

# PASTORAL UPDATES

MRS WILLIAMSON-JONES

(Lesson Thursday April 18th 2024)

## 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](#).

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

### Year 7

This week Year 7 have begun their unit of work with a lesson on what makes a good citizen. In this lesson, students will learn about the qualities of a good citizen. It will serve as an introduction to the unit. This lesson should build upon the work they have done as part of the RRSA lesson in the transition unit.

Key messages:

- To know the qualities of a good citizen
- To be able to explain how they can be good citizens
- To recall their own rights under the UNCRC

### Year 9

This week Year 9 have begun their new unit of work on personal safety including safety with a lesson on extremism and radicalisation. In this lesson students will develop understanding of the need for criticality when assessing media content, and the impact of people's actions on community cohesion. It supports students to be more aware of how their choices can impact others, and educates on the positive actions young people themselves can take to promote diversity.

Key messages that have been discussed

- To understand the terms extremism and radicalisation
- To be able to analyse media content
- To understand their choices can impact others

### Year 8

This week Year 8 have begun their unit of work with a lesson on what makes a good citizen. In this lesson, students will learn about the qualities of a good world leader. They will investigate moral standards, why these are important and why world leaders should be held to account. They will also discuss appropriate consequences when world leaders do not follow moral standards.

Key messages:

- To understand moral standards
- To be able to explain why it is important for world leaders to have moral standards

## Year 10

This week Year 10 have been given time to prepare for their Y10 mock exams. They will continue their PSHE program once their exams have concluded.

## Year 11

During the next three weeks Year 11 will use PSHE lessons to recap study skills and use the time to prepare for their GCSE exams.

## Years 12 and 13

This week has seen Y12 and Y13 have been given the chance to Walk and Talk around Nonsuch Park. Students will have the opportunity to walk around Nonsuch Park led by their tutor and discuss topics such as what happens on results day.

## School workshops

Last term, we ran two workshops online to support parents with dealing with a range of mental health concerns

If you were unable to make those workshops you can find recordings [here](#): Nonsuch High School for Girls - Portals (nonsuchschool.org) (under the 'Parent' tab)

## 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

TALK TO US



## Cognus

### OFF THE RECORD ONLINE WORKSHOPS

At our online workshops we share practical tips and info about issues you might be struggling with (there is no pressure to appear on camera).

Our webinars run on Thursdays at 5pm.

- Managing Low Mood: 1st February
- Managing Anxiety: 8th February
- Improving Your Sleep: 22nd February
- Dealing with Worries: 29th February

You can sign up online via the [Off The Record website](#) then click on the What's On tab.

Alternatively speak to Ms Hicks in the pastoral office who can help you sign up.



[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 George's 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.

The NHS-in-School Education Wellbeing Service is offering a Webinar for parents and carers on teens use of screen time, social media and gaming. You can sign up for one of the sessions by using [this link](#).