

PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday 7 December 2023)

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](#).

What have students learnt in PSHE this week?

Year 7

Year 7 have continued learning about personal safety including online safety. In this lesson, students will learn about substance use and the risks and effects of drugs including caffeine, medicines and controlled substances. They will assess and evaluate their prior learning and attitudes to substance use and will consider the effects and risks associated with substance use.

Key messages:

- To assess and evaluate their prior knowledge, beliefs and attitudes regarding substance use.
- To describe the effects of caffeine consumption and other substances.
- To explain the risks associated with caffeine consumption and how these relate to other drugs.

Year 8

Year 8 have continued learning about topic personal safety including online safety. In this week's lesson students have been looking at HPV. In this lesson, students have had an introduction to the HPV virus and the vaccination that is available to young people in this country. It covers what is, what it does and why it is important to look after ourselves with the higher knowledge we have and advanced medicine.

Key messages:

- To understand HPV.
- To identify risks, why it is important to look after ourselves and the vaccine available.

Year 9

Year 9 are continuing work on being a good citizen including active citizenship. This week's lesson is focused on making a difference. This is the second of two lessons by the Environment Agency focussing on exploring values and career choices.

Students are reflecting on how they can identify organisations with values that align with their own, and how career choices link with motivation and wellbeing.

Key messages:

- To reflect on organisations that align with your values.
- How values impact wellbeing and guide career choices.

Year 10

Year 10 have continued their unit of work on personal safety including e-safety. The focus of this weeks lesson has been on vaping. There has been an exponential rise in young people vaping, in this lesson students will learn of its dangers and how they can avoid peer pressure.

Key messages:

- What is vaping?
- What are the dangers of vaping?
- How can I say no?

Year 11

Year 11 have mock exams.

Years 12 and 13

Y12 and Y13 are taking part in vertical tutoring. Students will explore the theme of online safety and discuss strategies for most effectively keeping themselves safe.

If you have any questions about any aspect of PSHE please contact your child's Head of Year.

Pastoral Support

We have a range of support services available in school to help your child should they need some extra support. Please contact your child's Head of Year directly should you have any concerns.

Our support team includes a school counsellor, ELSA, pastoral support officer, mental health champions and peer mentors.

School workshops

We have recently run two workshops online to support parents with dealing with a range of mental health concerns that maybe affecting their child. On Tuesday we ran a Parents Q&A session about any aspect of mental health and wellbeing with Dr Shbero and on Wednesday we ran a work shop on understanding and supporting your child who self-harms.

If you were unable to make those workshops you can find recordings here: [Nonsuch High School for Girls - Portals \(nonsuchschool.org\)](https://www.nonsuchschool.org/Portals)

PASTORAL SUPPORT RESOURCES

Off The Record

TALK TO US



Off The Record is a local youth charity offering free online workshops. The workshops offer practical tips and info about issues young people might be struggling with. There is also the opportunity to share ideas in a safe and confidential chat room and Zoom (there is no pressure to appear on camera) - click [here](#) for details

Cognus



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 Georges 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.