

# PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, November 20th)

## 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? )

**Year 7:** In PSHE this week, Year 7 learnt how to stay safe online. Through discussion, group and paired tasks, they identified potential dangers that could be faced through social media and through using the internet, and evaluated ways of protecting themselves online.

**Year 8:** As part of the module on personal safety, Year 8 learnt about Female Genital Mutilation (FGM), the law in relation to FGM and ways to support young people to speak up, seek help and report if they or others are at risk, or have experienced FGM.

**Year 9:** Year 9 continued to design and prepare for the Kipkelion Fair on Wednesday November 27th.

**Year 10:** Students in Year 10 explored the topic of personal safety further by developing 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 also considered avenues of support available to young people in London if they, or someone they know, is at risk.

**Year 11:** Ahead of the Sixth Form Open Evening, our Year 13 students delivered a session to Year 11 giving them the benefit and wisdom of their experience in the Nonsuch Sixth Form. They explored the pros and cons of a school environment as opposed to a college provision.

**Year 12:** Year 12 continued with their external speaker programme, hearing from a local expert on the history of Cheam and the surrounding area.

**Year 13:** Through watching the documentary 'The Social Dilemma' and discussing their thoughts, Year 13 students were encouraged to think about how social media companies create an addictive product and how they use data to influence users.

## 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.

