



As the nights draw in, now is the time to make the most of daylight hours and enjoy a 'walk and talk' with family and friends. We want to encourage you to take time away from phones and devices to try new clubs and boost all our mental health and wellbeing.

We want to remind you to review our Enrichment Programme [here](#) with your children. We hope to see lots of students trying new things this half term and in the spring with the large array of clubs on offer!

We now have a great offer of support for young people via our Devon School Nursing Team who not only work online with young people but can also arrange to meet them in person in College. To make a direct referral see posters [here](#) or via the Safeguarding Team.

We cannot wait to welcome you to our Family Support ParentMeet on Thursday, 23 November, 5.00 - 6.00pm, please find more information [here](#). Foodbank will be represented at the event, please find links for **Foodbank Vouchers below:**  
<https://ivybridge.foodbank.org.uk/get-help/foodbank-vouchers/>  
<https://plymouth.foodbank.org.uk/get-help/foodbank-vouchers/>

**Please give us feedback** on the usefulness of this Parent and Carer Bulletin and let us know if there are topics you would like to see in the future. [Click here](#)

Visit our website for more information [here](#).



**Amy Pearce**  
Designated Safeguarding Lead

## PSHE

**The theme for PSHE this half term is 'Health and Wellbeing'**

Year 7	<ul style="list-style-type: none"> <li>• Healthy routines</li> <li>• Puberty and periods (including unwanted attention)</li> <li>• Female Genital Mutilation (FGM)</li> </ul> Please see the video <a href="#">here</a> which students will watch in class.
Year 8	<ul style="list-style-type: none"> <li>• Caffeine</li> <li>• Alcohol and risk</li> <li>• Smoking and vaping</li> </ul>
Year 9	<ul style="list-style-type: none"> <li>• Healthy routines – diet and exercise</li> <li>• Healthy routines – sleep and managing my health (this lesson covers self-examination and signs of concern – looking out for signs of cancer)</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>• Role models</li> <li>• Peer influence – substance use, gangs and crime</li> <li>• Peer influence and safety</li> </ul>
Year 11	<ul style="list-style-type: none"> <li>• Safety and independence (including new contexts such as on the roads and social situations)</li> <li>• My health and seeking support (including self-examination in relation to cancer)</li> <li>• Vaccinations and blood donations</li> </ul>
Year 12	<ul style="list-style-type: none"> <li>• Stress Management</li> <li>• Unifrog</li> <li>• Politics</li> </ul>
Year 13	<ul style="list-style-type: none"> <li>• Sexual pleasure</li> <li>• Contraception</li> <li>• Sexual harm</li> </ul>

### Please see below advice on End-to-End Encryption from The Internet Watch Foundation

- T** Talk to your child about online sexual abuse. Start the conversation and listen to their concerns.
- A** Agree ground rules about the way you use technology as a family.
- L** Learn about the platforms and apps your child loves. Take an interest in their online life.
- K** Know how to use tools, apps and settings that can help to keep your child safe online.

Read more about End-to-End Encryption and what it means for child protection [here](#)

Tips for talking to our children about what they see on social media about war - please click [here](#)

## Equality and Diversity

### Looking ahead to Autumn Term II

#### Equality and Diversity Notices

#### Looking forward to Autumn Term II:

Ivybridge Community College will be continuing to work with Argyle Community Trust to promote equality and diversity. As part of this we will be growing our student voice group of Youth Culture Champions to promote anti-racism strategies and equality.

Anti-Bullying Week will be celebrated throughout the week from Monday, 13 November.

On Tuesday, 21 November Kadus Smith from Argyle Community Trust will be running a workshop with a small group of Year 10 and Year 11 boys to explore and promote healthy and respectful relationships.

International Day of Persons with Disabilities will also be celebrated at the beginning of December to support awareness, respect and inclusion.

#### Looking back at Autumn Term I:

The Equality Ambassador student group launched. Their first project has been to support the Plymouth Ukraine Medical Aid Shoe Box Appeal, donations will be delivered to orphanages in Ukraine mid-November.

For Black History Month, Ivybridge Community College welcomed Kate from Tiny Travels to deliver workshops with Year 7. This helped break down stereotypes and celebrate the amazing continent of Africa.

The success of Ivybridge Community College's Culture Fest in May has now been published by Argyle Community Trust to mark their Kick It Out campaign. The video is also being played on the big screen at the start of home games, and can be viewed [here](#).



**Miss Darby Ball**  
Equality and Diversity