

# PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, September 11th)

## 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 PSHE at Nonsuch. They learnt about the support services that are available at school and who to ask for help. The students considered why they might need to access support services and the issues that may lead them to seek support in school.

**Year 8:** Students were asked to consider the school PRICE values, discuss the Nonsuch Charter and think about how they can demonstrate the positive behaviour in school.

**Year 9:** Students learnt about the school culture and values that underpin the learning environment at NHSG. They considered the key features of the NHSG Behaviour for Learning policy and were reminded of the PRICE system of rewards and sanctions.

**Year 13:** A session on emotional resilience and supporting one another, focusing on the importance of being mindful of our words and understanding the link between this and our emotional resilience.

**Year 10:** Our Year 10 students reflected on their approach to learning and extracurricular engagement in Year 9, considering which strategies worked well and which could be improved. The students set goals for maintaining or improving their academic performance and wellbeing throughout Year 10. Students were reminded of the support on offer in school and who they can ask for help and support.

**Year 11:** Students reflected on the Y10 mock exams with a view to target setting and sharing best practice on revision techniques and top tips, including time management, effective revision timetables, coping with stress, and sleep and diet. They were reminded of the wellbeing team in school and the help on offer.

**Year 12:** Students explored each other's family heritage and personal identity, in order to understand and appreciate the similarities/diversities of their tutor 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



### 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.