

PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, November 6th)

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.

Year 7: This week students started a new topic on personal safety. Students learnt about the issue of consent in school and in their home lives. Through age-appropriate scenarios and discussion, they considered what health and unhealthy relationships look like, how to respect boundaries and how to assert their own boundaries.

Year 8: Year 8 also started the topic of personal safety. They explored the concept of cyberbullying, examining its impact and identifying key characteristics. They also considered the role of a positive bystander, learning how to recognise situations where they can intervene effectively and the actions they can take to support their peers in a constructive way.

Year 9: Year 9 started work on the Active Citizenship by planning the Kipkelion Fair. In groups, they designed a stall in aid of Kipkelion, our link school in Africa. The students will get to communicate with the girls' school in Kenya and swap stories and images as well as raising money for the projects they have running.

Year 10: In their first lesson on personal safety, Year 10 students developed their understanding of the causes of knife crime, the UK law on the possession of a knife and the potential consequences of carrying a knife. Students explored avenues of support available to young people in London if they, or someone they know, is at risk.

Year 11: Year 11 started work on personal safety by defining addiction and gambling. They considered where these activities take place, learnt about the law around gambling and were given advice on where to seek help and support.

Year 12: Year 12 heard from an external speaker as part of a new topic on living in the wider world.

Year 13: Year 13 students had the opportunity to develop their team building skills, improve fitness and continue to build positive, caring relationships with their form group by playing benchball.

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.

