

# PASTORAL UPDATES

MONDAY JUNE 23RD

## 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, June 18th)

**Year 7:** Developing our strengths: Public Speaking 1 - 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 practise 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:** Students are assembling care boxes to be shared with local care homes as a gesture of support and kindness.

**Year 9:** Body Image - In this lesson students describe the concept of appearance ideals and the associated pressure. We shall look at images and messages from advertisers, cinema, and social media and how it is often a manipulation of the truth.

**Year 10:** The Apprentice - In this lesson, students will have the opportunity to engage in a group project based on 'The Apprentice' TV programme. They will develop the skills of communication, organisation, team work, problem solving and leadership.

**Year 11:** Study Leave.

**Year 12:** Personal statement support – students are given individualised support and feedback whilst writing their first draft of their personal statement.

**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.

