

PASTORAL UPDATES

MONDAY JULY 14TH

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). We 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?

(Wednesday, July 9th)

Year 7: Developing our strengths – public speaking - The students will be working on developing their public speaking skills in preparation for the public speaking competition.

Year 8: Cost of living: Inflation- The lesson will also help students understand some of the risks around financial fraud and scams, and how to avoid them.

Year 9: Year 9 were learning emergency first aid, including the recovery position and DR ABC. This was an important part of becoming a useful member of the community and one in which could save someone's life one day.

Year 10: Target Setting- In this lesson, students will reflect on the targets they set at the beginning of the year and consider whether they met their goals. Students will consider what worked well for them this year and plan for any changes they would like to make in Year 11, including their approach to learning but also their engagement in extracurricular activities and activities that support their wellbeing.

Year 12: Following their guidance meetings, student have handed in a first draft of their UCAS personal statement. Tutors are meeting with tutees 1:1 to give verbal feedback on their statements.

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.

