

PASTORAL UPDATES

MONDAY JUNE 9TH

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 4th)

Year 7: What are my strengths and skills? In this lesson, students will consider their personal skills and qualities. They will identify how they use their skills and qualities in their lives and how they can develop these further.

Year 8: Managing Money- This lesson focuses on helping students understand bank account features and options, how to read statements and track transactions. We will discuss some of the myths, realities and key terms associated with money. Exploring why we need to manage our money and how bank accounts can help with this, including different types of accounts.

Year 9: Year 9 are doing a lesson called "Confident Me". In the workshop, students will learn about appearance ideals and the cost of pursuing them. They will learn about the role the media play on this and how to challenge them. The lesson will conclude with students taking steps to become champions for change.

Year 10: Importance of Voting- In this lesson, students will collaboratively establish a philosophical question considering the importance of voting. They will understand the arguments for and against voting in a general election and explore how democracy can allow for improvement within communities. Students will also explore possible ways of being involved in democratic processes in school.

Year 11: Study Leave

Year 12: UCAS Log On – students are guided through an initial log on process, starting their applications with the guidance of their form tutors and the Wider Sixth Form team.

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.

