evidence linking a lack of exercise to poor mood.

#### 5. Learn the ways of the mind: tend the mind with care.

There are various ways we can tend the mind, but of most importance is learning to observe patterns of thought and address thoughts we have that are inaccurate, inflexible or unkind (to ourselves and others). What we think directly affects how we feel and what we do. Challenging yourself to think accurately and flexibly can help you avoid prolonged unpleasant or difficult emotion.

- A reminder that Holy Mass is offered 3 days each week (Tuesday, Thursday, Friday) at 8.25am and is an excellent way to start the day with a large number of pupils, staff and parents in attendance.
- •The Wednesday morning Prayer Breakfast offers a time for reflection, prayer and social company from 8-8.40am. Again it is very well supported by pupils and staff. All are warmly welcome.

# Simple steps to keeping mentally healthy

#### 6. Play and learn.

Any worthwhile form of play or learning will build what is called psychological capital and our sense that we are capable and can accomplish things. The brain is open to learning complex skills well into old age

#### 7. Ask for help.

Sometimes, low mood can be persistent, despite our best efforts. You are not on your own and there is lots of help in our school to call upon. Trusted friends, teachers, and other staff can often help you through difficult times. In addition, the school provides access to a counselling service for students. The NHS can also provide help through appointments with your GP, who can refer you to get the right help.







Activity levels in numbers

1 in 3 primary school children LEAVE SCHOOL OVERWEIGHT OR OBESE; only

1 in 5 MEET THE MINIMUM STANDARDS FOR RECOMMENDED PHYSICAL ACTIVITY.

When you exercise your brain releases

ENDORPHINS which

CALM ANXIETY

LIFT THE MOOD. SELF-ESTEEM:

a sense of achievement from learning new skills and achieving goals is

INVALUABLE.



from nothing to three times a week has been found to

## REDUCE THE RISK OF DEPRESSION BY

**20**%

Miss france mind on a market 1970 Character more an existence from the contract at the and source of

Lifelong
physical activity is
crucial: being more active
can REDUCE THE RISK OF
A STROKE or DEVELOPING
HEART DISEASE BY

10%,

and TYPE 2 DIABETES BY 30-40%. A 2017 Sports Wales report found that

**48**%

of pupils take part in physical activity at least

#### THREE TIMES A WEEK;

an increase from 2013 when **40%** of pupils undertook this much activity.

People who have participated in

## MODERATE INTENSITY EXERCISE

in the last four weeks are significantly

#### MORE HAPPY

than those who have not, once other factors are adjusted for

(Sec) Tierry Pert survey 2015)

But there is a

#### GENDER GAP IN PARTICIPATION:

59% of MALE

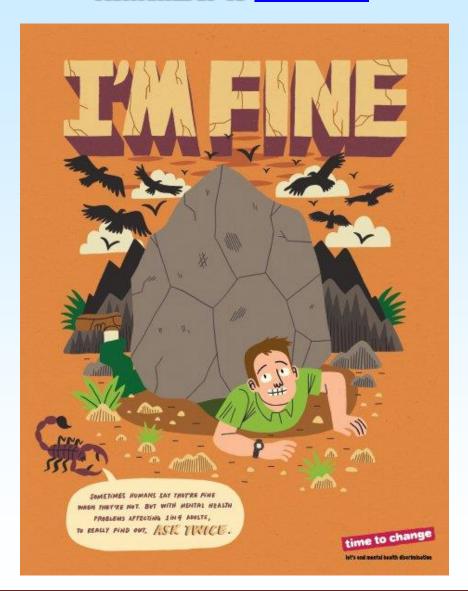
students took part that frequently, in comparison to

40% of FEMALE

[1882-1990] with Senta 188 (1885-1-1991 - polici aton \_aport \_survey\_ side\_st\_ne\_neron\_2016\_english\_finet\_\_2 (pt)



# If a friend says they're fine, they might not be. Remember to #AskTwice





### **Health and Wellbeing**

Our new Health and Wellbeing Walls using the images below are on display both in the Physical Education department and in the main school.

Pupils are encouraged to find time to read these and gain some useful hints and tips on how to improve their mental wellbeing.



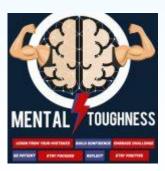












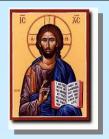








# Responding to your Interim Report and Teacher Feedback



The Interim Reports you have received on your progress to date are based on a wide range of information gathered by teachers. The analysis of this information helps teachers plan future lessons tailored to your needs, developing work that supports & challenges you in your learning, helping you make further progress.

Teachers have used their S5/6 syllabus and experience to date to develop the current courses. In their lesson plans they have set out what you should know, understand, and/or be able to do by the end of a lesson, or block of lessons. The focus of the work is on what you have to master (learning intentions) and the standards you need to achieve (success criteria) if you are to be successful in classwork & assessments.

Teachers use classwork, homework, a range of formative assessment strategies, to provide them and you with the evidence that confirms whether you know, understand, and/or be able to do. When teachers give feedback to you on your progress they make reference to the learning intentions and success criteria. You need to make sure you know and understand them.





