

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 22nd February 2024)

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 Year 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.

Year 7

Year 7 began their unit of work on RSE with a lesson on families and relationships. In this lesson, students will learn that there are different types of committed, stable relationships, including those within families, friendships, romantic or intimate relationships. They will consider what marriage is, including its legal status e.g., that marriage carries legal rights and protections not available to couples who are cohabiting, and that marriage should be entered into freely. They also discuss the roles and responsibilities of parents, carers and children in families.

Key messages:

- To recognise that there are different types of committed, stable relationships
- To describe the legal status of marriage
- To give reasons why marriage should be entered into freely

Year 8

Year 8 have begun their unit of work on RSE with a lesson on healthy relationships. The aim of the lesson is to be able to differentiate between positive and negative behaviours in relationships, and where to go and what to do if they or someone they know is in a negative relationship.

Key messages:

- To understand what constitutes a healthy relationship
- To know how to seek help and advice if they have concerns over an unhealthy relationship

Year 9

Year 9 have begun their RSE unit of work by having an introduction to sex education. In this lesson, students will 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.

Key messages:

- To develop a safe environment for discussion
- To introduce concepts they will be covering over the next five weeks

Year 10

Year 10 have begun their unit of work on RSE. During this unit, students will cover a range of topics including contraception, sexual harassment, domestic abuse, allyship, abortion and pregnancy and managing healthy relationships. Students will take part in a carousel covering a different topic each week. We have two external speakers during this unit of work. Brook will be delivering a workshop on contraception and the Limes College will be delivering a workshop on domestic abuse.

Key messages:

- Describe what contraception is and how it works and how contraception can reduce the risk of unplanned pregnancies and the transmission of STIs
- Recognise different methods of contraception and develop skills in assessing what may impact people's choices
- To understand what constitutes sexual harassment and how to seek help
- To understand allyship and how to have constructive and supportive conversations
- To understand and recognise domestic abuse and how to seek help
- To understand reasons why someone might wish to have an abortion and what the law is on this matter

Years 12 and 13

Year 12 have been looking at independence and citizenship with a lesson on Healthy Eating on a Budget. Students are taught skills for balancing a budget and enjoying a healthy, varied diet. Students will learn how to take responsibility for their independence once they leave home in the future.

Year 13 have been looking at being a good citizen by focusing on applying for student finance. Students will be led through how to apply for student finance, the options available to them and the implications with paying it back.

Year 11

Year 11 have begun a unit of work on RSE by looking at an introduction to sex education using Philosophy for Children. Students will revisit their collective understanding of the ground rules for discussion and practise approaching a philosophical question with care, compassion and critical thought.

Key messages:

- To understand what will be covered in relationship and sex education
- To be able to have a discussion considering different viewpoints

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.

School workshops

Last term, we ran two workshops online to support parents with dealing with a range of mental health concerns that may be affecting their child: a Parents' Q&A session about any aspect of mental health and wellbeing with Dr Shbero and a workshop on understanding and supporting your child who self-harms.

If you were unable to make those workshops you can find recordings [here](#): Nonsuch High School for Girls - Portals (nonsuchschool.org) (under the 'Parent' tab)

PASTORAL SUPPORT RESOURCES

Off The Record

TALK TO US



Cognus

OFF THE RECORD ONLINE WORKSHOPS

At our online workshops we share practical tips and info about issues you might be struggling with (there is no pressure to appear on camera).

Our webinars run on Thursdays at 5pm.

- Managing Low Mood: 1st February
- Managing Anxiety: 8th February
- Improving Your Sleep: 22nd February
- Dealing with Worries: 29th February

You can sign up online via the [Off The Record website](#) then click on the What's On tab.

Alternatively speak to Ms Hicks in the pastoral office who can help you sign up.



[COGNUS](#) provide a variety of courses to support parenting (COSP).



South West London and St George's Mental Health Trust

The South West London and St George's Mental Health Education Wellbeing Service is offering evening and lunchtime parent webinars across the year to help support your teen's wellbeing and mental health. Click [here](#) to see what they offer and to sign up.

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

The NHS-in-School Education Wellbeing Service is offering a Webinar for parents and carers on teens use of screen time, social media and gaming. You can sign up for one of the sessions by using [this link](#).