

PASTORAL UPDATES

TUESDAY MAY 6TH

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 30th)

Year 7: What makes a good citizen? 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: Racism - In this lesson, we'll explore prejudice and discrimination, examining their various forms and manifestations. We'll discuss whether racism is always obvious and whether treating people equally is always fair. Additionally, we'll cover unconscious bias, microaggressions, and the difference between non-racism and anti-racism to understand their impact and promote a more equitable society.

Year 9: Year 9 used this time to prepare for their forthcoming exams.

Year 10: Careers - In this lesson, students will evaluate their skills and areas of interest and consider which careers may allow them to pursue their academic and personal interests.

Year 11: private study.

Year 12: Year 12 are now sitting exams, so are not in PSHE lessons.

Year 13: Year 13 have their final year group celebrations, commemorating the end of their Sixth Form journey. This is a time to reflect on their time in school and look forward to their next chapter.

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.

