

PASTORAL UPDATES

MONDAY SEPTEMBER 22nd

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 18th)

Year 7 - Last lesson, students focused on building confidence and coping with change. They explored strategies to boost self-esteem, reflected on their personal strengths, and discussed ways to adapt positively to new situations and challenge.

Year 8 - In PSHE last week, the students had an interactive lesson on resilience. First, they learnt about some famous people who have demonstrated resilience in order to reach their goal. Then, they took part in a team building activity, where they had to use different materials to build a tower in a given time. This isn't as easy as it sounds, when your form tutor keeps taking materials away!! It was interesting hearing about how different students approached this task and their attitudes when things got more challenging.

Year 9 - Kipkelion Preparations – Students were busy preparing resources for their stalls ahead of the upcoming Kipkelion Fair.

Year 10 - GCSE Study Skills – Students explored effective revision techniques beyond just highlighting, learning strategies to improve memory, organisation, and exam preparation.

Year 11 - P4C (Philosophy for Children) – 'It's Okay Not to Be the Top Dog' – In this session, students developed philosophical questions around the theme, exploring ideas of self-worth, teamwork, and the value of everyone's contribution, and discussing what success really means.

Year 13 students met with **Year 12** students to share their tips for settling into Sixth Form, organising their folders and balancing academic work with hobbies.

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.

