

Year 9 newsletter

Dear parents and carers,

I am delighted to continue my journey with our Year 9 students as their Head of Year. Having worked with them throughout Year 8, I have seen them grow in confidence, maturity, and ambition, and I am looking forward to supporting them through another exciting stage of their education. Year 9 is a particularly important year as students begin to explore their GCSE options. This is an excellent opportunity for them to reflect on their strengths, interests, and aspirations, and I encourage both students and parents to engage fully in the options process. This year, we will also focus on how we can make a difference to those in need, both globally and in our wider community, and I would like to share with you our Year 9 intent:

- In Year 9, students start planning for their future and choosing their GCSE subjects. We aim to help students become confident, resilient learners who have a strong sense of character, believe in themselves and make a positive difference in their community and the wider world.

The Year 9 students will be working closely with our Friends of Kipkelion charity, organising a charity fair for the whole school and talking with students that attend a school in Kipkelion. In the summer term, we also plan to organise an afternoon tea for some elderly people that attend some local care homes.

Warm regards,

Mrs V Quinnell, Head of Year 9

Key dates

Tuesday 15th September: SET Testing Day – school closed to students.

Friday 25th September: INSET Day – school closed to students

Thursday 8th October: Late start for all pupils – school starts at 9.55am

19th October – 30th October: Half-term break

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

This term, our Year 9 students will be taking part in a range of fundraising activities to support Friends of Kipkelion, a charity that works with children and families in Kipkelion, Kenya. We look forward to your support and encouragement as our students work together to raise funds and awareness for this worthwhile cause.

Finally, students will develop their critical, creative, caring and collaborative thinking skills through Philosophy for Children (P4C), a programme that encourages structured philosophical dialogue and thoughtful discussion.

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



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

Anxiety



Low mood



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.