Bodmin College

PSHF Bulletin





PSHE Focus for Spring Two: Health and Wellbeing/Online Influence

Year 7: Our Bodies and Change

(Puberty, Body Changes during Puberty, Managing Change, Self Care)

Year 8: Social Media Impact

(Social Media and Body Image, Social Media and Mental Health, Social Media and Choices)

Year 9 and 10: Social Media Influences

(Social Media Impact on Mental Health and Body Image, Positive Online Influence, Artificial Intelligence (AI) and morality)

Year 11: Discrimination

(Types of Discrimination, Impact of Discrimination, The Importance of Diversity, Workplace Discrimination, Discrimination and the Law)

National Awareness Days

March: Women's History Month

March 1st: Self-Injury Awareness Day

March 1st: Zero Discrimination Day

March 4th- 14th: Fairtrade Fortnight

March 4th- 9th: National Careers Week

March 7th: World Book Day

March 8th: International Women's Day

March 20th: International Day of Happiness

March 31st: International Day of Transgender Visibility

April 2nd: Autism Awareness Day

Click each to find out more

National Online Safety continues to release new guides for parents and carers. These can be accessed via the link above, via National Online Safety's X (Twitter) Account and are shared on the **Bodmin College Facebook Page**.



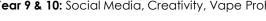


This Half Term's Reading

Discover, Discuss and Decide

Year 7 & 8: Cyborgs, Youtube, Vape Prohibition

Year 9 & 10: Social Media, Creativity, Vape Prohibition



Tutor Reading Programme

7.1, 7.7 & 7.4 Mud Sweat and Tears (Bear Grylls)

Themes include: action, adventure, resilience, faith, kindness.

7.6, 7.3 & 7.8 Once (Morris Gleitzman) and Hurricane Child (Kacen Callender)

Themes include: acceptance, friendship, kindness, asylum, equality and depression, hauntings, abandonment, sexuality, suicide.

7.2, 7.5 & 7.9 Trash (Andy Mulligan)

Themes include: childhood, poverty, corruption, community, intelligence and friendship.

8.1, 8.2 & 8.3 I am Malala (Malala Yousafzai)

Themes include: power of change, gender equality, importance of education, peaceful protest, terrorism, faith,

8.4, 8.5 & 8.6 Stags (M A Bennett)

Themes include: Class and social equality, privilege, friendship, bullying, racism, suicide (reference to).

8.7, 8.8 & 8.9 The Curious Incident of the Dog in the Night-time (Mark Haddon)

Themes include: Asperger's, logic, independence, social interactions, loss.

PSHE at Bodmin College promotes personal development by supporting all students to access a curriculum which builds their confidence, resilience and self-esteem, and supports them to identify and manage risk, make informed choices and understand what influences their decisions.

