

PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, September 25th)

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: This week, Year 7 were introduced to Philosophy for Children (P4C) approach. They were encouraged to think critically, creatively and to work collaboratively to explore their own ideas and the views of others around school culture and values.

Year 8: Our Year 8 students returned to work they undertook in Year 7, as part of our Right Respecting Schools Award (RRSA). The students identified which rights they exercise every day and what rights others may need to draw on in times of conflict and need.

Year 9: In Year 9, students were introduced to how women are and have been portrayed in the media, leading to an open discussion around what can be done to create equitable workplaces and why the need for reform still exists.

Year 10: In PSHE this week, our Year 10 students heard from Year 11, who delivered presentations on what they have learnt from their Key Stage 4 journey so far. Year 11 shared what they wish they had learnt earlier, including the habits they wish they had established from the beginning of Year 10.

Year 11: This week, Year 11 presented to our Year 10 students, sharing knowledge, advice, and guidance on how to manage the challenges that Key Stage 4 can present.

Year 12: Our new Sixth Formers walked and talked – benefitting from some fresh air and a chance to speak to students in a relaxed setting. The focus of the chats was to talk about how they how found the step up to A-level.

Year 13: Year 13 took part in a Philosophy for Children (P4C) session on school culture, where they established their guidelines for caring and collaborative debate, and developed greater understanding of how to put philosophical enquiry at the heart of a discussion.

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 Peoples 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](#) that has a number of videos, both short and long, on a number of different topics surround young people's mental health.

TALK TO US

OFF THE RECORD

Education
Wellbeing
Service