

# PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, December 4th)

## 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:** In this lesson, students learnt about substance use and the risks and effects of drugs including caffeine, medicines and controlled substances.

**Year 8:** Year 8 explored how to keep their online data safe, why it is important to protect their data and ways of protecting their personal data.

**Year 9:** Year 9 had another chance to enhance their debating, speaking, listening and critical thinking skills in a session entitled: What is a career for?

**Year 10:** In this lesson, students learnt how to identify the signs of sexploitation, considered some of the effects of this kind of exploitation and where to go for support.

**Year 11:** are on GCSE mocks.

**Year 12 and Year 13:** Our Sixth Form students took part in a vertical house quiz, pitting their knowledge against their peers.

## 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)

#### 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.

