October 2026

# Year 9 newsletter

## Dear parents and carers,

*As we move through the term, I am delighted with the positive attitude and enthusiasm shown by our Year 9 students. The students have been working hard to support the upcoming Charity Fair, raising money for Friends of Kipkelion, demonstrating kindness, teamwork and a real commitment to helping others.*

*We are also proud of the Year 9 netball team, who have made a strong start to their season with excellent effort, determination and sportsmanship.*

*It was great to see so many of the Year 9 students wearing red to 'Show racism the red card' on our non-uniform day recently, some of whom are pictured on page 2.*

*Thank you for your continued support at home. Together, we are helping our students grow in confidence, resilience and their contribution to the wider community.*

Warm regards,
Mrs V Quinnell, Head of Year 9

## Key dates

**19th October – 30th October:** Half-term break
**Monday 2nd November:** school starts at 9:55am
**Friday 13th November**: INSET Day– school closed to students
**Thursday 10th December:** Late start for all pupils – school starts at 9.55am
**Friday 18th December:** Early finish – school ends at approximately 12:20pm

## Useful information

- Leave of absence requests for one day of absence should be made **at least two full school days** in advance of the event. Requests for longer leave of absence (more than one day) must be made **at least two weeks in advance**.
- *For more information, visit* Reporting your child's absence from school

## PSHE sessions

Next term, Year 9 students will be studying Physical and Mental Health as part of their PSHE curriculum. Through a variety of engaging and interactive lessons, students will develop their understanding of both physical and emotional wellbeing.

Topics covered will include:

- Mental wellbeing, emotional health and the importance of kindness
- What makes a healthy body and how to maintain a healthy lifestyle
- Developing a positive and healthy body image
- The risks associated with tobacco, vaping and drugs
- Strategies for making informed and responsible health choices

Students will also take part in an exciting physical wellbeing dance workshop, providing an opportunity to explore the benefits of physical activity for both physical and mental health.

This unit aims to equip students with the knowledge, skills and confidence to make positive choices and support their overall wellbeing now and in the future.

## *Student spotlight*

Congratulations to...

**Katherine** in 9N for achieving a Distinction in the Wimbledon Bookfest - Young Writers' competition and **Suhana** in 9My who achieved a Merit. Both students received a certificate in assembly and Katherine was also awarded a book as a well-deserved prize. The competition was open to all schools in South-West London, so to place is a fantastic achievement.

Well done to both students on their exceptional creative writing efforts.

## *Emotional Health and Wellbeing*

- **YoungMinds**

Mental health information and support specifically for young people, covering anxiety, stress, self-esteem and emotional wellbeing, including advice on body confidence, social media influences and developing a positive body image

Healthy Bodies and Body Image

- Tobacco, Vaping and Drugs

Talk to **FRANK**

Honest, factual information about drugs, alcohol, smoking and vaping, including advice for young people.

The full PSHE curriculum can be accessed here: Nonsuch High School for Girls - PSHE Years 7-13



**Year 9's overall attendance this term was 92%.** This is an excellent achievement. Good attendance is crucial for your child's education, development, and wellbeing. We encourage all parents to consult the official NHS "Is my child too ill for school?" guidance when unsure, and to contact the school if you need further advice or support.

## *Pastoral support resources*




## *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.

TALK TO US
OFF THE RECORD

**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)

Education Wellbeing Service

**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.