

PASTORAL UPDATES

MONDAY JUNE 29TH

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, June 25th)

Year 7 - students explored what mental health is and why it is important to look after our wellbeing, just as we do our physical health. Through engaging discussions and activities, students considered how their emotions can change and learned to recognise when they might need support. We focused on practical ways to support positive wellbeing.

Year 8 - students have been developing their public speaking skills as part of our in-school speaking competition. Students explored how to communicate their ideas clearly and confidently, considering techniques such as tone of voice, body language, and structuring a speech.

Year 9 - students listened to EPQ presentations from Year 12 students. This was a valuable insight for them into higher level academic analysis, critical thinking and presentation skills.

Year 10 - students explored the concept of mental load and how hormones can influence our emotions and overall physical health. Through discussion and reflection, students considered how stress, pressure, and daily responsibilities can build up and impact both mind and body.

Year 12 - Students are continuing to look at personal statements and UCAS applications. EPQ students delivered their presentations to their supervisors and Y9 classes.

Years 11 and 13 are now on study leave.

Pastoral support resources

Pastoral support



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

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.

Education
Wellbeing
Service