

PASTORAL UPDATES

MONDAY JANUARY 26TH

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 22nd)

Year 7 - In this lesson, students will be engaging in one of two activities:

- Philosophy for Children (P4C): Exploring questions around citizenship in the UK, encouraging critical thinking, discussion, and reflection on rights, responsibilities, and community.
- Unifrog: Researching career pathways, setting personal goals, and developing skills for future education and employment opportunities.

Year 8 are continuing our topic of Personal Safety and informing students about HPV (human papilloma virus) and how the HPV vaccination can provide protection, as well as exploring any misconceptions regarding the HPV vaccines. The HPV vaccination take place in the summer term.

Year 9 students are continuing their exploration of GCSE options by reviewing information from each subject department. They have been encouraged to take an informed and thoughtful approach as they begin considering the courses most suited to their strengths and interests.

Year 10 - half of the year group is currently undertaking essential first aid training. The remaining students are engaged in a programme focused on developing an informed and responsible understanding of recreational drugs.

Year 11 are learning about unhealthy relationships and unwanted attention.

Year 12 are rotating PSHE sessions on a carousel of topics this half term. This includes: safety on nights out, walk and talk mindfulness, drugs education, sexual health and online safety.

Year 13 - mock examinations.

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

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.