

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday March 21st 2024)

PSHE (including RSE) regular update

Personal, Social, and Health Education (PSHE) is a non-statutory but important and necessary part of all pupils' education (Department for Education, 2020). I hope that you find the regular updates on what we have covered in our PSHE sessions for Year 7-13 useful and that you engage with the content and discuss this with your child and family.

For further information about what is being taught this term please visit our [school website](#).

If you have any questions about any aspect of PSHE please contact your child's Head of Year.

Year 7

This week Year 7 have continued their RSE unit of work with a lesson on menstrual wellbeing. Students learn about strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing. They will also consider the apps and support services that are available to students and how they might be used.

Key messages:

- To recognise that there is a range of physical and mental changes that result from puberty
- To discuss apps and support services that are available

Year 8

This week Year 8 have continued their RSE unit of work with a lesson using their philosophy skills to investigate and explore relationships through P4C (Philosophy for Children).

Key messages:

- To explore what are healthy relationships with peers
- To be able to develop listening and communication skills

Year 9

This week Year 9 have continued their RSE unit of work by taking part in a carousel. Below explains what is involved in each lesson that they will take part in over the next four weeks.

1. STIs: Students learn about Sexually transmitted infections in a safe a secure environment of the classroom.
2. Contraception: A lesson on the different forms of contraception in a safe and controlled environment
3. Consent: To learn about what consent means, both legally and ethically, and what it looks like in practice. To describe or demonstrate what to say and do to seek the consent of another person.
4. Pornography: This lesson concerns the social aspects of pornography such as the law, effect on relationships and false expectations. All resources come from the PSHE Association and no graphic images are shown.

Year 10

This week Year 10 have begun their RSE unit of work. Students will cover a range of topics including contraception, sexual harassment, domestic abuse, allyship, abortion and pregnancy and managing healthy relationships. Students will take part in a carousel covering a different topic each week. We have two external speakers during this unit of work. Brook will be delivering a workshop on contraception and the Limes College will be delivering a workshop on domestic abuse.

Key messages:

- Describe what contraception is and how it works and how contraception can reduce the risk of unplanned pregnancies and the transmission of STIs
- Recognise different methods of contraception and develop skills in assessing what may impact people's choices
- To understand what constitutes sexual harassment and how to seek help To understand Allyship and how to have constructive and supportive conversations
- To understand and recognise domestic abuse and how to seek help
- To understand reasons why someone might wish to have an abortion and what the law is on this matter

Year 11

Year 11 have continued their RSE unit of work on relationship and sex education by looking at unhealthy relationships and unwanted attention. In this lesson they are developing skills to assess whether relationship behaviours are healthy or unhealthy and how to use effective strategies to manage these. The students will also look at stalking and learn what to do if they feel someone is being targeted

Key messages:

- To be able to assess whether relationship behaviours are healthy or unhealthy
- To be able to suggest ways to support a friend who is in an unhealthy relationship
- To be able to define the terms stalking and harassment
- To identify the behaviours associated with stalking
- Explain what to do if someone feels they or someone they know is the target or perpetrator of stalking or harassment

Years 12 and 13

This week has seen Y12 and Y13 taking part in Vertical Tutoring Form Games – students will have the opportunity to develop positive working relationships with members of their form and wider sixth form community.

School workshops

Last term, we ran two workshops online to support parents with dealing with a range of mental health concerns

If you were unable to make those workshops you can find recordings [here](#): Nonsuch High School for Girls - Portals (nonsuchschool.org) (under the 'Parent' tab)

Pastoral support

We have a range of support services available in school to help your child should they need some extra support

These include a school counsellor, ELSA, pastoral support officer, mental health champions and peer mentors. Please contact your child's Head of Year directly should you have any concerns.

PASTORAL SUPPORT RESOURCES

Off The Record

TALK TO US



Cognus

OFF THE RECORD ONLINE WORKSHOPS

At our online workshops we share practical tips and info about issues you might be struggling with (there is no pressure to appear on camera).

Our webinars run on Thursdays at 5pm.

- Managing Low Mood: 1st February
- Managing Anxiety: 8th February
- Improving Your Sleep: 22nd February
- Dealing with Worries: 29th February

You can sign up online via the [Off The Record website](#) then click on the What's On tab.

Alternatively speak to Ms Hicks in the pastoral office who can help you sign up.



[COGNUS](#) provide a variety of courses to support parenting (COSP).



South West London and St George's Mental Health Trust

The South West London and St George's Mental Health Education Wellbeing Service is offering evening and lunchtime parent webinars across the year to help support your teen's wellbeing and mental health. Click [here](#) to see what they offer and to sign up.

They also have a very helpful [YouTube channel](#) that has a number of videos on a number of different topics surround young people's mental health.

The NHS-in-School Education Wellbeing Service is offering a Webinar for parents and carers on teens use of screen time, social media and gaming. You can sign up for one of the sessions by using [this link](#).