

PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, November 13th)

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 learnt what is acceptable behaviour on public transport. They considered the potential risks and challenges that they may face and the effect of their behaviour on safety. They also discussed how to stay safe as a pedestrian and how to seek help and support if they feel unsafe or at risk.

Year 8: This lesson introduced students to the Human Papillomavirus (HPV) and the vaccination available to young people in the country. It covered what HPV is, how it affects the body, and the importance of protecting our health through informed choices and advanced medical practices. The session emphasised the value of understanding and utilising available health resources.

Year 9: In Year 9, continue to design and prepare for the Kipkelion Fair on November 27th.

Year 10: In this week's lesson, Year 10 students developed their understanding of how to keep themselves safe as they gain even greater independence. Students considered the difference between internal and external influences and discussed strategies for challenging negative peer influence.

Year 11: Year 11 were thinking about the benefits and problems associated with online gaming. They considered whether gaming should be censored in the same way as film and were made aware of the dangers of.

Year 12: Year 12 learnt about the psychology of the bystander effect through a lesson delivered by Year 12 psychology students.

Year 13: Our Year 13 students played benchball as a year group, to develop their team building skills, improve fitness and continue to build positive, caring relationships with their form group.

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.

