

PASTORAL UPDATES

MONDAY MARCH 24TH

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 Years 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?

(lesson Wednesday, March 19th)

Year 7: Philosophy for Children (citizenship in the UK): In this lesson, students will explore the concept of citizenship in the UK, through the Philosophy for Children approach. Through dialogue and enquiry, questioning and discussion, they will consider the characteristics of a good citizen. They will consider how to be an active citizen in the UK. They will be encouraged to think critically, creatively and to work collaboratively in order to explore their own ideas and the views of others.

Year 8: Drugs & Alcohol: This lesson provides age-appropriate knowledge about substance use and the understanding and skills to manage influences young people experience in relation to tobacco, alcohol and other drugs. This lesson focuses on specific risks relating to alcohol use and challenges some of the perceived social norms about drinking alcohol.

Year 9: Contraception: A lesson on the different forms of contraception in a safe and controlled environment. Students will be able to recall different forms of contraception, be able to describe how they operate and evaluate the most appropriate choice in a given situation.

Year 10: Revision Strategies: In this lesson, students will revisit their previous learning about GCSE learning skills and put into practise a variety of revision techniques. They will evaluate the effectiveness of different techniques for different subjects and/or different skills.

Year 11: Maintaining a healthy lifestyle: We'll be exploring the importance of maintaining a healthy lifestyle. Students will learn about balanced nutrition, regular exercise, and mental wellbeing, empowering them to make positive choices for their health.

Year 12:- Risk and the real world as a carousel of topics

- Benchball – students will have the opportunity to develop their team building skills, improve fitness and continue to build positive, caring relationships with their form group.
- Finances – students will learn about different types of mortgages, and other costs with buying a home and comparing this to renting.
- SPEAKER PROGRAMME – the Bank of England will speak to students about his career, linking to their earlier session on finances.
- SPEAKER PROGRAMME – transferable skills for university life and early careers.
- Philosophy for Children (P4C) – students will explore a question of their choice and develop caring and collaborative discussion.

Year 13:- Nearly time to go

- Independent living – practical tips for living away from home, and become independent.
- Healthy eating on a budget
- Philosophy for Children (P4C) – students will explore a question of their choice and develop caring and collaborative discussion.
- 1:1 meetings with tutors to discuss conditional firm and conditional insurance choices in UCAS.

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

At our [free online workshops](#) we share practical tips and info about issues you might be struggling with and there is also the opportunity to meet other young people and share ideas in a safe and confidential chat room and Zoom (there is no pressure to appear on camera)

Children's and Young People's Wellbeing Service

The South West London and St Georges Mental Health Education Wellbeing Service offers parent webinars across the year to help support your teen's wellbeing and mental health. [Sign up here](#)

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

TALK TO US
OFF THE RECORD

Education
Wellbeing
Service