

# PASTORAL UPDATES

MONDAY MARCH 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?

(Thursday, March 12th)

**Year 7** Students enjoyed a talk from visiting author Dev Kothari who spoke about her career to date as part of our World Book Day and Nonsuch Book Week and International Women's Day celebrations. [www.devkothari.com](http://www.devkothari.com)

**Year 8** The students continued with their work on discrimination and produced some posters on racism and disability discrimination.

**Year 9** STIs - students learnt about sexually transmitted infections in the safe and secure environment of the classroom.

**Year 10** This week students have been studying global citizenship and how they considers their communication, consumption and environmental attitudes. They then had to create an advert for young people encouraging them to consider their global impact and how to be a good citizen.

**Year 11** - In preparation for the forthcoming exams, the focus has been on mindfulness where students have learned to engage with the present with acceptance and without judgement.

**Year 12** Finance – students had an introduction to mortgages.

**Year 13** are undertaking a carousel of hand-on sessions to support student independence.

# Pastoral support resources



## Sutton Educational Wellbeing Team

We are an early intervention service who aim to work closely with schools to help young people who are struggling with anxiety or low mood to access the right support quickly.



Alba Cardona-Abril  
Children's Wellbeing Practitioner

You may see me around the school on Mondays and Thursdays. Feel free to say hi and ask me about the work we do.



Visit our YouTube channel  
**Sutton Education Wellbeing Service**  
for a great selection of mental health and wellbeing videos for parents, staff and young people.

If you are interested in one of our interventions, ask your **Head of Year, safeguarding lead or Ms. Morris** for our referral form and return it to them once completed.

### Our interventions

We offer 2 Guided Self Help support programmes for young people who would like some support with .....



### How will it help?

You and your Wellbeing Practitioner will work as a team to tackle problems relating to your low mood or anxiety. We will help you to better understand your difficulties and become a specialist in your own mental wellbeing.

We strive to equip you with a toolbox of coping strategies to help you manage your difficulties in the long term.

### Who We See...

Young people who:

- ✓ Are aged 11-18 and attending school
- ✓ Sometimes feel anxious (e.g. feeling anxious in social situations; feeling panicky; phobias of specific things)
- ✓ Sometimes feel low (e.g. loss of motivation; no longer finding enjoyment in the things they used to; change in appetite; low self-esteem; frustration)
- ✗ who have received a previous intervention from CAMHS
- ✗ who are currently on a waiting list to receive an intervention

### What we expect from you

We need you to:

- ✓ Attend 6-8 weekly sessions
- ✓ Practice the suggested ideas and strategies regularly
- ✓ Work with the Wellbeing Practitioner to improve your wellbeing



TALK TO US  
**OFF THE RECORD**

Education  
Wellbeing  
Service

# 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.

## 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.