

PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, October 9th)

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). I 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?

Year 7: In this lesson, students developed team building skills, including problem solving, listening, and organising. They learnt how to collaborate and work with their peers through a series of team-building activities such as benchball.

Year 8: In this session Year 8 used the soft skills the students learnt and used last year to discuss an open-ended question within the theme for this half term, which is Transition. Tutor groups re-established their class rules for discussion.

Year 9: This week Year 9 looked at how students can make better use of their time when it comes to studying- time management, useful techniques, managing stress when it comes to exams and finding the ways that suit the learner to improve.

Year 10: In this lesson, tutor groups re-established their class rules for discussion and participate in a philosophical enquiry focussing on the theme of failure. Students were introduced to Elizabeth Day's theory of 'failosophy' in preparation for a literacy reading challenge later in the year.

Year 11: Year 11 took part in an exam preparation workshop with Sutton Wellbeing Service, to help prepare them for the mock exams in December.

Years 12 & 13: Heard from an external speaker as part of the sixth form external speaker programme.

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.

