

PASTORAL UPDATES

MS OSBORNE

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 15th)

Year 7: Philosophy for Children (healthy friendships): In Year 7, students will explore healthy and unhealthy relationship behaviours using the Philosophy for Children approach. Through dialogue and enquiry, they will learn to form, maintain, and manage positive relationships safely, including online. They will develop conflict management skills, strategies for reconciliation, and the abilities of active listening, clear communication, negotiation, and compromise. The 4Cs—critical, creative, collaborative, and caring thinking—will also be introduced and applied.

Year 8: Abuse in relationships: In Year 8, students will learn to identify emotional, physical, and sexual abuse, recognise signs of abuse, and understand the importance of seeking help. They will discuss supporting a friend in an abusive relationship and explore available resources. Students will reflect on respecting boundaries and understand that abuse is never acceptable.

Year 9: Students learn about sexually-transmitted infections in a safe a secure environment of the classroom.

Year 10: In Year 10, students will discuss what a healthy relationship looks like, including how boundaries can be established and respected. Students will particularly consider the nuances of maintaining friendships and explore how conflict can be managed in a constructive and kind way, recognising that it is natural for friendships to evolve as they get older.

Year 11: Year 11 will be gaining understanding on what constitutes as sexual exploitation.

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

- Sexual health, contraception and consent - students will develop their current understanding before building their knowledge by applying this to scenario-based discussions.
- 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.
- 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 s ‘good passenger’.
- 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: Breast and testicular cancer – students watch a documentary around the importance of self-checking, and learn the key features to look out for. Tutors will lead a discussion afterwards.

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