

PASTORAL UPDATES

MONDAY NOVEMBER 17TH

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, November 13th)

Year 7 - This week in PSHE Year 7 students explored the theme of Families and Relationships. Lessons focused on understanding the different forms families can take, and how changes such as divorce or bereavement can affect individuals. Students discussed healthy ways to express emotions, seek support, and maintain positive relationships during challenging times.

Year 8 - This week, Year 8 students have been learning about Healthy and Unhealthy Behaviours in Relationships. They explored what makes a relationship respectful, supportive, and safe, and discussed how to recognise signs of controlling or abusive behaviour. Students also reflected on the importance of setting boundaries and seeking help if they or someone they know feels unsafe. Year 8 also took part in a First Aid session led by the Year 12 St John Ambulance recruits.

Year 9 - This week, Year 9 students explored the topics of Procrastination and Motivation. They learned about why people sometimes put things off and discussed practical strategies to stay focused and manage their time effectively. The lesson encouraged students to set achievable goals and find personal motivation to help them reach their full potential.

Year 10 - This week, Year 10 students have been learning about coercive control as part of their Relationships and Sex Education curriculum. The lesson focused on recognising the signs of controlling and manipulative behaviour within relationships, understanding its impact, and knowing where to seek help or support. Students discussed the importance of respect, equality, and consent in maintaining healthy relationships.

Year 11 - This week, Year 11 students have been using their PSHE time for private study in preparation for their upcoming mock exams. This provided an opportunity to focus on revision, organisation, and exam readiness. Students were encouraged to manage their time effectively, identify priority areas for improvement, and approach their mocks with confidence and a positive mindset.

Year 12 and 13 undertook a Philosophy for Children session, exploring a subject of their choice and developing the skills of healthy debate and discussion.

Pastoral support resources



Sutton Education 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.



Estefania Vargas Clara
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.



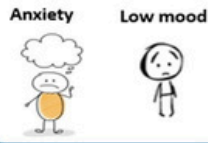
Visit our YouTube channel
Children & Young People's Wellbeing Service

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 year leader, safeguarding lead or Ms. Morris** for our application 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



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.

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