

PASTORAL UPDATES

MS OSBORNE

(Lesson Thursday June 20th 2024)

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). I hope that you find the regular updates on what we have covered in our PSHE sessions for Year 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.

Year 7

This week Year 7 have started preparing for a public speaking competition.

Year 8

This week Year 8 continued with their work on living in the wider world by exploring what inflation is, what causes it and how it affects people.

Year 9

This week Year 9 continued their work on mental and physical health by learning about basic first aid from St John Ambulance. They learned how to do CPR, how to use the recovery position and bandaging techniques.

Year 10

This week Year 10 took part in a group project based on 'The Apprentice' TV programme. The aim was to develop the skills of communication, organisation, teamwork, problem solving, adaptability and leadership.

Year 11 and 13

These year groups have started their exam leave for their GCSE and A-levels.

Year 12

Year 12 students will start the UCAS processes and will be guided through the registration process.

PASTORAL SUPPORT RESOURCES

Off The Record

TALK TO US



OFF THE RECORD ONLINE WORKSHOPS

At our online workshops we share practical tips and info about issues you might be struggling with (there is no pressure to appear on camera).

Our webinars run on Thursdays at 5pm.

You can sign up online via the [Off The Record website](#) then click on the What's On tab.

Alternatively speak to Ms Hicks in the pastoral office who can help you sign up.

Cognus



[COGNUS](#) provide a variety of courses to support parenting (COSP).



The South West London and St George's Mental Health Education Wellbeing Service is offering evening and lunchtime parent webinars across the year to help support your teen's wellbeing and mental health. Click [here](#) to see what they offer and to sign up.

They also have a very helpful [YouTube channel](#) that has a number of videos on a number of different topics surround young people's mental health.

South West London and St George's Mental Health Trust

The NHS-in-School Education Wellbeing Service is offering a Webinar for parents and carers on teens use of screen time, social media and gaming. You can sign up for one of the sessions by using [this link](#).

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.

School workshops

Last term, we ran two workshops online to support parents with dealing with a range of mental health concerns.

If you were unable to make those workshops you can find recordings [here](#): Nonsuch High School for Girls - Portals (nonsuchschool.org) (under the 'Parent' tab)