# Responding to your Interim Report and Teacher Feedback



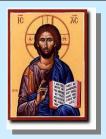
Through feedback you need to understand what progress looks like. Most important of all is the agreed action you need to take now. This includes identifying what needs to be done by you in the short, medium and long term if you are to make the progress your teacher expects. Through discussion, your teacher will set realistic and achievable outcomes, providing support through themselves and teacher colleagues, to help you make the improvement they believe you have the ability to achieve.

Feedback provides guidance on what you have do next. Disappointment and unhappiness about test scores, or 'on track to achieve' grades, are very powerful emotions and can provoke either a fight (blame others i.e. your teacher) or flight (withdraw/avoid the advice that can make a difference) response in us.

These emotions can make us react badly. If we hold on to negative thoughts, it can only lead to further frustration and disenchantment. The positive response is to face up to your responsibilities for your learning and future success, work hard, address the concerns highlighted, use the excellent teacher advice and support being made available to improve your work, thereby achieving the success you want.



# Responding to your Interim Report and Teacher Feedback



If you find yourself having a very negative reaction to feedback, remember the **Active**, **Calming**, **Thinking** ways of managing your reactions:

#### **Active**

• Talk to a friend about it and see if you can come up with solutions, don't just criticise the person who provided the feedback. Use the advice to create an action plan.

#### **Calming**

Take time to reflect on the feedback in a quiet area. Identify what needs to change

#### **Thinking**

- What positives can you take away to help you improve?
- Consider your reaction and look objectively at how you can take action and re-address the concerns which have been highlighted remember your teacher wants to help, wants to see you succeed, but not at the expense of their honesty and integrity about your progress to date and what they are seeing in class effort, attitude, commitment, attendance.





# Higher Maths Supported Study Dates



- Tuesday 6<sup>th</sup> November
- Tuesday 20<sup>th</sup> November
- Tuesday 27<sup>th</sup> November
- Tuesday 22<sup>nd</sup> January
- Tuesday 5<sup>th</sup> February
- Tuesday 12<sup>th</sup> March

All dates are set to target revision for Block Tests and the Prelim.

ALL pupils are encouraged to attend.

Supported study will take place in Maths Room 10 (3.30-4.30pm)



ST.NINIAN'S

# Higher Chemistry Supported Study Wednesday 2.40-3.40pm

Science lab 6

Mrs. Boyle has spoken to pupils who should attend









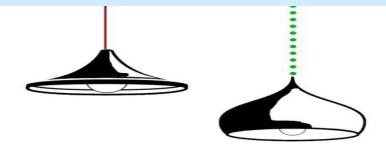




# OPPORTUNITIES FOR REPORT PERSONAL ACHIEVEMENT



# Volunteering opportunity!



The Market Place @Barrhead

## CHRISTMAS HELPERS

Spread a bit of festive cheer & lend a helping hand at the Christmas Market!

Saturday 24th November 11 - 3pm







## Volunteering opportunity!





## **OLM Cages**

 Volunteers required to help out at Lunchtime coaching primary pupils in football

See Mrs McCrea/ Miss Goodenough



# Are you a Digital Leader?



- St Ninian's High School are looking to recruit a team of Digital Leader's.
- Your job will be to support pupils and staff in the use of digital technology in the classroom and around the school.
- Helping a teacher set up a Google Classroom or Microsoft Team
- Helping Year Head set up for assembly and information evenings
- Helping with the upload of a video to YouTube

- Suggesting software or technology that could help your learning.
- Helping another pupil complete an assignment using MS Forms, Google Classroom etc.
- Taking part in pupil focus groups, helping inform and shape school policy.
- Introducing new technology into the classroom

If you are up for the challenge and think you have the skills for the job...

Scan the code below and complete the application form as soon as you can!







## Helping Hands presents: The Great St. Ninian's Bake off



When: Wednesday 31st October
Where: Sc 15 at lunchtime
Why: Raising donations for: The Butterfly Trust

Do you think you are the next Mary Berry?
If you would like to donate a cake for the bake-off please speak to
Mrs Aitken, Miss Scroggie & Mrs Howson

Tickets are £1 for tasting & go on sale Monday 22nd of October in street area Ready, Steady.... BAKE!

THEME...HALLOWEEN







## **MALAWI 2018**







# MALAWI 2018



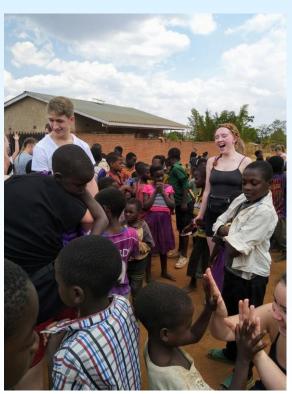
Our pupils Cara Parker, Michael McLaughlin, Megan McLaughlin, Caitlin MacDonald and Anna Merrick set off early this morning to Malawi to begin their 10 day expedition to support a developing community project





