

PSHE UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 23 November 2023)

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](#).

What have students learnt in PSHE this week?

This week school council sat during PSHE which involved school council reps from each form.

Year 7

Year 7 have the new topic of personal safety including online safety. In this lesson, students will learn about how to stay safe online. Through discussion, group and paired tasks, they will develop and evaluate strategies and methods of protecting personal information and knowing potential dangers that could be faced through social media and through using the internet. They will consider how to stay safe online and evaluate a set of rules for protecting themselves online.

Key messages:

- To identify examples of personal information that should, should not be shared online
- To assess the potential dangers of using the internet and social media
- To evaluate a set of rules for protecting themselves online

Year 8

Year 8 continued the new topic of personal safety including online safety. In this week's lesson students have been looking at online safety. In this lesson, an ex-police detective gives an impassioned and insightful talk about online safety and the law regarding social media. A hard-hitting expose of what happens when young people make bad decisions and how they should protect themselves from the dangers of online behaviour.

Key messages:

- To identify examples of personal information that should, should not be shared online
- To assess the potential dangers of using the internet and social media
- To evaluate a set of rules for protecting themselves online

Year 9

Year 9 have continued their unit of work on being a good citizen, including active citizenship. Having spent the last two weeks planning the fair, students from each form will be running stalls and raising money throughout Thursday. The aim is to raise £2000 by the end of the day.

Key messages:

- To understand the wider world and the experiences of students in other countries
- To run and organise a stall which will be successful in raising money

Year 11

Year 11 have been given a revision period in the lead up to their mock examinations. This is to support their revision program and to reduce anxiety.

Years 12 and 13

Y12 continued their unit of work on Health relationships including RSE by focusing on LGBTQ+. Year 13 psychology students will deliver this session to Year 12s, which will help to develop students' understanding of positive and compassionate relationships, with a focus on dynamics between friends and family.

Year 13 have continued their unit of work on Addiction by watching a Documentary – The Social Dilemma 1. Students will see an alternative side to social media, understanding how social media companies create an addictive product and how they use data to influence users. Discussion following each part of the documentary will take place.

Year 10

Year 10 have continued their unit of work on personal safety including e-safety. The focus this week's lesson has been on drugs, particularly cannabis. Attitudes to cannabis tend to be more passive than attitudes to other class B drugs. Despite this, possession of cannabis can result in a five year prison sentence. This lesson considers the effects and risks of using cannabis.

Key messages:

- To consider what cannabis is and the effects and risks of using it
- To consider how to manage peer pressure relating to its use
- To understand the law on cannabis and where to go for help

Pastoral Support

We have a range of support services available in school to help your child should they need some extra support. Please contact your child's Head of Year directly should you have any concerns.

We also have a team in-school comprising of our school counsellor, ELSA, Pastoral Support Officer, Mental Health Champions and Peer mentors to offer ongoing student support if needed.

School Workshops

This week we have run two online workshops online to support parents. On Tuesday we ran a Parents' Q&A session about any aspect of mental health and wellbeing with Dr Shbero and on Wednesday we ran a workshop on understanding and supporting your child who self-harms.

You can access recordings of these workshops [here](#).

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). Please see the attached documents in last week's newsletter.

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.