

PASTORAL UPDATES

MONDAY JUNE 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, June 18th)

Year 7: This week in PSHE, Year 7 students explored the importance of good nutrition and how healthy eating supports physical and mental wellbeing. Students learned about the key food groups, the nutrients our bodies need, and how to make balanced food choices. We also discussed the impact of diet on energy levels, concentration, and overall health, helping students develop positive habits for a healthy lifestyle.

Year 8: This week, Year 8 students participated in a careers talk designed to broaden their understanding of future education and employment opportunities.

Year 9: This week in PSHE, Year 9 students explored body image and the physical and emotional changes that occur during puberty. Students discussed how bodies develop at different rates and considered the importance of self-esteem and confidence.

Year 10 - Students explored breast cancer awareness as part of their wider learning about health and wellbeing. They developed an understanding of what breast cancer is, the importance of early detection, and why awareness and regular self-checking are vital. The lesson also focused on breaking down myths and encouraging a responsible, informed attitude towards health issues.

Year 12 - Students are continuing to look at personal statements and UCAS applications.

Years 11 and 13 are now on study leave.

Pastoral support resources

Pastoral support



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.

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

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.

Education
Wellbeing
Service