

PASTORAL UPDATES

MONDAY MARCH 31ST

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 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?

(lesson Wednesday, March 24th)

Year 7: How can I be a good global citizen?

In this lesson, students will explore local and global connections and our views, values and assumptions about global issues. They will explore the complexity of global issues, engage with multiple perspective and apply their learning to real world issues and contexts.

Year 8: Sport & mental health

In this session, students will consider: what pressures do athletes face? Why is it important for them to speak up about their mental health? What effect might this have on the future? This session provides opportunities for students to practise the following critical thinking and communication skills, which are important for understanding and discussing current affairs.

Year 9: Consent

Students will think about what consent means, both legally and ethically, and what it looks like in practice, with both verbal and non-verbal signs.

Year 10: Stress Responses and Managing Stress

In this session, students will consider what exam stress is, how it may present itself and explore how it is different from anxiety. Students will develop their personal understanding of what helps them to manage stress and explore a range of habits that encourage the alleviation of stress, including sleep habits and physical activity.

Year 11- Philosophy for Children

To conduct a Socratic enquiry about physical and mental health.

Year 12: Risk and the real world as a carousel of topics

- Benchball – students will have the opportunity to develop their team building skills, improve fitness and continue to build positive, caring relationships with their form group.
- Finances – students will learn about different types of mortgages, and other costs with buying a home and comparing this to renting.
- SPEAKER PROGRAMME – a specialist from the Bank of England will speak to students about his career, linking to their earlier session on finances.
- Mindfulness and tutor-group bonding – students have a chance to interact with their peers and strength form bonds via board games and craft.
- Philosophy for Children (P4C) – students will explore a question of their choice and develop caring and collaborative discussion.

Year 13: Nearly time to go

- Independent living – practical tips for living away from home, and become independent.
- Healthy eating on a budget
- Philosophy for Children (P4C) – students will explore a question of their choice and develop caring and collaborative discussion.
- 1:1 meetings with tutors to discuss Conditional Firm and Conditional Insurance choices in UCAS.

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

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.

