



# S6 ASSEMBLY

January 2019





# 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.

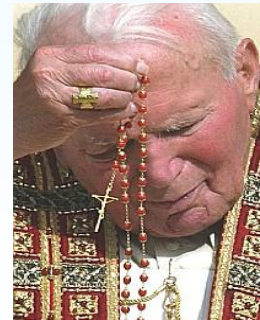


# The Rosary



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)**



# Worship Group

All pupils S1-S6 are welcome  
to come along!

Oratory every Thursday at  
3.40PM



# Prefects

- Your support is essential for pupil safety / supervision in canteen and forum
- Refer to rota
- Interval supervision
- Lunch time supervision



# RE , PE , PSHE

- You must attend the classes indicated on your timetable
- These classes are not optional
- It will be discussed / raised as a concern in your report and at parent meeting
- Essential for your personal, physical and spiritual development
- Key life skills covered in these classes

# Community Placement Pupils

- Must attend PSHE on Monday
- Register with PSHE teacher and then go to ICT 6
- You will complete log book which will be used for your SCQF volunteering award level 5

# S6 Service

- Please keep up your commitment to your S6 Service
- S6 Buddy/ Mentor/ Subject tutor
- Community Placement
- S1 Paired Reading
- PLC



**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](http://www.entrycentral.com/TTPAB)



# HEALTH & WELLBEING



# Respect for All

At St Ninian's we believe it is important to treat everyone with respect. We believe everyone is made in the image of God and we should value everyone.

Sadly, some people can be prejudiced towards others because they're different in some way or are perceived to be different.

Being different isn't the problem – the problem lies in **other people's attitude** towards what makes someone different. Some characteristics are protected by law to address the imbalance experienced by some groups over the years.

The Equality Act 2010 makes it illegal to discriminate against a person due to the following, which are known as the '**Protected Characteristics**':

- gender
- race including colour, nationality, ethnic or national origin
- disability
- religion or belief
- sexual orientation
- gender reassignment
- being pregnant or having a child



We all have a moral responsibility to ensure that everyone feels they are welcome and that no one is discriminated against for any reason.

We are all equal, We are all God's children and We all deserve to be respected.

# 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



# Five Ways to Wellbeing

- Be active
- Take notice
- Keep learning
- Give



## Wellbeing: Connect

Wellbeing

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

- 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

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

Wellbeing

- 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

Wellbeing

- 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

Wellbeing

- 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

Your time, your words, you presence

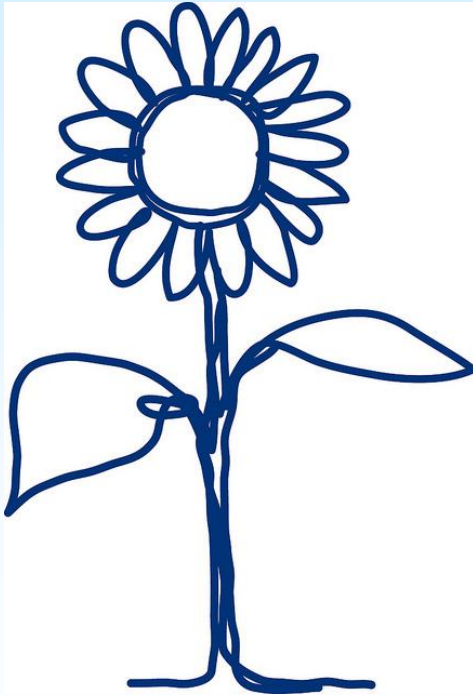


Wellbeing

- 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





# 5 Steps to Wellbeing in St Ninian's

<https://www.youtube.com/watch?v=RoAlxrQev0w>





St Ninian's High School



# CELEBRATING SUCCESS





Congratulations to Anna McLaughlin (6a10) who was awarded the Head Teacher's medal for outstanding commitment to sport.



**Well Done to our S6 Pupils who represented the school  
at the Catholic Education Week Mass at St Andrew's  
Cathedral**



**Huge Congratulations to Erin Leahy who has been offered a scholarship from CISS Strathclyde to study Mandarin in Tianjin, China next year!**

**She will be an excellent ambassador for St Ninians High School and for Scotland's schools.**





saving the lives  
of people with  
blood cancer



SCOTTISH  
FIRE AND RESCUE SERVICE  
Working together for a safer Scotland

# CERTIFICATE OF THANKS

This certificate has been awarded to

## St Ninian's High School

by the Scottish Fire and Rescue Service/Anthony Nolan Partnership  
in recognition of the **418** pupils and teachers who have joined  
the Anthony Nolan register as potential life savers

Handwritten signature of Alasdair Hay in black ink.

