

PASTORAL UPDATES

MONDAY JANUARY 12TH

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, January 8th)

Year 7 - Year 7 student have begun their unit on Being a Good Citizen. This week in Year 7 PSHE, students are exploring the theme "Sustainability and the Choices We Make." The lesson focuses on helping pupils understand how everyday human actions impact the environment and how different lifestyle choices can be more or less sustainable.

Year 8 - Year 8 students have begun their new PSHE topic for this term, Personal Safety. This week's lesson focused on cyberbullying, where students explored what cyberbullying is, how it can occur, and the impact it can have. They also discussed practical steps to take if they, or someone they know, experience bullying online, including how to seek support and report concerns safely.

Year 9 - Year 9 students have begun their Living in the Wider World unit in PSHE. This week, they took part in a careers talk designed to help them explore future pathways and opportunities. The session encouraged students to think about their interests, strengths, and aspirations, while highlighting the importance of informed decision-making and planning for their next steps.

Year 10 - Year 10s have explored Bystander Action, Hate Crime and Harassment this week. Defining those key terms and how to deal with situations safely rather than being a bystander.

Year 11 - Year 11 students have begun their Relationships and Sex Education (RSE) unit this term. The first lesson focused on sexual health, fertility, and routes to parenthood. Students explored key information about sexual health, understanding fertility, and the different ways people can become parents.

Year 12 have been learning about safety on nights out.

Year 13 have been learning about breast and testicular cancer.

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.



Stefania 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

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

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.