# MALAWI 2018















# What an amazing day in Kaponda with the Betty Cunningham International Trust. Our young people were outstanding!!













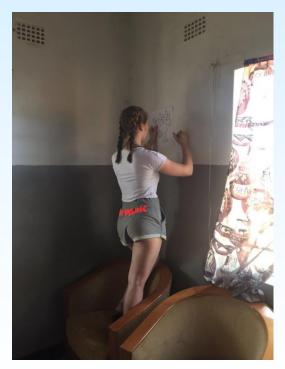




## Decorating the health centre and some classrooms









## S6 Pupil Forum





## **UCAS**

- Relegation- buzz word
- Pupils can register NOW! And start to complete form



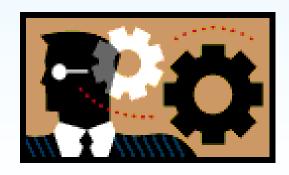


# **Vocational Pupils**

PSHE class Friday p1 – Lecture Theatre



# **Career Evenings**







## Career Evenings

Teaching- Next Tuesday 30th October

- Early Years, Primary, Secondary
- Key Note Speaker Head Teacher
- WorkShops





# Medicine Dentistry Veterinary Interview Practice Evening

Tuesday 6<sup>th</sup> November







- Law/ Arts/ Social Science
- Tuesday 27<sup>th</sup> November



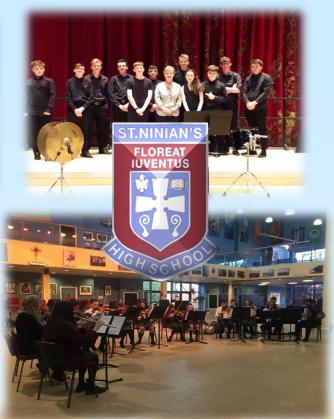






TUESDAY 24 APRIL













**UPCOMING EVENTS** 















## Poppy Appeal

- Volunteers Wanted
- Newton Mearns Avenue Shopping Centre
- To Sell Poppies Wednesday 7<sup>th</sup> November
- 4-6pm











The Scotlish Youth Parliament's call for candidates is now open!



www.syp.org.uk/stand4syp @OfficialSYP

 https://www.facebook.com/heathermcvie.bra nley.9

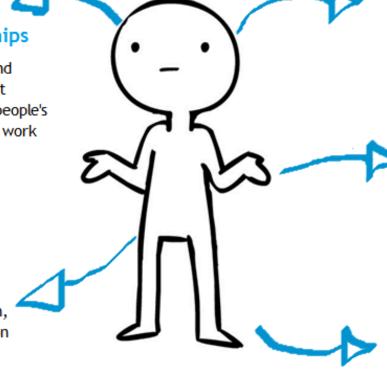


#### **Building Relationships**

MSYPs meet with officials and organisations that can affect change to represent young people's views and communicate the work

#### Engagement

MSYPs engage with young people through consultation, and by delivering sessions on campaign issues.



What do MSYPs do?

#### Social Media

MSYPs use social media to promote SYP and raise awareness of young people's issues.

#### Consulting

MSYPs consult with young people in their constituency or voluntary organisation about issues that are important to them

#### Sittings

MSYPs attend 3 national sittings a year to discuss local issues, and campaign work.





### Running your campaign

Are you looking for some helpful tips to run a successful campaign? These tips are a useful guide for you to start thinking about how you would like to run your elections campaign.

#### Talk to your peers.

Since you will be representing them as your constituents, you need to figure out what they want and what issues matter to them. What problems are affecting them? Are there changes locally and nationally they want to see? What do they care about? Consult with them to find out what they think. Go to schools, youth groups, organisations, and colleges and universities to meet young people where they often are.

#### Think about why you would be a good candidate.

What traits and skills do you have that will set you apart? What are you interested in and involved in? What

are you passionate about? Why would you be a great MSYP? This way, you can tell others clearly and confidently why they should vote for you.



## Incredible Innovations

COULD YOU DESIGN A NEW INNOVATION TO BENEFIT YOUR SCHOOL?

Morrison Construction & DYW West are looking for teams across the West Region who are interested in STEM subjects to go head to head and design original, creative ideas which could improve, benefit and enhance their school.

APPLY & POTENTIALLY SEE YOUR DREAM BECOME A REALITY CONTACT: INFO@DYWWEST.CO.UK









# **Newsletter Club**

English Room 7 Miss Ramsay

MONDAY LUNCHTIME

**S1-S6** 

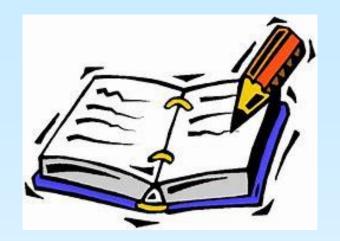


# **Newsletter Club**

- √ Fun and interesting to write about things happening around the community
- √ Expands vocabulary
- ✓ You can take photos and edit them for our articles
- ✓ Make your voice heard
- ✓ Good for your university application
- ✓ We have publication parties (with food!)

× You are being silly if you don't come!





# Homework Diaries available from the school office

Cost £3



**HOMEWOR**