

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday May 9th 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 'How can I be a good global citizen?' Students will learn about how they can support their local communities while also looking at issues around the world such as the refugee crises.

Key messages:

- to understand how they can support their local community
- to understand how they can be good global citizens
- to be aware of refugee crises

Year 8

This week Year 8 have continued their unit of work with a lesson on racism. In this lesson, students will learn about how to actively listen to others reflecting on another point of view. They will learn about stereotypes and how they are formed and affect people including unconscious bias. They finally consider what kindness looks like within their communities.

Key messages:

- reflect on the importance of actively listening to people in order to better understand them and show kindness
- discuss and reflect on stereotypes, how they are formed and how they might affect people, including unconscious bias
- reflect on and understand discrimination in your communities

Year 9

This week Year 9 have continued with their new unit of work on personal safety with a lesson on unwanted, inappropriate and illegal behaviours. In this lesson students look at how they can report concerning behaviour and the impact abuse can have on young people.

Key messages:

- explain where, why and how to access support and report concerns
- evaluate attitudes towards abuse and their impact on young people
- explain how to challenge victim-blaming, including when abuse occurs online

Year 10

This week Year 10 have begun their unit of work on active citizenship with a lesson on anti-immigrant racism. In this lesson, students will learn about the different reasons why people emigrate and the perceptions of immigrants in the media. Students will critically compare the different perspectives on refugee crisis around the world.

Key messages:

- to explain reasons why people migrate
- explore perceptions of immigration in the media
- to compare different perspectives and explain why these exist

Year 12

This week Year 12 students are sitting their internal exams.

Year 11 and 13

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

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](#).