

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday May 2nd 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 have continued their unit of work with a lesson on 'How can I be a good citizen in school?'. Students will learn about our school ethos and culture and how they can become a positive member of our school community.

Key messages:

- To understand the ethos and culture of the school
- To explain how they can be a positive member of the school community
- To understand the importance of supporting charities, how they can do this, and how they can play an active role in RAG week
- To explore how to respect your rights and the rights of others at school and at home

Year 9

This week Year 9 have continued their new unit of work on personal safety with a lesson on online behaviour and their digital footprint. The landscape for employment and enterprise is forever evolving and there have been considerable changes in the past year alone. This lesson is to help young people to negotiate, and make the most of, this challenging environment.

Key messages:

- Explore strategies for showcasing strengths online and how this can create a positive impression for future employers
- Identify career opportunities online and evaluate their associated benefits and challenges
- Evaluate the benefits of maintaining a positive online presence

Year 8

This week Year 8 have continued their unit of work with a lesson on being a leader. In this lesson, students will use philosophy for children to think and consider the values needed to be a leader. Key messages:

- To participate in an enquiry, focussing on being caring and considerate towards the opinions of others and being critical with own thoughts and ideas
- To reflect on values

Year 10

This week Year 10 have begun their unit of work on active citizenship by considering anti-immigrant racism. Students will learn about the different reasons why people emigrate and the perceptions of immigrants in the media. Students will critically compare the different perspectives on refugee crisis around the world.

Key messages:

- To explain reasons why people migrate
- Explore perceptions of immigration in the media
- To compare different perspectives and explain why these exist

Years 12 and 13

This week has seen Y12 have been completing mindfulness crafts. Students can complete a range of craft activities to encourage mindfulness and relaxation. Students are encouraged to bring in any craft activities they are working on at home if there is something they particularly enjoy. Y13 have been organising their celebration assemblies for their final day at Nonsuch.

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.

Year 11

During the next three weeks (3 of 3) Year 11 will use PSHE lessons to recap study skills and use the time to prepare for their GCSE exams.

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](#).