

# PASTORAL UPDATES

MONDAY MAY 11TH

## 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, May 7th)

**Year 7**- students explored the basics of understanding money, including where it comes from, how it is used, and the importance of making informed financial choices. They also began creating their own personal budgets, learning how to balance income and spending while planning for future needs. This unit aims to build confidence and responsibility in managing money from an early age.

**Year 8** had a P4C session with their form tutors, led by some year 10 students who have been trained in the delivery of Philosophy for Children. They explored the question we have been looking at this term regarding Physical and Mental health.

**Year 9** - students looked at how to recognise and deal with workplace bullying and conflict. They explored the different forms this can take, its impact on individuals and teams, and strategies for responding appropriately and confidently. The unit also focuses on developing communication and problem solving skills to help create respectful and positive working environments.

**Year 10** - students explored the topic of respecting diversity and tolerance. Through a range of activities and discussions, they developed their understanding of different perspectives, cultures, and identities, while considering the importance of empathy, inclusion, and mutual respect in building positive relationships and a supportive community.

**Year 11** - study leave.

**Year 12** - study leave.

**Year 13** - study leave.

# Pastoral support resources



## 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

Education  
Wellbeing  
Service

# 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.

## 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.