

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 25th 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 continued with their unit of work on mental and physical wellbeing with a lesson on looking after your wellbeing. In this lesson, students learn how to talk about their emotions accurately and sensitively, using appropriate vocabulary. They consider how to recognise the early signs of mental wellbeing concerns, the characteristics of mental and emotional health and strategies for managing these. They will consider healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support. They will discuss strategies to understand and build resilience, as well as how to respond to disappointments and setbacks.

Key messages:

- To identify a range of emotions and describe the feelings associated with them
- To evaluate coping strategies to promote positive mental health
- To identify strategies to build confidence and build resilience

Year 8

This week Year 8 continued their topic on physical and mental health with a lesson on alcohol. In this lesson students will look at the risks and consequences of alcohol use, and describe the names, appearance and effects of a range of illegal drugs. They will also analyse attitudes and beliefs about the prevalence of drug use amongst young people.

Key messages:

- To understand risk and consequences of alcohol use
- To be able to name and describe use and appearance of drugs
- To be able to analyse attitudes and beliefs regarding drugs

Year 9

Year 9 have continued their work on living in the wider world which has a prime focus on careers and options choices. Students consider their GCSE option choices through individual work, group discussions and activities which use critical thinking to make decisions based on the information given.

Key messages:

- To identify potential GCSE options
- To learn about online platforms that can help them

Year 10

This week Year 10 have continued their unit of work on physical and mental health focusing on either exam stress or breast and cervical cancer. In the exam stress workshop they examined what stress looks like and strategies to alleviate it. Breast cancer is the most common cancer in women in the UK. Self-examination is vital in discovering breast cancer early and seeking treatment. This lesson focuses on how to self-examine and the importance of smear test screenings for cervical cancer.

Key messages:

- To be able to manage their own anxiety and stress around exams
- To understand what breast cancer is
- To recognise the symptoms of breast cancer
- To understand how to self-examine
- To assess the importance of the HPV vaccination
- To identify the link between the HPV vaccination and cervical cancer

Years 12 and 13

This week Year 12 have been looking at personal safety including e-safety, with a lesson on sharing images online. They will watch the BBC Documentary Zara McDermott – students will develop their understanding of the legality of picture sharing and the impact it can have on those that do not consent to them being distributed online. Year 13 have been undertaking mindfulness and brought craft activities in from home.

Year 11

Year 11 have continued their unit of work on physical and mental health. In this lesson, students will look at anxiety, what anxiety looks like and how they can use self help suggestions to manage it.

Key messages:

- Understanding what may cause anxiety
- How to control feeling stressed and anxious

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) (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 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.

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](#).