

PASTORAL UPDATES

MONDAY NOVEMBER 10TH

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, November 6th)

Year 7- In their PSHE lessons this week, Year 7 have been learning about families and relationships. They've discussed how families can experience changes, such as divorce or bereavement, and how to cope with these challenges with kindness and understanding.

Year 8 - Year 8 had their Economics talks that were delivered to each tutor group by A level Economics students. The talks were about LMI (labour market information). The Year 8 students found the sessions really interesting, informative and engaging and were left wanting to know more about employment and current skill trends.

Year 9 - This Thursday, Year 9 hosted their annual Kipkelion Fair. After weeks of hard work and preparation, the event was a resounding success. While final figures will be confirmed soon, the year group has already raised nearly £700 more than last year — an incredible achievement! A huge thank you to all the parents and families who supported the event financially and helped make it such a success.

Year 10 - In PSHE this week, Year 10 have been exploring the topic of coercive control. Through discussion and reflection, students have learned how to recognise when a relationship becomes controlling or manipulative, the effects this can have on wellbeing, and how to seek support for themselves or others.

Year 11 - In PSHE this week, Year 11 have been discussing how to keep themselves and others safe during social events and going out at night. They explored topics such as personal safety, responsible choices, and how to support friends in social situations.

Year 12 and 13 both had an introductory session on Solutions Not Sides in preparation for a more detailed session later this month.

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**