

PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, September 18th)

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 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?

Year 7: This week, students learnt about the school culture and values that underpin the learning environment at NHSG. They considered the key features of the NHSG behaviour for learning policy at and familiarised themselves with the PRICE system of rewards and sanctions.

Year 8: This week, as part of our work on towards achieving the Right Respecting School Award (RRSA), Year 8 took part in a discussion lesson on the importance of education. They considered what needs to be done to achieve a quality education for all children. They identified personal values and considered how these can help to set goals for school.

Year 9: Students were introduced to their year group text, *All the Pieces of Me* Part 1 about the life of Tally, a Y9 autistic girl who is questioning who she is.

Year 10: Students explored new methods of revision and consolidation and reflected on the study skills they have established so far in preparation for their GCSE courses. They will apply different methods of revision to content they have covered in the first few weeks of their GCSE lessons, and evaluate which techniques work best for their style of learning.

Year 11: This week, Yr 11 took part in Philosophy for Children and held a Socratic discussion – debating an unknown truth - about if, in life, it is acceptable to be second best.

Year 12: Students explored how a growth mindset can facilitate success at A Level and learnt a range of techniques to build resilience and effective learning habits.

Year 13: Year 13 took part in a First Aid session run by St John Ambulance to prepare for life after Sixth Form with some basic First Aid skills, including skills needed to look after children and the driving test.

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

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)

TALK TO US

OFF THE RECORD

Children's and Young Peoples 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](#) that has a number of videos, both short and long, on a number of different topics surround young people's mental health.

Education
Wellbeing
Service