

PASTORAL UPDATES

MS OSBORNE

(lesson Wednesday, January 8th)

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 Year 7 started a new topic on Relationships Education. They learnt about the issue of consent in school and in their home lives. They considered health and unhealthy relationships, how to understand and how to respect boundaries and how to assert their own boundaries.

Year 8: Year 8 also started the topic Relationships Education by exploring the key elements of healthy relationships, emphasising mutual respect, trust, and communication. Students discussed the signs of healthy versus unhealthy relationships, including the importance of consent in all interactions.

Year 9: As part of their topic on Living in the Wider World, Year 9 students explored the Unifrog website and begin to understand the options and careers process.

Year 10: Year 10 students began their new topic of Relationships and Sex Education (RSE) through a Philosophy for Children session. They considered their understanding of allyship and developed their ability to explain the importance of allyship for groups who have experienced discrimination.

Year 11: Year 11's RSE lesson this week was on sexual health, fertility and routes to parenthood. They considered the importance of young people's sexual health and explored common myths about pregnancy and fertility.

Year 12 and Year 13: Our Sixth form students learnt about breast and testicular cancer - self-examination, risk factors, signs, and symptoms, and how to seek help.

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.

TALK TO US

OFF THE RECORD

Education
Wellbeing
Service