

PASTORAL UPDATES

MONDAY SEPTEMBER 29TH

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, September 25th)

Year 7 - Year 7 recently took part in their first Philosophy for Children (P4C) session. The theme, 'Best is Good Enough,' encouraged students to reflect on ideas around effort, achievement, and self-acceptance while developing their skills in questioning, discussion, and critical thinking.

Year 8 - Year 8 enjoyed an author visit from Ann Sei Lin, who spoke to the year group about her journey to becoming a writer and the joy of reading for fun to spark the imagination and for wellbeing.

Year 9 - Year 9 have been busy with their final preparations for the upcoming Kipkelion Fair, getting everything ready for their stalls and activities.

Year 10 - Year 10 took part in a training session on how to lead Philosophy for Children (P4C) for younger year groups. This gave them the chance to build leadership skills, practise facilitation, and prepare to guide thoughtful discussions with their peers.

Year 11 - Year 11 took part in a Post-16 Pathways careers session and an exams workshop, helping them to explore their future options while also building confidence and strategies for the upcoming exam season.

Year 12 - Walk and Talk – students are accompanied by their tutors into Nonsuch Park for a wellbeing walk.

Year 13 - Introduction to Student Finance by Mr Williamson, HE Co-ordinator or First Aid run by St John Cadets (to swap next week).

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



Sutton Education 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.



Estefania Vargas Clara
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
Children & Young People's 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 year leader, safeguarding lead or Ms. Morris** for our application 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

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.

**Education
Wellbeing
Service**