

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday May 23rd 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 have continued with their unit of work with a lesson on Philosophy for Children (citizenship in the UK). In this lesson, students will consider why the future of our planet has to have sustainability at its core. They will explore the concept of sustainability – social, economic and environmental and how we can all be responsible global citizens. They will consider why and how the choices they make have an impact on people throughout the world.

Key messages:

- To evaluate how our consumption choices can have impacts on others around the world.
- To explain how we can reduce our consumption of resources such as energy and water

Year 8

This week Year 8 have continued their unit of work with a lesson on the European Union (EU). In this lesson, students will learn about the EU, which countries are part of it and learn about the different languages and flags.

Key messages:

- To be able to list the 27 countries in the EU
- To be able to recall where these countries are on a map, what language they speak and their flag

Year 9

This week Year 9 have continued with their new unit of work on personal safety with the second of a two-part lesson on dealing with conflict. This lesson builds on the last lesson by exploring different strategies to create a resolution.

Key messages:

- To learn how to diffuse conflict
- To look at different types of resolution
- To learn different strategies

Year 10

This week Year 10 have begun their unit of work on active citizenship with a lesson on the climate change. Students will look at how they themselves, the school, their family help the environment and planet.

Key messages:

- To explain what is meant by climate change
- To describe challenges to the environment
- To understand how we can help to reduce climate change

Year 11 and 13

These year groups have started their exam leave for their GCSE and A-levels.

Year 12

This week Year 12 students will be undertaking two days looking at information surrounding higher education.

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.

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



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.

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



[COGNUS](#) provide a variety of courses to support parenting (COSP).



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.

South West London and St George's Mental Health Trust

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](#).