

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 30 November 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](#).

What have students learnt in PSHE this week?

Year 7

Year 7 have the new topic of personal safety including online safety. In this lesson, students will consider how to behave appropriately online. They will consider the meaning of bullying and cyberbullying and the impact it can have on an individual. They will consider and explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour and learn about the law relating to online abuse and learn where to seek support and advice on bullying/cyberbullying.

Key messages:

- To describe the meaning of bullying and cyberbullying and the impact it can have on an individual
- To recognise appropriate ways of responding to discriminating, hurtful or intimidating behaviour.
- To recall where to seek support and advice on bullying/cyberbullying and how to report inappropriate behaviour using the school SHARP reporting system.

Year 8

Year 8 continued the new topic of personal safety including online safety. In this week's lesson students have been looking at FGM. In this lesson, students will look at FGM what it is and how to access support for themselves or others who may be at risk or who have been subjected to it.

Key messages:

- To explain what is meant by FGM.
- To identify risks, myths and facts associated with FGM

Year 9

Year 9 have continued their unit of work on being a good citizen including active citizenship. This week's lesson is focused on identifying values and aligning actions. This is the first in a series of two lessons by the Environment Agency focusing on exploring values within the context of career choices.

Key messages:

- To reflect on the different values individuals hold
- How values impact wellbeing and guide career choices.

Year 10

Year 10 have continued their unit of work on personal safety including e-safety. The focus of this weeks lesson has been on vaping. There has been an exponential rise in young people vaping, in this lesson students will learn of its dangers and how they can avoid peer pressure.

Key messages:

- What is vaping?
- What are the dangers of vaping?
- How can I say no?

Year 11

Year 11 have been given a revision period in the lead up to their Mock examinations. This is to support their revision program and to reduce anxiety.

Years 12 and 13

This week has seen Y12 and Y13 taking part in vertical tutoring. Students will explore the theme of online safety and discuss strategies for most effectively keeping themselves safe.

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

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

This week we have 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 \(nonsuchschool.org\)](https://nonsuchschool.org)

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.

Supporting Your Teen with Sleep

Our NHS-led Education Wellbeing Service will be delivering a free parent/carer webinar with a focus on teen sleep on Monday 4th December at 7pm and Thursday 7th December at 1pm. The session will look at some of the research and science around sleep hygiene and teenage sleep patterns. We'll also look at some of the common challenges teenagers experience with sleep and how parents and carers might support their teen. Click [here](#) for more information and to book your free ticket: [Secondary Parents - NHS Wellbeing Workshops](#) | [Eventbrite](#)

A flyer for a webinar. The top section is blue with white text: 'Education Wellbeing Service Webinar' and 'Parent/Carer Webinar: Understanding and Supporting Teen Sleep'. Below this, it says 'There can be many challenges with teen sleep.' and 'This webinar will look at some of the research and science around sleep hygiene, teenage sleep and thinking together about the challenges with some options for supporting from the perspective of parents or carers.' The middle section features an illustration of a person with a backpack and a smartphone, surrounded by colorful plants. The bottom section is green with white text: 'DATE / TIME' (Monday 4th December 7-8 pm, Thursday 7th December 1-2 pm) and 'LOCATION' (Online - Hosted on Teams). It also includes a QR code and a sign-up link: 'Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below: CLICK HERE to book'. The NHS logo and 'South West London and St George's Mental Health NHS Trust' are in the top right corner. The email 'wellbeinginschoolsevents@swlstg.nhs.uk' is at the bottom.