

# PASTORAL UPDATES

MONDAY APRIL 20TH

## 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, April 16th)

**Year 7** are rotating through activities this half term. This week, they had either a session on first aid, where the students explored the primary survey and recovery position or the importance of Oracy through public speaking.

**Year 8** started a new topic for this term on Physical and Mental Health. Their lesson on Thursday was balance and moderation. They discussed healthy lifestyle habits including healthy eating, diet, sleep, relaxation and positive thinking.

**Year 9** had a lesson on the social aspects of pornography such as the law, effect on relationships and false expectations. All resources came from the PSHE Association and no graphic images were shown.

**Year 10** had a revision session to prepare for their mock examinations.

**Year 11** has independent study in preparation for their GCSE examinations.

**Year 12** had an external speaker from the Bank of England.

**Year 13** were preparing for their leavers' assembly.

# 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 .....



### 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.