



Penicuik High School

Tuesday 10 October 2023

Information Bulletin
for Students

POSITIVE PSYCHOLOGY - PERMA - What is it?

Positive psychology only developed as a research field about 25 years ago with all previous research into mental health having followed a disease model. Dr Martin Seligman developed this research and came up with the PERMA model. We'll look at this throughout the week.

P stands for 'Positive Emotion'

Humans naturally have a negativity bias. We tend to assume the worst and this drains our internal battery quickly. What makes you happy?

- Indulging in your favourite TV, films or shows?
- Getting out in nature?
- Keeping a gratitude diary or 'What Went Well' each day?
- Physical exercise?
- Making future plans so that you have things to look forward to?

Thanks,
Mrs Murphy

CAREERS INTERVIEWS with Caroline Steele/Nicola Powell IN THE CAREERS ROOM

Students should make their way to her office in time for their appointment. Apologies for any inconvenience caused.

Tuesday 10 October

- Period 1 Kai Melrose (S5)
- Period 2 Finlay Paterson (S5)
- Period 3 Caitlin Montoya (S5)
- Period 4 Sean Mitchell (S5)
- Period 5 Archie Rodgers (S4)

Wednesday 11 October

- Period 2 Oliwier Ogorek (S6)
- Period 3 Nathan Anderson (S5)
- Period 4 Aisha Ewen (S4)
- Period 5 Charlie Thomson (S4)
- Period 6 Christopher Smith (S4)

Thursday 12 October

- Period 1 Euan Gallagher (S4)
- Period 2 Corey Millar (S4)
- Period 3 Ella Noble (S4)
- Period 5 Connor Campbell (S4)
- Period 6 Harrison Young (S4)



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Friday 13 October

Period 1 Hannah Anderson (S4)

Period 2 Jak Wylie (S4)

Period 3 James Watson (S4)

Period 4 Joshua Gibb (S4)

BITE SITE

All students using the Bite site PLEASE NOTE

You must not use the white double FIRE Exit door that opens out into the grounds anymore.

This is strictly a Fire Exit to be used in an emergency and is now labelled as such.

Please go out of the Bite Site and leave via the right hand door that gives access to the courtyard

Thank you -Mr Biddick

SCIENCE CLUB

If you love science and want to take part in some exciting science experiments that you won't do in class, you should come along to Science Club!

Miss Kinmond and some Senior Scientists will be running it in Room 50 every Tuesday lunchtime!

We will start at 13:20, so you will have time to have something to eat before you arrive.

Thanks – Miss Kinmond

DRAMA CLUB

Do you enjoy performing? Are you someone who likes creating drama? Then, why not come along to Mr Laydon's Drama Club for games, improvisation and fun. No experience necessary. The Drama Club will start again on WEDNESDAYS from 27 September after school in the Old Gym (3:30-4:30). Come see Mr Laydon if you're interested in Room 44.