Chief Officer Alasdair Hay  
Scottish Fire and Rescue Service

Handwritten signature of Kirsty Darwent in black ink.

Kirsty Darwent  
Chair of the Board, Scottish Fire and Rescue Service

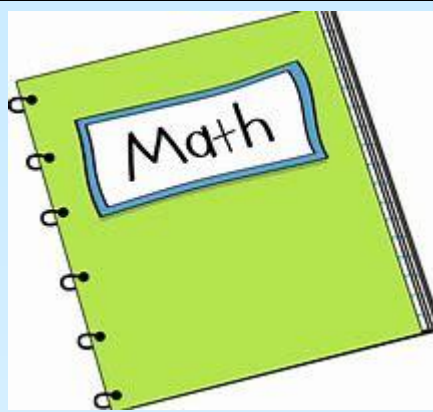
November 2018





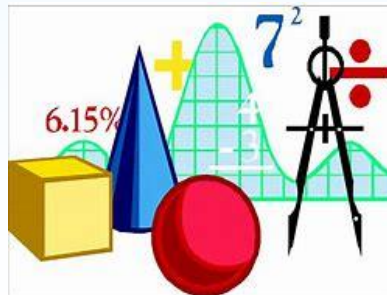
# Well Done to the pupils who sold cakes to raise funds for the Lasallian Projects.





## Well Done to the following pupils who achieved awards in the UK Maths Challenge

- Paul Hayes – Silver (Best in Year)
- Luca Valentini – Silver
- Jack Lindsay – Silver
- Michael Doyle – Silver
- Jonathan Kent – Bronze
- Raafi Mahmood – Bronze
- John Lynch – Bronze
- Aidan Lau – Gold (Best in Year and Best in School – qualified for the Senior Kangaroo Round)
- Joseph Creighton – Silver
- Matthew Connolly – Silver







Orchestra Members

Instrument	Members
Flute	[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]
Drum Set	[List of names]
Percussion	[List of names]
Conductor	[List of names]



# OPPORTUNITIES FOR PERSONAL ACHIEVEMENT



# Volunteers Needed!



## How Good is OUR School?

Would YOU like to have a say in how we shape our school?

THEN THIS IS THE JOB FOR YOU!

We want to know how you rate your school.

Pupils across all year groups are required to form the new HGIOS Working Group. This is a fantastic opportunity to participate in self-evaluation and school improvement.

Self-evaluation is how schools decide what is going well and what could be better. It helps us as a school to identify the actions they need to take to keep improving.

Have you say!

# 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!**





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



**UPCOMING EVENTS**



# S6 Full Reports and Parents' Meeting

- This Friday full report will be issued
- Discussion / Feedback with your teachers and parents
- Targets
- Areas of Improvement
- Parent Meeting Thursday 31<sup>st</sup> January

Eco & Sustainability Club  
S1 - S6



*When:* Every Friday  
*Where:* Lab 16 at 12:30pm

**Global Voices Competition**

Do you want to put a stop to climate change? Stand up against inequality? Or are you passionate about helping people in other countries?

Take part in the **Global Voices competition** to win cash prizes and share your ideas with Scottish Government Ministers!

Come along on Friday to find out more!

# Biology Supported Study

**National 5** - Every Wednesday Lunch time.

**Higher Human** - Every Thursday 3.30-4.30pm

**In Science 15** - All welcome!

**KEEP  
CALM  
AND  
STUDY  
BIOLOGY**

ST. NINIAN'S

# Higher Chemistry Supported Study

Wednesday 2.40-3.40pm

Science lab 6

Mrs. Boyle has spoken to pupils who should attend







# 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)





# Nat 5 Maths Supported Study Dates



- Monday 29<sup>th</sup> October
- Monday 19<sup>th</sup> November
- Monday 3<sup>rd</sup> December
- Monday 19<sup>th</sup> December
- Monday 4<sup>th</sup> March
- Monday 11<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)



# 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**



**Fantastic night at the S6 Masquerade Ball. Thanks to all pupils and staff who came along to support the event.**

