



Ivybridge Community College Parent and Carer Bulletin

Autumn Term I 2025

Safeguarding and E-Safety

Welcome to the Academic Year 2025 – 26, we hope all students had a restful summer and have settled in to the Autumn Term. This bulletin will continue to keep you updated with the latest safeguarding information. This half term we are spotlighting online safety.

Online Safety – Keeping Your Child Safe in the Digital World

As part of our commitment to keeping all our students safe, both in school and at home, we want to share some key guidance and updates around **online safety**. As young people spend more time online, it is vital that we work together to support them in navigating the digital world safely and responsibly.

What Are the Current Online Risks?

- **Cyberbullying:** Via social media, messaging apps or gaming platforms.
- **Inappropriate Content:** Exposure to adult or violent content on platforms like TikTok, YouTube and Instagram.
- **Online Grooming or Exploitation:** Strangers posing as peers or influencers to build trust.
- **Scams and Phishing:** Messages or links that can steal personal or financial information.
- **Screen Addiction:** Excessive screen time can impact sleep, mental health and school performance.

Top Tips for Parents/Carers

- **Talk regularly** – Open conversations are your best defence. Ask about what apps they are using and who they talk to online.
- **Check privacy settings** – Ensure their profiles are set to private and location sharing is off.
- **Use parental controls** – Set age-appropriate filters on home Wi-Fi and devices.
- **Know the platforms** – Stay up-to-date with popular apps like Snapchat, TikTok, Discord, and gaming sites.
- **Set boundaries** – Agree on screen time limits and device-free zones, especially before bed.

Useful Resources for Families

National Online Safety – [Free parent guides:](#)

Thinkuknow (CEOP) – [Age-appropriate advice and games](#)

Internet Matters – [Tools and guides for safe internet use](#)

NSPCC Online Safety Hub – [Parental guidance and how to report concerns](#)

Staying Safe on Social Media

Parent/Carer Checklist 1 - TikTok

How much do you know about staying safe on social media and the apps that young people are using?

The updated TikTok Checklist [here](#) provides all the information about the app and how to stay safe with questions such as:

- What is TikTok?
- How to stay safe on TikTok?
- How to manage wellbeing?
- How to block users on TikTok?
- Where can I go for further support?
- How to setup parental controls?

The leaflet was created by SWGfL and the UK Safer Internet Centre in collaboration with TikTok.

Telling Culture at Ivybridge Community College

This month, the Safeguarding Team have been into assemblies and talked more to our students about our Telling Culture at Ivybridge Community College.

We reflected about why we have a Telling Culture and what this means and I wanted to share this with our parents/carers who are as much a part of our culture at Ivybridge Community College as the students and staff.

We have a Telling Culture at Ivybridge Community College:

- To Keep all students and staff safe – physically, emotionally and mentally
- To help to enforce standards and expectations – creates accountability
- To support vulnerable people – nobody should have to suffer in silence
- To builds trust – between peers and students and adult
- To promotes a culture of responsibility

Please remember that we encourage our students whilst in school and at home, online or in person to do the following **STOP!** Take time out before getting involved, and do not share or like negative comments.

SPEAK! Tell an adult or friend that you can trust for advice.

SUPPORT! Give the person you are concerned about a supportive message to let them know they are not alone. Try to encourage them to tell an adult or friend that they can trust.

External support resources available:

- ChildLine: www.childline.org.uk - Phone: 0800 1111
- Young Minds: www.youngminds.org.uk
- Samaritans: www.samaritans.org - Phone: 116 123

Matt Anniss
Designated Safeguarding Lead





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Equality and Diversity

Equality and Diversity Notices

At Ivybridge Community College, we continue to endeavour to promote equality, diversity and inclusion both explicitly and implicit in everything we do. Not only do we have a statutory responsibility to educate students via an inclusive curriculum, but we also highly value the impact this can have on our College culture and the wellbeing of our students. We therefore wish to continue to promote and develop equality, diversity and inclusion at the College as a means to champion every child and facilitate the development of responsible and respectful citizens. To find out more about equality and diversity at Ivybridge Community College please follow this [link](#).

Looking forward to Autumn Term:

- International Day of Peace will be recognised in assembly from Monday, 22 September.
- Black History Month Commences in October whereby Ivybridge Community College will endeavour to consistently make cross-curricular links. Year 7 will also engage with workshops from UBUNTU Educational and Mentoring Services on 1, 2 and 3 October which focuses on bridging cultures and the amazing contributions of people from Africa and of African descent.



Darby Ball
Equality and Diversity Lead

PSHE

Please find extra detail regarding the PSHE themes for this half term [here](#)

Students study PSHE once a fortnight with their Tutors. The PSHE curriculum follows the statutory RSHE guidance and is modelled against the PSHE Association's recommendations. All lessons include a focus on Character Education, British Values and always end with signposting of further support.

The theme for PSHE this half term is Health and Wellbeing.

At Key Stage 3, students focus on building self-awareness and positive habits for health and wellbeing. They look particularly at peer and online influences and how this can impact confidence and body image. Students look at mental health and coping mechanisms, and how to recognise unhealthy coping mechanisms. Key areas include healthy lifestyles - such as sleep, diet and exercise, understanding risks linked to environmental safety, and substances. Students learn about first aid and puberty as well as how to access reliable healthcare and support.

At Key Stage 4, the emphasis shifts towards greater independence and responsibility for health. Students explore external influences, role models, and the dangers of grooming. They deepen their understanding of mental health, substance use, personal safety and risk. Students are given the opportunity to focus on their own ambitions and future opportunities. Students learn about the impact of lifestyle choices on wellbeing, to prepare students to manage their health confidently as young adults. They also learn more about making responsible health choices, how to seek support and how to make an informed choice around blood, stem cell and organ donation.

At Key Stage 5, students review the expectations of Sixth Form study and the skills needed to be successful independent learners. Students look at how to manage stress and look after their mental health, as well as how to keep themselves physically safe and healthy with food, nutrition and sleep. Students look at how to stay safe in the face of influences and the law surrounding drugs and alcohol. Students also look at their future pathways and utilise Unifrog, as well as looking at healthy relationships and sexual health.

The College RSE policy was shared for parental consultation at the Parent Hub on Wednesday, 1 October, and can be found on the College website. Students are invited to share their views on PSHE through the survey on Class Charts.



Charlotte Hanton
Assistant Principal for Personal Development