

February 2024

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, freedom.

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.

