

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 29th February 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

Year 7 have continued their RSE unit of work with a lesson on healthy friendships. In this lesson, students will explore and identify healthy and unhealthy relationship behaviours through the Philosophy for Children approach. Through dialogue and enquiry, questioning and discussion, they will consider how to safely and responsibly form, maintain and manage positive relationships, including online. They will consider how to develop conflict management skills and strategies to reconcile after disagreements and to how to further develop the skills of active listening, clear communication, negotiation and compromise. They will be encouraged to think critically, creatively and to work collaboratively in order to explore their own ideas and the views of others.

Key messages:

- To develop conflict management skills and strategies to reconcile after disagreements
- To further develop the skills of active listening, clear communication, negotiation and compromise
- To be able to think critically, creatively and to work collaboratively in order to explore their own ideas and the views of others

Year 8

Year 8 have continued their RSE unit of work with a lesson on relationship abuse. The aim is for students to be able to explain what is meant by relationship abuse. They will also be able to identify different types of abuse that can affect relationships and describe ways to get help with relationship abuse, including how to access support.

Key messages:

- To understand what constitutes a healthy relationship
- To know what relationship abuse is and be able to know how to get help

Year 10

Year 10 have begun their RSE unit of work. The students will cover a range of topics including contraception, sexual harassment, domestic abuse, allyship, abortion and pregnancy and managing healthy relationships. Students will take part in a carousel covering a different topic each week. We have two external speakers during this unit of work. Brook will be delivering a workshop on contraception and the Limes College will be delivering a workshop on domestic abuse.

Key messages:

- Describe what contraception is and how it works and how contraception can reduce the risk of unplanned pregnancies and the transmission of STIs
- Recognise different methods of contraception and develop skills in assessing what may impact people's choices
- To understand what constitutes sexual harassment and how to seek help
- To understand allyship and how to have constructive and supportive conversations
- To understand and recognise domestic abuse and how to seek help
- To understand reasons why someone might wish to have an abortion and what the law is on this matter

Years 12 and 13

This week Year 12 have been looking at independence and citizenship with a lesson on mortgages and savings. Students will develop their understanding of future financial planning. Year 13 have been looking at being a good citizen by looking at when to go to A&E – students are taught the distinction between 999 and 111 and explore scenarios where it is more appropriate to visit a pharmacy/GP than A&E.

Year 9

Year 9 have continued their RSE unit of work by taking part in a carousel. Below explains what is involved in each lesson that they will take part in over the next four weeks.

1. STIs: Students learn about Sexually transmitted infections in a safe and secure environment of the classroom.
2. Contraception: A lesson on the different forms of contraception in a safe and controlled environment
3. Consent: To learn about what consent means, both legally and ethically, and what it looks like in practice. To describe or demonstrate what to say and do to seek the consent of another person.
4. Pornography: This lesson concerns the social aspects of pornography such as the law, effect on relationships and false expectations. All resources come from the PSHE Association and no graphic images are shown.

Year 11

Year 11 have continued their RSE unit of work by looking at sexual health and fertility. Students are learning about how fertility changes over a person's lifetime and some of the factors that affect this. Students will also look at ways to promote sexual health and prevent unplanned pregnancy and the different routes to becoming a parent.

Key messages:

- To be able to explain how fertility changes over a person's lifetime and some of the factors affecting this
- To be able to explain how to maintain a healthy pregnancy
- To be able to describe different routes to parenthood

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



Cognus

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.

- Managing Low Mood: 1st February
- Managing Anxiety: 8th February
- Improving Your Sleep: 22nd February
- Dealing with Worries: 29th February

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](#) provide a variety of courses to support parenting (COSP).



South West London and St George's Mental Health Trust

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.

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](#).