

# PASTORAL UPDATES

MONDAY JULY 7TH

## 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?

(Wednesday, July 2nd)

**Year 7:** Developing our strengths – public speaking 2. In this lesson, students review their strengths, interests, skills, qualities and values and consider how to develop them. They will consider the value of being a confident public speaker and practice how to speak confidently in front of their peers. Tasks will include speaking in small groups and larger groups and will culminate in a speaking event in the school hall.

**Year 8:** Saving, Borrowing and Fraud - This lesson focuses on saving, borrowing, and protecting money to enhance financial literacy. Students will explore reasons for saving and borrowing, the benefits of financial planning, the impact of interest rates, various lenders, and the difference between manageable and unmanageable debt, while developing their decision-making skills and financial capability

**Year 9:** Physical Wellbeing - This lesson looks at how to make the right choices when it comes to physical health, how to maintain it and the links it has to mental wellbeing.

**Year 10:** Celebrating Achievement Assembly Preparation - In this lesson, students will have the opportunity to prepare for the end of year celebrating achievement assembly and will have time within their tutor groups to celebrate how far they have come since the beginning of Year 10.

**Year 11:** Study Leave

**Year 12:** Reflection on work experience and finalising personal statement drafts.

**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.

