

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 18th 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.

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](#).

Year 7

Year 7 continued with their unit of work on mental and physical wellbeing with a lesson on menstrual health, personal hygiene and dental health. In this lesson, students will learn strategies for managing their periods in and out of school and maintaining personal hygiene, including oral health. They will consider a range of products that can be used to manage their periods, how to maintain standards of personal hygiene and how to maintain dental hygiene.

Key messages:

- To know and evaluate the different period products that are available
- To develop personal coping strategies to use during your period
- To recall strategies to maintain personal hygiene
- To describe the importance of dental hygiene and the impact poor diet can have on dental health

Year 8

Year 8 continued with their topic on physical and mental health with a lesson on caffeine, tobacco and vaping. In this session, students will look at the risks and effects associated with caffeine consumption, tobacco and nicotine use including vaping.

Key messages:

- To be able to explain the risks and effects associated with caffeine consumption
- To understand and manage influences relating to tobacco and nicotine product use, including vaping

Year 9

Year 9 continued their work on living in the wider world which has a prime focus on careers and options choices. Students have continued to consider their GCSE option choices. 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

Year 10 have continued their unit of work on physical and mental health by looking at basic first aid. Students will take part in a first aid training course during the lesson that looks at basic life-saving skills.

Key messages:

- What are basic lifesaving skills
- How to reproduce these in given circumstances

Years 12 and 13

Y12 have been looking at personal safety including e-safety, with a lesson on credit and debit. Students will develop their financial literacy and understanding the fundamental difference between credit and debit.

Year 13 have been looking at Politics (led by Year 13 students). Year 13 government and politics students will lead a session exploring the engagement of young people in politics and political systems of voting.

Year 11

Year 11 continued their unit of work on physical and mental health. In this lesson, students will look at exam stress and how to reduce anxiety in the lead up to their GCSE exams.

Key messages:

- Understanding what may cause exam stress and anxiety
- How to control feeling stressed and anxious around exams

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 Stress: 25th January
- 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.