

PASTORAL UPDATES

MONDAY APRIL 28TH

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 Years 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.

What have students been taught in PSHE this week?

(lesson Wednesday, April 24th)

Year 7: What rights do children have? In this lesson, students will learn the key feature of the RRSA and how it seeks to put the United Nation's Convention on the Rights of the Child (UNCRC) at the heart of a school's ethos and culture. They will examine how the RSSA seeks to improve well-being and how the RSSA seeks to develop every child's talent and ability. They will know their own rights and recognise that rights and responsibilities are equally balanced. They will consider how to take responsibility for their own actions and will recognise the importance of respecting the rights that every child has. Tasks will involve class discussion, pair work and group activities.

Year 8: Moral standards- world leaders- This lesson encourages students to discuss the moral standards that world leaders should be held to and to examine the appropriate consequences when those standards are not met. Through debate and reflection, students will consider the ethical responsibilities of leadership and the importance of accountability on the global stage.

Year 9 had their first lesson of the new topic on Personal Safety, which is "Sexual Harassment". In the safe environment of the classroom with the teacher, the students learnt how to explain what sexual harassment and harmful sexual behaviours are and how they may affect someone; describe strategies to challenge sexual harassment and harmful sexual behaviour and describe how to access sources of support in relation to sexual harassment and harmful sexual behaviours, and how barriers or concerns about seeking help can be managed.

Year 10: mock exams.

Year 11: private study ahead of GCSEs.

Year 12: Risk and the real world as a carousel of topics

- Benchball – students will have the opportunity to develop their team building skills, improve fitness and continue to build positive, caring relationships with their form group.
- Finances – students will learn about different types of mortgages, and other costs with buying a home and comparing this to renting.
- SPEAKER PROGRAMME – a specialist from the Bank of England will speak to students about his career, linking to their earlier session on finances.
- Mindfulness and tutor-group bonding – students have a chance to interact with their peers and strength form bonds via board games and craft.
- Philosophy for Children (P4C) – students will explore a question of their choice and develop caring and collaborative discussion.

Year 13: Nearly time to go

- Independent living – practical tips for living away from home, and become independent.
- Healthy eating on a budget
- Philosophy for Children (P4C) – students will explore a question of their choice and develop caring and collaborative discussion.
- 1:1 meetings with tutors to discuss Conditional Firm and Conditional Insurance choices in UCAS.

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.

Pastoral support resources

Off The Record

At our [free online workshops](#) we share practical tips and info about issues you might be struggling with and there is also the opportunity to meet other young people and share ideas in a safe and confidential chat room and Zoom (there is no pressure to appear on camera)

Children's and Young People's Wellbeing Service

The South West London and St Georges Mental Health Education Wellbeing Service offers parent webinars across the year to help support your teen's wellbeing and mental health. [Sign up here](#)

They also have a very helpful [YouTube channel](#) with videos on a number of different topics surrounding young people's mental health.

