



# Ivybridge Community College Parent and Carer Bulletin

## Spring Term I 2025

### Safeguarding and E-Safety

**Spring Term I** – Welcome to our Spring Term Safeguarding Bulletin. We are delighted to have welcomed back students after the Christmas break as we look forward to 2025.

#### Support for Examination Stress

As we enter the examination season for our Sixth Form, Year 11 and Year 10 students, it is important to highlight the stresses that can come with this. Examination's come with a lot of pressure and can make all of us stressed. It is important to speak out and access the available support. Students, parents and carers are not alone and we want to help to manage feelings around examinations.

The Finishing Line Strategy at the College is a great way for our students to access support and to help them feel prepared. If you have been unable to attend any of the parent/carers meets regarding the Finishing Line Strategy, please visit this [link](#) for more information and for contact details.

We are also working with the NHS Mental Health Support Team in College to develop some bespoke workshops around managing examination stress and anxiety. Please look out for these in the coming weeks as well as upcoming parent/carers workshops that will be advertised.

Please also take a moment to have a look at the support and advice around exam stress and anxiety on the Devon Mind website by clicking this [link](#). Devon Mind is an independent charity affiliated with the National Mind association. They provide advice information and support for anyone living in Devon who may be experiencing a mental health problem.

**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](#).

## PSHE

**The theme for PSHE this half term is 'Relationships/Living in the Wider World'. Please find extra detail regarding the PSHE themes for this half term [here](#)**

- Year 7 **Diversity**
  - Diversity, prejudice, discrimination and bullying (including protected characteristics—with a focus on racism and misogyny)
  - Protected Characteristics
  - Prejudice and discrimination
  - Bullying

Students will then begin Unit 4—Self-esteem
- Year 8 **Respect and relationships**

Consent 'sexting' and an introduction to contraception

  - Consent
  - Sexting
  - Introduction to Contraception

Some students will also have a stand-alone lesson in which they will watch the 'Truth about Vaping' documentary.
- Year 9 **Intimate Relationships**

Relationships and sex education including consent, contraception, the risks of STIs and attitudes to pornography.

  - Contraception and STIs 1
  - Contraception and STIs 2
  - Attitudes towards Pornography
- Year 10 **Healthy Relationships**
  - Communication in Relationships
  - Harassment
  - Revenge Porn
- Year 11 **Communication in Relationships**
  - Communication in Relationships
  - Harassment and Stalking
  - Relationship Abuse
- Year 12 **Healthy Relationships**
  - Work Experience
  - Positive Relationships
  - Coercive Control
- Year 13 **Financial Wellbeing**
  - Financial Independence
  - Budgeting
  - Savings/Debt

**Eleanor Burston**  
PSHE Lead



#### Harmful Sexual Behaviour

Young people are spending more and more time online, and whilst being online is important to young people, they need to be supported and well informed on the content that they are accessing. Whilst online, young people may encounter conflicting advice and information on sexual relationships and behaviour through social media, pornography as well as other online sources.

For more information on how to support young people with what they are accessing online please take some time to visit the Shore website via this [link](#). Shore was launched two years ago in 2023 and provides a safe place for young people to get help and support to prevent harmful sexual behaviours.

#### E-Safety Focus of the Half Term

##### Parenting in a Digital Age

Children are accessing more and more online content and as parents it is important to support children to access this online content safely. This can often feel daunting on where to start, but you do not need to be an expert on the internet to do this. Quite often the best way to know what your child is accessing online is simply to talk to them about it. Please find more tips and advice on the South West Grid for Learning website [here](#).

At Ivybridge Community College we have a large focus on filtering and monitoring which allows us to track what our school systems and Wi-Fi is being used for. This helps us to keep our students safe online whilst in College.

I would encourage all parents and carers to visit Google Family Link [here](#) to help keep your whole family safe online and allow you to monitor the online activity of children in your family in order to keep them safe. Please also be aware that there is excellent online safety advice that can be accessed via the NSPCC website by clicking this [link](#).

**Matt Anniss**

Designated Safeguarding Lead



## Equality and Diversity

### Equality and Diversity Notices

#### Looking back at Autumn Term II:

- Anti-Bullying Week was recognised in assemblies in the week commencing Monday, 11 November 2024 with a specific focus on respecting boundaries, anti-discrimination and hate incidents.
- The student Equality Ambassadors launched their first project since attending the anti-bullying training with the Diana Award: a Peer Support Programme where students can have a buddy or attend groups where safe and supportive relationships can be built.
- The student Equality Ambassadors supported our annual charity foodbank collection for The Trussell Trust as well as leading a bake sale that raised £108.00 for Young Minds.

#### Looking forward to Spring Term I:

- All students are to receive a refresher assembly surrounding behaviour, with a focus on hate incidents, anti-discrimination and anti-bullying.
- The student Equality Ambassadors are to be part of student feedback sessions to support our PSHE and Safeguarding review.
- Our students Youth Culture Champions group has been launched in partnership with Kadus Smith rom Plymouth Argyle Community Trust. The group has been re-launched to continue to elevate student voices surrounding multiculturalism and anti-discrimination.
- LGBT+ History Month will be recognised in assemblies in the week commencing Monday, 3 February 2025.

**Darby Ball**  
Equality and Diversity Lead

