

# PASTORAL UPDATES

MONDAY DECEMBER 8TH

## 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, December 4th)

**Year 7** - students have been learning about managing online relationships. The lesson focused on helping pupils understand how to communicate safely and respectfully online, recognise healthy and unhealthy digital interactions, and know what to do if they experience or witness negative behaviour. Students explored real-life scenarios, discussed strategies for staying safe on social media and messaging platforms, and learned where they can go for support if something online makes them feel uncomfortable. This topic is designed to help students build confidence, make responsible choices, and develop positive online habits as they continue to navigate the digital world.

**Year 8** - students have taken part in two important learning sessions. The first focused on understanding consent, where pupils explored what consent means, how it is given, and why it is essential in all relationships. Through age-appropriate examples and discussion, students learned how to recognise and respect personal boundaries and how to communicate their own comfort levels clearly and confidently. In a separate session, students developed practical first aid skills. They learned how to respond safely in common emergency situations.

**Year 9** - students have been developing their critical thinking skills. The lesson focused on helping pupils analyse information, question sources, and recognise bias or misleading content—particularly important in a world where young people encounter large amounts of online information every day.

**Year 10** - students explored the topic of neglect as part of their safeguarding and wellbeing curriculum. The lesson helped pupils understand what neglect is, the different ways it can appear, and the impact it can have on a young person's physical and emotional wellbeing. Students discussed how to recognise signs of neglect, why it is important to speak up, and the support systems available both in school and in the wider community.

**Year 11** - addiction and gambling. To know what constitutes gambling and to be able to identify the difference between responsible and irresponsible gambling.

Half of **Year 12** this week played netball as part of our inter-form competition, and the other half were given a presentation by Year 13 Psychologists on the bystander effect.

**Year 13** had a session exploring the issues around the use of social media.

# Pastoral support resources



Sutton Education 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.



Estefania Vargas Clara  
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 **Children & Young People's Wellbeing Service** for a great selection of mental health and wellbeing videos for parents, staff and young people.

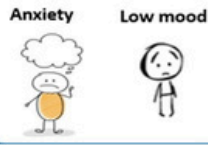
If you are interested in one of our interventions, ask **your year leader, safeguarding lead or Ms. Morris** for our application form and return it to them once completed.

**TALK TO US  
OFF THE RECORD**

**Education  
Wellbeing  
Service**

## 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



# 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.