

PASTORAL UPDATES

MONDAY MARCH 10TH

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 3rd)

Year 7: What makes a good citizen? In this lesson, students will learn the key feature of the RSSA and how it seeks to put the United Nation's Convention on the Rights of the Child (UNCRC) at the heart of a school's ethos and culture. They will examine how the RSSA seeks to improve wellbeing and how the RSSA seeks to develop every child's talent and ability. They will know their own rights and recognise that rights and responsibilities are equally balanced. They will consider how to take responsibility for their own actions and will recognise the importance of respecting the rights that every child has. Tasks will involve class discussion, pair work and group activities.

Year 8: Tobacco and vaping: a lesson exploring the consequences of vaping and challenging the influences that might encourage young people to vape. This lesson focuses on specific risks relating to tobacco and nicotine product use and strategies to manage influences regarding use of these substances.

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

Year 10: Author Visit: In this lesson, Sara Barnard, a prominent and award-winning author of Young Adult fiction will be visiting Year 10 to share her journey into writing and publishing. She will explore the role that literature plays in supporting her mental and physical health.

Year 11: Mindfulness:

- To know how to live in the present moment.
- Be intentionally more aware and awake to each moment.
- To fully engage with what is happening in my surroundings.

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**