

# PASTORAL UPDATES

MONDAY MARCH 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, February 27th)

**Year 7:** Basic first aid- In this lesson, students learn basic treatments for common injuries. They consider how to respond, correct methods of treatment and practice administering basic first aid.

**Year 8:** Philosophy for Children (P4C) Periods can affect women's mental and physical wellbeing. This lesson invites students to explore this issue from a philosophical perspective, questioning how the students can look after their own wellbeing and how society can support women's health. The session will foster critical thinking and encourage students to examine the deeper societal and individual factors contributing to this public health challenge.

**Year 9:** An Introduction to Sexual Education- Students learn about STIs, Contraception, Pornography, Consent and the Law in a safe environment. This is the beginning of a series of lessons that deal with more mature content in a safe and sensible environment.

**Year 10:** Breast Cancer Awareness- In this lesson, resources from the charity Coppa Feel will be used to help students understand why it is important to chest check to detect early symptoms of breast cancer. Students will be educated on the signs and symptoms of breast cancer and guided to the steps they would need to follow with their GP if they were ever concerned.

**Year 11:** Mindfulness – in this lesson students will know how to live in the present moment and be aware and awake to each moment. Students are encouraged to be fully engaged in their surroundings with acceptance and without judgement.

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

- Bench ball – 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, other costs with buying a home and compare this to renting.
- SPEAKER PROGRAMME – a representative from 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

## **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**