

Dear Parent/Carer,

As we begin the new term, I write with details of the updated Tutor Time Programme for students in Year 7 to 11. This includes both the PSHE/RSE (Personal, Social, Health, Economic/Relationships and Sex Education) and the Reading Programme themes for the upcoming half term too. Please also find attached to this letter our first PSHE Bulletin of 2024 detailing current themes and upcoming Awareness Days.

Tutor Programme- Assemblies

Each year group continues to have a weekly assembly organised by their Head of Year and delivered, in a number of cases, by visiting speakers. Assemblies are held to bring together year groups to share information, provide a face-to-face venue for important announcements, communicate social, moral, spiritual and cultural concepts and foster a sense of community within the school. After being joined last half term by: The Police, Next Steps South West and YZUP, this half term's speakers include: Brook, YZUP, Cornwall College and Next Steps South West.

PSHE/RSE

Year 9, 10 and 11 continue to receive their PSHE/RSE education through tutor sessions whilst Year 7 and 8 have timetabled fortnightly lessons. The whole school focus for Spring 1's PSHE/RSE will be **Relationships**. This will look different depending on your child's year group and whilst lesson titles are detailed below, the full list of objectives will be available on the Bodmin College website shortly.

Year 7: Building Relationships (*Human Happiness, Boundaries, Online Boundaries*)

Year 8: Relationships and Me (*Romantic Relationships, Consent, Online Relationships/Safety*)

Year 9: Relationships and Me (*Reasons for Sexual Relationships, Contraception, STIs, Consent*)

Year 10: Healthy Relationships (*Healthy Intimate Relationships, Risk, Contraception, Online Sex*)

Year 11: Preparing for Adulthood (*Protected Characteristics, STIs, Abortion, Self Checking*)

All resources have been developed in line with guidance around age appropriateness from the PSHE Association and with alternative professional input where appropriate. We are aware that some students may find some of the content here triggering/upsetting and please be assured that it will be delivered sensitively. If you have any specific concerns about your child in relation to the content above, please email their PSHE teacher (Year 7 and 8), tutor (Year 9 to 11) or myself directly. Just add '@bodmincollege.co.uk' to the tutor/teacher's initials at the bottom of your child's timetable.

Reading Programme

Our Tutor Reading Programme compliments our PSHE/RSE education by re-visiting themes covered in previous and future sessions. Each week, students from Year 7 to 10, have a tutor session named DDD (Discover, Discuss and Decide). DDD is an oracy-based initiative designed to encourage students to talk about a variety of topics, learn new vocabulary and build confidence in expressing opinions through the study of non-fiction texts. The texts for this half term cover themes of Gender Equality, Talent and Loneliness for Year 7 & 8 and Happiness, Gender Equality and Loneliness for Year 9 & 10.

Our Reading Programme for all Year 7 and 8 students provides them with the tools they need to access and engage with a variety of ambitious fiction and non-fiction texts that stimulate intrigue and help them to make sense of the world. This half term sees students, with their tutors, explore themes of war, friendship, death, loss, morality, family and relationships through

collectively reading *Private Peaceful* by Michael Morpurgo (Year 7), *Once* by Morris Gleitzman (Year 7) and *When The Sky Falls* by John Boyne (Year 8).

We appreciate your support with continuing conversations around these topics with your children at home and would encourage you to talk openly with them about the content of their assemblies, tutor sessions and lessons. The following resources/websites will help with these conversations this half term:

[NSPCC](#)- Advice for parents and carers on how to talk to their child about relationships, sex and consent

[Action for Children](#)- Talking to teenagers about relationships

[Coppafeel](#)- Advice, materials and resources about self-examination (most relevant for Year 11)

[Brook](#)- Information and advice on relationships

Please do share any other resources which you have found helpful and these can be included in next half term's PSHE Bulletin.

Yours faithfully,

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Assistant Headteacher