

# PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, November 27th)

## 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 this lesson, students considered online behaviour and the law. They thought about the meaning and impacts of bullying and cyberbullying along with exploring appropriate ways of responding to discriminating, hurtful or intimidating behaviour.

**Year 8:** Year 8 explored what data they share on social media and the permissions we give for that data to be shared. The lesson aim was to make students conscious of the need to protect their data and to consider the potential impacts of their data being shared.

**Year 9:** As part of our fundraising efforts for Friends of Kipkelion, our Year 9 students ran stalls and raised money with the aim of raising £2000 by the end of the academic year.

**Year 10:** In this lesson, students built upon their understanding of knife crime and explored the exploitation of children or vulnerable people who are coerced by gangs into drugs trafficking. They considered what signs may indicate that someone may be involved in county lines and learnt where and how they can access support for themselves or someone they know.

**Year 11:** Year 11 used their PSHE session to study and revise ahead of the upcoming mock examinations.

**Year 12:** Year 12 explored school culture through the Philosophy for Children (P4C) method of collaborative discussion.

**Year 13:** Year 13 continued to watch The Social Dilemma – a drama showing the alternative side to social media, exposing 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.

