

PASTORAL UPDATES

MONDAY JULY 6TH

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, July 2nd)

Year 7 took part in an external talk exploring social media and its impact on mental health. Students learned how online platforms can influence self-esteem, sleep, friendships, and overall wellbeing. The session encouraged them to think critically about their digital habits, recognise unhealthy patterns, and adopt positive strategies—such as screen-time balance, mindful posting, and seeking support when online pressures affect their mood.

Year 8 are continuing to prepare their speeches for the public speaking competition next week. They will be performing them to their tutor groups and voting on the best two which will then present next week in the main hall in front of the judges. There will be an Amazon voucher for the overall winner!!

Year 9 have been exploring practical mental health techniques designed to support their wellbeing. As part of this work, students took part in a mindfulness walk, learning how slowing down, noticing their surroundings, and practising calm breathing can help reduce stress and improve focus.

Year 10 have been learning about the mental load and how hormones influence emotions, stress, and physical health. Students explored the connection between what they feel and how their bodies respond, recognising how pressure, multitasking, and emotional strain can affect wellbeing. They discussed practical strategies for managing overwhelm, understanding hormonal changes, and building healthier routines that support both emotional balance and physical stability.

Year 12 have had guidance meetings and mock interviews.

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.

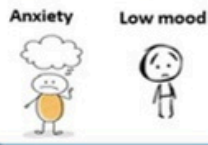


Visit our YouTube channel
Sutton Education Wellbeing Service
for a great selection of mental health and wellbeing videos for parents, staff and young people.

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



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.