

# PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 11th January 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

This week Year 7 began a new unit of work on mental and physical wellbeing. In this lesson, students learn basic treatments for common injuries. They consider how to respond, correct methods of treatment and practice administering basic first aid.

Key messages:

- To recall how to respond to a range of common injuries
- To administer basic first aid in range of scenarios

### Year 9

This week Year 9 began their work on living in the wider world which has a prime focus on careers and options choices. Students have been taken through the options process and been introduced to Unifrog.

Key messages:

- To understand the options process
- To learn about online platforms that can help them

### Year 8

This week Year 8 began a new topic on physical and mental health. In this session, students will consider:

- What pressures do athletes face?
- Why is it important for them to speak up about their mental health?
- What effect might this have on the future?

This session provides opportunities for students to practise the following critical-thinking and communication skills, which are important for understanding and discussing current affairs.

Key messages :

- What is pressure and how can this affect athletes?
- To identify how students can speak up about their mental health

## Year 10

This week Year 10 began their unit of work on physical and mental health by looking at domestic violence. Domestic abuse related offences increased during the COVID-19 pandemic. It is important that students are aware of the various types of domestic abuse, which include (but are not limited to), physical, sexual, emotional, economic and psychological abuse.

Key messages :

- What is domestic abuse and its warning signs
- How to help those affected

## Years 12 and 13

This week Y12 have been looking at personal safety including e-safety with an external speaker (Switch). This is to develop their understanding of what addiction is, how it can present itself and where to seek support. Students are encouraged to consider the wider social and emotional implications of involvement with antisocial behaviour.

Year 13 have been looking at the psychology of the bystander effect. Year 13 psychology students will deliver this session to year 12s, exploring the phenomenon of the bystander effect and the psychological research behind it.

## Year 11

Year 11 began their unit of work on physical and mental health. In this lesson, students have been learning about the dangers of drugs through an external speaker from The Daniel Spargo-Mabbs Foundation, drug and alcohol education charity that aims to support young people to make safe choices about drugs and alcohol and reduce harm. They do this through increasing understanding of the effects and risks and helping to develop life skills and resilience.

The Foundation was set up in January 2014 by Tim and Fiona Spargo-Mabbs in response to the death of their 16-year-old son Daniel who had taken ecstasy. More information about the foundation can be found on [their website](#).

Key messages:

- Understanding drugs and alcohol and the effect they can have on you
- Understanding the risks and helping to develop life skills and resilience

## 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 that may be affecting their child: a Parents' Q&A session about any aspect of mental health and wellbeing with Dr Shbero and a workshop on understanding and supporting your child who self-harms.

If you were unable to make those workshops you can find recordings [here](#): Nonsuch High School for Girls - Portals ([nonsuchschool.org](http://nonsuchschool.org)) (under the 'Parent' tab)

# PASTORAL SUPPORT RESOURCES

## Off The Record

TALK TO US



Off The Record is a local youth charity offering free online workshops. The workshops offer practical tips and info about issues young people might be struggling with. There is also the opportunity to share ideas in a safe and confidential chat room and Zoom (there is no pressure to appear on camera) - click [here](#) for details

## Cognus



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 Georges 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.