

# PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday March 14th 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

Year 7 have continued their RSE unit of work with a lesson on students will reflect on the advice and themes learnt from the external speaker about how to develop online relationships. They will deepen their understand of strategies and methods of protecting personal information and knowing potential dangers that could be faced through social media and through using the internet. They will be asked to consider how to interact and develop relationships safely online and to reflect on appropriate behaviour online.

Key messages:

- To identify examples of personal information that should, should not be shared online
- To assess the potential dangers of using the internet and social media
- To reflect on appropriate behaviour online and develop strategies for safe and respectful interaction

### Year 8

Year 8 have continued their RSE unit of work with a lesson on consent. Students will learn what is meant by consent and how this is considered in healthy relationships. They will also explore where and how to access support if it is needed.

Key messages:

- To understand what is meant by 'consent' and what this means within healthy relationships
- To explain some consequences of someone not receiving consent for sexual behaviour within a relationship
- To know how and where to access support with issues around consent

## Year 10

Year 10 have begun their RSE unit of work. During this unit of work the students will cover a range of topics including contraception, sexual harassment, domestic abuse, allyship, abortion and pregnancy and managing healthy relationships. Students will take part in a carousel covering a different topic each week. We have two external speakers during this unit of work. Brook will be delivering a workshop on contraception and the Limes College will be delivering a workshop on domestic abuse.

Key messages:

- Describe what contraception is and how it works and how contraception can reduce the risk of unplanned pregnancies and the transmission of STIs
- Recognise different methods of contraception and develop skills in assessing what may impact people's choices
- To understand what constitutes sexual harassment and how to seek help
- To understand Allyship and how to have constructive and supportive conversations
- To understand and recognise domestic abuse and how to seek help
- To understand reasons why someone might wish to have an abortion and what the law is on this matter

## Years 12 and 13

Y12 have been looking at A level mindset - the importance of sleep/exercise and building a routine - students will develop their understanding of the significance of sleep, exercise and building a sustainable and healthy routine, particularly one of self-care. Year 13 have had 1:1 meeting with tutors and sixth form team to discuss the choice of conditional firm and conditional insurance offers in UCAS.

## Year 9

Year 9 have continued their RSE unit of work by taking part in a carousel. Below explains what is involved in each lesson that they will take part in over the next four weeks.

1. STIs: Students learn about Sexually transmitted infections in a safe and secure environment of the classroom
2. Contraception: A lesson on the different forms of contraception in a safe and controlled environment
3. Consent: To learn about what consent means, both legally and ethically, and what it looks like in practice. To describe or demonstrate what to say and do to seek the consent of another person
4. Pornography: This lesson concerns the social aspects of pornography such as the law, effect on relationships and false expectations. All resources come from the PSHE Association and no graphic images are shown

## Year 11

Year 11 have continued their RSE unit of work by looking at forced marriage. Forced marriage is illegal in England and Wales. Many forced marriage victims are children who are still at school and so it is important for students to be able to recognise the warning signs.

Key messages:

- To understand how duress is used to enforce marriage
- To understand the role of the law in protecting vulnerable parties

## 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

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

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](#).