

PASTORAL UPDATES

MRS WILLIAMSON-JONES

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.

What have students been taught in PSHE this week?

This week there have been no PSHE lessons due to staff CPD. When students return after half term they will begin new topics.

Years 7-11 will be looking at Relationship Sex Education. You should have received a letter from your child's Head of Year outlining what they will be covering during this unit of work and providing relevant resources.

RSE is a protective tool for children's safety and to teach pupils to respect themselves and others. It is delivered in a non-judgemental, factual and safe way so pupils are clear on their rights.

Pupils will be informed about a full range of perspectives within the law and we ensure that our teaching is sensitive and age appropriate in content and approach. The law allows parents to withdraw their child from aspects of RSE which might be considered wholly to do with sex education, whilst those which deal with relationships and health are compulsory for all students. The letters provided by the Heads Of Year outline clearly which aspects you can withdraw your child from. If you wish to withdraw your child from the sexual content of the RSE programme, you should do so in writing to [Ms Cavilla, Head Teacher](mailto:Ms_Cavilla,Head_Teacher@nonsuchschool.org) (headteacher@nonsuchschool.org)

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.

School workshops

Last term, we ran two workshops online to support parents: a session about any aspect of mental health and wellbeing and a workshop 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) (under the 'Parent' tab)

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](#).