



Ivybridge Community College Parent and Carer Bulletin

Autumn Term II 2024

Safeguarding and E-Safety

Autumn Term II - As the nights draw in our focus this half term will spotlight on E-Safety and a focus on Health. We look forward to continuing to bring you useful Safeguarding and E-Safety updates and areas of support over the next academic year. We also want to remind you to look at our Enrichment Programme [here](#) with your children. We hope to see lots of students trying new things as we know this can have a positive impact on both their physical and mental health.

Mental Health Support Team

The NHS Mental Health Support Team from Children and Family Health Devon introduced themselves to students and talked about the Mental Health Support that they will offer in College starting this term. I would like to let you know a little bit more about the Mental Health Support Team.

Who are they?

The Mental Health Support Team in Schools (MHST) is a new NHS service working within Children Family Health Devon and are commissioned to work with a number of schools across Devon and Torbay. They offer early intervention to help children and young people with their mental health and emotional wellbeing.

What do they do?

The MHST work with children and young people, aged 5-18, and their families who are experiencing mild to moderate common mental health difficulties (anxiety, low mood and behavioural difficulties etc). This is an early intervention service that provides clear and evidenced based Low-Intensity Cognitive Behavioural Therapy (Li-CBT) interventions focused on guided self-help. They additionally work collaboratively with schools to establish a 'Whole School Approach' to mental health and well-being, enabling mental health to be valued

E-Safety focus of the half-term – This half terms focus is on gaming and in particular, socialising online when gaming.

[Socialising online when Gaming](#)

Stay up to date with Safeguarding News by clicking the following links:

- [New SnapChat safety features](#)
- [Online Safety advice for parents & carers](#)
- [Could Ofcom ban social media for under-18s?](#)

Focus on Vaping

If you are a parent/carer who is worried about your child or young person vaping please click the link below, the resources at the bottom of this page can help you to have positive conversations with them about the risks of smoking and vaping, the law, and the impact on the environment.

<https://www.plymouth.gov.uk/vaping-facts>

Please remember that being in possession of, use of or distribution of vapes, being under the influence/in possession of drugs/alcohol/ other harmful or illegal substances, and or smoking or in possession of cigarettes and associated paraphernalia are all banned in College and would be likely to result in a suspension, as per the College Behaviour Policy.

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](#).



Matt Anniss
Designated Safeguarding Lead

PSHE

The theme for PSHE this half term is 'Health and Wellbeing and Relationships'. Following feedback from ParentMeet please find extra detail regarding the PSHE themes for this half term [here](#)

- Year 7 **Health and Puberty**
 - Health Routines
 - Puberty and Periods
 - FGM (see further information for Statutory Guidance and Resources Information)
- Year 8 **Drugs and Alcohol**
 - Caffeine
 - Alcohol and Risk
 - Smoking and Vaping
- Year 9 **Healthy Lifestyle**
 - Diet and Exercise
 - Sleep
 - Self-examination (focus on testicular self-examination)
- Year 10 **Exploring Influence**
 - Role Models
 - Gangs and Crime
 - Substance Use
- Year 11 **Independence**
 - Independence and Safety
 - My Health and Seeking Support
 - Blood, Stem Cell and Organ Donation
- Year 12 **Independence and Safety**
 - Staying Safe: Drugs and Alcohol
 - Unifrog
 - Healthy Choices
- Year 13 **Healthy Relationships and Sexual Health**
 - Sexual Health
 - Sexual Pleasure
 - Sexual Harm

Eleanor Burston
PSHE Lead



Equality and Diversity

Equality and Diversity Notices

Looking back at Autumn Term I:

- International Day of Peace was recognised in assembly from Monday, 16 September.
- Equality Ambassadors attended Anti-Bullying training with the Diana Award on Thursday, 26 September.
- All Year 7s engaged in a three day Black History Month Workshop with Tiny Travels in October, which focused on the amazing contributions of people from Africa and of African descent.

Looking forward to Autumn Term II:

- Anti-Bullying Week will be recognised in Assemblies in the week commencing Monday, 11 November with a specific focus on respecting boundaries, anti-discrimination and hate incidents.
- The student Equality Ambassadors will be launching their first project since attending the Anti-Bullying Training with the Diana Award. A Peer Support Programme will be offered where students can have a buddy or attend groups where safe and supportive relationships can be built.
- The Equality Ambassadors will also be supporting our Annual Charity Foodbank Collection.

Darby Ball
Equality and Diversity Lead

