

# PASTORAL UPDATES

MS OSBORNE

## 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, January 22nd)

**Year 7:** Respect Relationships - In this lesson, students will learn how to develop self-worth and self-efficacy. They will consider the qualities and behaviour relating to different types of positive relationships. They will consider how to recognise unhealthy relationships and how to evaluate expectations for positive relationships. They will draw on previous knowledge about consent, and how to seek and assertively communicate consent.

**Year 8:** LGBTQ+ A lesson looking at what LGBTQ+ is, what it means and some history of the topic specifically Section 28- the government Act of Parliament that stated that institutions should not "...intentionally promote homosexuality". The lesson moves on to discrimination in the past and where we stand now.

**Year 9:** Option Session- IT based lesson using Unifrog to explore careers based on answers to personalities tests.

**Year 10:** Contraception - In this lesson, Brook will deliver a session focussing on contraception. Students will learn about different types of contraception, how they work and when they can be used.

**Year 11:** Force marriage and honour-based violence- To learn about forced marriage and how to access help and support.

**Year 12:** Year 12 have a carousel of topics this half term:

1. Sexual health, contraception and consent - students will develop their current understanding before building their knowledge by applying this to scenario-based discussions.
2. External speaker (Switch) - students to have a wider understanding of what addiction is, how it can present itself and where to seek support. Students are encouraged to consider the wider social and emotional implications of involvement with antisocial behaviour.
3. Safer driving – the importance of being a ‘good passenger’ when travelling with young drivers. Students will watch a short video and discuss the key points, determining what it means to be a ‘good passenger’.
4. Student leadership – the current student leadership team introduce the roles and responsibilities they hold, encouraging Year 12 to take an active part in school life by applying to be part of the student leadership team.

**Year 13:** Applying for student finance – students will be led through how to apply for student finance by Mr Williamson (UCAS coordinator), the options available to them and the implications with paying it back.

## 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.

TALK TO US  
**OFF THE RECORD**

Education  
Wellbeing  
Service