

# PASTORAL UPDATES

MONDAY MAY 19TH

## 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). We 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, May 14th)

**YYear 7:** How can I be a good global citizen? In this lesson, students will explore the concept of citizenship in the UK, through the Philosophy for Children approach. Through dialogue and enquiry, questioning and discussion, they will consider the characteristics of a good citizen. They will consider how to be an active citizen in the UK. They will be encouraged to think critically, creatively and to work collaboratively in order to explore their own ideas and the views of others.

**Year 8:** Kindness - This lesson promotes kindness and encourages students to reflect on their behaviours. The session explores random acts of kindness and discusses what students can do to be kind to others.

**Year 9:** The lesson allows them learn how extremism differs from legitimate protest and dissent and ways to respond to worrying behaviour. Students will be able to explain the impact of extremist behaviour on individuals and communities; analyse the strategies to reduce the influence of radicalised and extremist views among peers and within a community; and how to report it.

**Year 10:** Financial Literacy: in this lesson, students will learn about the distinction between credit and debit along with considering financial habits and hygiene. Students will learn how to budget and develop their understanding of how tax and national insurance is debited from a payslip.

**Year 11:** Study Leave

**Year 12:** Study Leave

**Year 13:** Study Leave

## 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.

