

# PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 14 December 2023)

## 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.

### All years

We had staff training on Thursday December 14th. In the new year, students will be learning new topics. Please see [our website](#) for information.

### Pastoral Support

We have a range of support services available in school to help your child should they need some extra support. Please contact your child's Head of Year directly should you have any concerns.

Our support team includes a school counsellor, ELSA, pastoral support officer, mental health champions and peer mentors.

### School workshops

We have recently run two workshops online to support parents with dealing with a range of mental health concerns that maybe affecting their child. On Tuesday we ran a Parents Q&A session about any aspect of mental health and wellbeing with Dr Shbero and on Wednesday we ran a work shop on understanding and supporting your child who self-harms.

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

I wish you and your family a restful school holiday.

Mrs Williamson-Jones

# PASTORAL SUPPORT RESOURCES

## Off The Record

TALK TO US



Off The Record is a local youth charity offering free online workshops. The workshops offer practical tips and info about issues young people might be struggling with. There is also the opportunity to share ideas in a safe and confidential chat room and Zoom (there is no pressure to appear on camera) - click [here](#) for details

## Cognus



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 Georges 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.