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Head of School: Miss Claire White

Specialist Science College

High Performing Specialist School

Dear Parent/Carer,

As we begin the next half term, I write with details of themes due to be covered in both PSHE and tutor time this half term. Please also find attached to this letter our second PSHE Bulletin of 2024 detailing current themes and upcoming Awareness Days.

Tutor Programme- Assemblies

Each year group continues to have a weekly assembly. For most year groups, this half term's assemblies will include: a welcome back and outline of the term ahead (Miss White), PSHE launch (Mrs Armstrong), a year group specific assembly and the termly awards and celebration assembly. We also welcome back Next Steps South West (NSSW), The National Careers Service (NCS) and Brook to our year group specific assemblies. One of our assemblies for each year group will be used to refine our fire drill procedures this half term too.

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 2's PSHE/RSE will be **Health and Wellbeing** with a particular focus on **Online Influences**. This will look different depending on your child's year group and whilst lesson titles are detailed below, the full list of objectives can be found on the Bodmin College website.

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*)

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 **Cyborgs, Youtube, Vape Prohibition for Year 7 & 8** and **Social Media, Creativity, Vape Prohibition for Year 9 & 10**.





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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 **Year 7** students, with their tutors, explore themes of **action, resilience, kindness, acceptance, asylum, childhood, poverty, community and friendship** through collectively reading *Mud Sweat and Tears* (Bear Grylls) or *Once* (Morris Gleitzman) and *Hurricane Child* (Kacen Callender) or *Trash* (Andy Mulligan).

Year 8 students explore themes of **equality, importance of education, peaceful protest, friendship, racism and independence** through collectively reading *I am Malala* (Malala Yousafzai) or *Stags* (M A Bennett) or *The Curious Incident of the Dog in the Night-time* (Mark Haddon). Please refer to the PSHE Bulletin for the specific book your child will be reading.

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:

[Body Form](#)- Talking about puberty

[Lil-lets](#)- Talking to your child about periods

[Lil-lets](#) – Puberty Advice for Teens

[Young Minds](#)- A guide to social media and mental health for parents/carers

[Young Minds](#)- A guide to talking to children about racism and mental health for parents/carers

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,

G Armstrong

Gemma Armstrong (cg@bodmincollege.co.uk)
Assistant Headteacher



Science



ITE Partner



Leading and transforming



Peninsula Teaching School Partnership

THE ROYAL SOCIETY
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Leadership through
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Principled curriculum
design

Climate for
learning

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If you would like this information in other formats or languages, please contact the College

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