

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 1st 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

This week Year 7 continued with their unit of work on mental and physical wellbeing with a lesson on mental health – healthy eating, exercise and sleep. In this lesson, students consider the benefits of physical activity and exercise for physical and mental health and wellbeing. They will consider the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices. They will explore what might influence decisions about eating a balanced diet and strategies to manage eating choices and discuss the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

Key messages:

- To explore the benefits of a balanced diet
- To identify different influences on decisions regarding diet and exercise
- To describe what happens when we sleep
- To explore the benefits of good quality sleep

Year 8

This week Year 8 continued with their topic on physical and mental health with a Philosophy for Children lesson on motivation to be healthy. In this lesson students will discuss what they know about being healthy, the dangers of poor life choices and yet obesity is still on the increase. Why is this the case? A chance for young people to explore this from a philosophical angle.

Key messages:

- To understand what we know about being healthy
- To be able to discuss why we need to be healthy

Year 9

This week Year 9 continued their work on living in the wider world, with a prime focus on careers and options choices. This week students have heard Year 10 students talk about their decision and option choices and what they wished they knew as a Year 9 student. Year 9 students will be able to ask Year 10 students questions.

Key messages:

- To identify potential GCSE options
- To learn what GCSE courses are actually like

Year 10

This week Year 10 have continued their unit of work on physical and mental health by looking at either exam stress or breast and cervical cancer. In the exam stress workshop they examined what stress looks like and strategies to alleviate it. Breast cancer is the most common cancer in women in the UK. Self-examination is vital in discovering breast cancer early and seeking treatment. This lesson focuses on how to self-examine and the importance of smear test screenings for cervical cancer.

Key messages:

- To be able to manage their own anxiety and stress around exams
- To understand what breast cancer is
- To recognise the symptoms of breast cancer
- To understand how to self-examine
- To assess the importance of the HPV vaccination
- To identify the link between the HPV vaccination and cervical cancer

Years 12 and 13

This week has seen Year 12 have been looking at personal safety including e-safety with a lesson on risk. They will explore this topic using Philosophy for Children. Students will develop their understanding of the legality of picture sharing and the impact it can have on those that do not consent to them being distributed online. Year 13 have been undertaking mock exams this week.

Year 11

Year 11 have continued their unit of work on physical and mental health by looking at how they can make a positive contribution to society. In this lesson, students will have an external presenter talking about the National Citizen Service. This initiative helps students to boost confidence and grow their strength and resilience.

Key messages:

- Understand what the National Citizen Service can offer
- Get students to think about their contribution to wider world
- To identify their strengths and build resilience

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](#).