

PASTORAL UPDATES

MS OSBORNE

(Lesson Thursday July 11th 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.

Years 7 -10 and Year 12

This week, the students have been preparing for their end-of-year Celebrating Achievement assemblies, where students are recognised for their achievements and endeavours throughout the year. The assemblies are an opportunity to celebrate our students' successes and a time to reflect on the exceptional effort that they have demonstrated this academic year across all aspects of school life.

I would like to take this opportunity to personally congratulate all our students on another wonderful year at Nonsuch.

Year 11 and 13

These year groups are now out of school following the public examination period.

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)

Summer Holiday Activities and Food Programme

Mon 29 July – Fri 30 August

All eligible children entitled to benefits-related free school meals can book a free place. To find out more information and to book your child's place please click on the relevant link below.

London Borough of Sutton [Sutton Information Hub](#)

London Borough of Merton [Holiday activities and food clubs](#) | [Merton Council](#)

Croydon Council [Holiday activities and food](#) | [Croydon Council](#)

Royal Borough of Kingston [AfC Info website - Kingston and Richmond :: Community Information / Information and advice / FUEL - Holiday Activities and Food Programme / FUEL programme in Kingston - Summer 2024](#)

Surrey County Council [Club4 camps \(activesurrey.com\)](#)

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](#).