

PASTORAL UPDATES

MONDAY FEBRUARY 3RD

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, January 29th)

Year 7: Menstrual wellbeing- In this lesson, students learn about different views of periods. They are introduced to the term 'period shame' and consider different cultural attitudes to menstruation. The lesson aims to challenge negative stereotypes about periods and menstruation and help students to manage their own menstrual wellbeing.

Year 8: In this lesson, students will explore the concepts of gender and sexuality, discussing what these terms mean and what they do not. The session will challenge common myths and misconceptions in a safe and supportive environment, encouraging open and respectful dialogue. Students will reflect on the impact of societal norms and the importance of individual expression.

Year 9: GCSE choices - Individual work, group discussions and activities which use critical thinking to make decisions based on the information given.

Year 10: Miscarriage, unplanned pregnancy and abortion - In this lesson, students will have the opportunity to explore routes to parenthood and develop their understanding of what a miscarriage and what an abortion is. Students will reflect on the reasons why different people might make different decisions around their next steps and examine the facts, myths and laws surrounding abortion.

Year 11: Unhealthy relationships and unwanted attention (including stalking) - To be able to distinguish the difference between healthy and unhealthy behaviour within relationships.

Year 12: Year 12 have a carousel of topics this half term:

1. Sexual health, contraception and consent - students will develop their current understanding before building their knowledge by applying this to scenario-based discussions.
2. External speaker (Switch) - students to have a wider understanding of what addiction is, how it can present itself and where to seek support. Students are encouraged to consider the wider social and emotional implications of involvement with antisocial behaviour.
3. Safer driving – the importance of being a ‘good passenger’ when travelling with young drivers. Students will watch a short video and discuss the key points, determining what it means to be a ‘good passenger’.
4. Student leadership – the current student leadership team introduce the roles and responsibilities they hold, encouraging Year 12 to take an active part in school life by applying to be part of the student leadership team.

Year 13: Mock Exams

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