

PASTORAL UPDATES

MONDAY FEBRUARY 2ND

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, January 29th)

Year 7 - students took part in either a Unifrog session focused on careers or a P4C (Philosophy for Children) discussion. The Unifrog session encouraged students to begin thinking about different career pathways, skills, and aspirations, while the P4C activity supported the development of speaking, listening, and critical thinking skills through structured discussion.

Year 8 - students took part in an RSE session focused on Female Genital Mutilation (FGM). The session aimed to raise awareness of what FGM is, why it is harmful, and the fact that it is illegal in the UK. Students explored themes around human rights, bodily autonomy, and safeguarding, and were reminded of the importance of speaking to a trusted adult if they are worried about themselves or others. The session was delivered sensitively and provided students with clear information about where and how to seek support.

Year 9 - this lesson introduces students to the concepts of insurance and risk management, helping them understand how to protect themselves, their belongings, and their finances. They will explore different types of insurance, learn how to assess risks, and consider strategies for making informed, responsible decisions in everyday life.

Year 10 - students took part in sessions focusing on substance abuse, drugs awareness, exploitation, or first aid training. These sessions were designed to support students in understanding risk, making informed choices, and recognising situations where they or others may need support. Students explored the impact of drugs and substance misuse, discussed personal safety and exploitation, and, where applicable, developed basic first aid knowledge and skills. The sessions also reinforced the importance of seeking help and knowing where to access support when needed.

Year 11 - students took part in sessions focusing on either the impact of drugs and alcohol on decision-making or forced marriage. The sessions encouraged students to consider how substances can affect judgement, risk-taking, and personal safety, as well as to understand the legal and safeguarding issues surrounding forced marriage. Students were supported to reflect on real-life scenarios, understand their rights, and recognise the importance of seeking help and accessing support for themselves or others.

Year 12 are rotating PSHE sessions on a carousel of topics this half term. This includes: safety on nights out, walk and talk mindfulness, drugs education, sexual health and online safety.

Year 13 - mock examinations.

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

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



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.