

September 2026

Year 8 newsletter

Dear parents and carers,

As Head of Year 8, I would like to welcome our Year 8 students back to Nonsuch. I hope they have all settled into the Nonsuch community during their first year and are ready for the exciting opportunities and challenges that this year will bring. Year 8 is a time to broaden knowledge, take risks by trying new challenges, and fully immerse themselves in Nonsuch life.

This year, our focus is centred on community, and I would like to share our Year 8 intent:

- In Year 8, we are laying the foundations for independence by building good routines and resilience. Personal growth is encouraged through the development of positive relationships within our school and by serving the wider community.*

We will be strengthening links with our local community through acts of service, such as litter-picking and collecting donations for food banks, while developing the skills needed to become responsible and active citizens.

Warm regards,

Dr J Thomas-Cole, Head of Year 8

Key dates

Tuesday 15th September: SET Testing Day – school closed to students

Wednesday 23rd September: Year 8 Parents' Information Evening, 6-7pm School Hall

Friday 25th September: INSET Day – school closed to students

Thursday 8th October: Late start for all pupils – school starts at 9.55am

19th October – 30th October: Half-term break

PSHE sessions

This half term, we will be exploring ways in which we can support the wider community. We will welcome a guest speaker from Sutton Foodbank, and students will be challenged to engage the whole school community in collecting as many donations as possible. We also hope to take part in litter-picking activities within the local area in partnership with the school's Sustainability Lead. Finally, students will develop their critical, creative, caring and collaborative thinking skills through Philosophy for Children (P4C), a programme that encourages structured philosophical dialogue and thoughtful discussion.

Useful information

- Leave of absence requests for one day of absence should be made **at least two full school days** in advance of the event. Requests for longer leave of absence (more than one day) must be made **at least two weeks in advance**.
- For more information, visit [Reporting your child's absence from school](#)

Celebrating achievement

Congratulations and well done to Vanshika who won first place in a Pannisai (Tamil classical music) competition hosted by the Saiva Munnetta Sangam UK.



Good attendance is crucial for your child's education, development, and wellbeing. We encourage all parents to consult the official NHS "Is my child too ill for school?" guidance when unsure, and to contact the school if you need further advice or support.

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

Anxiety



Low mood



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.