

PASTORAL UPDATES

MONDAY OCTOBER 6TH

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, October 2nd)

Year 7- This week, Year 7 students will be working on either Unifrog, our online careers platform, or taking part in their first Philosophy for Children (P4C) session. The theme, 'Best is Good Enough,' will encourage them to reflect on effort, achievement, and self-acceptance, while also developing their skills in questioning, discussion, and critical thinking.

Year 8 - This week, Year 8 students will be taking part in their first Philosophy for Children (P4C) session. These are designed to encourage young people to think more deeply, ask meaningful questions, and engage in open dialogue with their peers. This marks the start of their P4C journey for this academic year, providing valuable opportunities to explore ideas and build confidence in expressing their viewpoints.

Year 9 - Year 9 have been busy with their preparations for the upcoming Kipkelion Fair, getting everything ready for their stalls and activities.

Year 10 - Year 10 will be taking part in a careers session focused on Post-16 Pathways, with a particular emphasis on apprenticeships. The session will also feature insights from student alumnae, who will share their own experiences and journeys.

Year 11 - Year 11 will be taking part in a session on Effective Revision and Memory-Boosting Techniques, designed to help them develop practical strategies for learning, retaining information, and preparing confidently for their upcoming exams

Year 12 - The Year 12s had an excellent talk from Nayani, a student who left Nonsuch in 2024 and is now on a degree apprenticeship with Deutsche Bank. Afterwards tutors shared with the students the programme offered within sixth form to prepare students for higher education and life beyond Nonsuch.

Year 13 - Introduction to Student Finance by Mr Williamson, HE Co-ordinator or First Aid run by St John Cadets (second of a two-week swap).

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



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**