



Ivybridge Community College Parent and Carer Bulletin

Spring Term I 2025-2026

Safeguarding and E-Safety

Welcome to the first Parent and Carer Safeguarding and E-Safety Bulletin of 2026

Support for Examination Stress

As we approach the examination period for our Sixth Form, Year 11 and Year 10 students, we would like to acknowledge the pressures and anxieties that can arise during this time. Examinations can be challenging for young people and it is important that students, parents and carers feel supported.

We encourage all students to speak out if they are feeling overwhelmed and to make use of the support available. No one is alone in this process and we are committed to helping our learners manage their wellbeing alongside their academic commitments.

Our Finishing Line Strategy provides structured support to help students feel prepared and confident. If you were unable to attend the recent parent/carers information sessions, you can access further details and contact information on the College website [here](#).

We also recommend taking a moment to explore the guidance on examination stress and anxiety available through [Devon Mind](#). As an independent charity affiliated with the National Mind association, Devon Mind offers valuable advice, information and support for anyone in Devon experiencing mental health difficulties. Their resources may be particularly helpful during the examination season.

Digital Citizenship

To keep children safe and responsible online, parent/carers should focus on establishing strong privacy settings, monitoring social media use and discussing the long-term impact of their digital footprint. Key actions include setting up parental controls, fostering open communication, using strong, unique passwords and modelling healthy, balanced screen time.

Essential Online Safety and Digital Citizenship Tips

- **Protect Digital Footprints:** Teach children that everything shared online is permanent and can affect their future reputation.
- **Strengthen Privacy Settings:** Regularly update privacy settings on apps and social media, ensuring profiles are private, not public.
- **Implement Parental Controls:** Use filters and, if necessary, monitoring apps like [SafeToNet](#) to prevent access to inappropriate content. For more information and guides on how to set up parental controls across different networks, devices and apps, please [click here](#).
- **Manage Screen Time:** Create technology-free zones (e.g., in bedrooms at night) and encourage a healthy balance with offline activities.
- **"Digital Stranger Danger":** Actively instruct children not to share personal information—like addresses or school names—with anyone they do not know in real life.
- **Model Good Behaviour:** Parents/carers should model responsible technology use by prioritizing face-to-face interaction and avoiding, for instance, using phones during family meals.
- **Report Cyberbullying:** Educate children on how to block, report, and act as "upstanders" against toxic behaviour rather than passive bystanders. For more advice about cyberbullying [click here](#).
- **Secure Accounts:** Help children create strong, complex passwords and activate two-factor authentication.

We can only be successful in keeping children safe online if we work with parents/carers to ensure the e-Safety message is consistent. It is important that parents/carers speak to their children about how they can keep safe, behave appropriately online and help prevent children accessing inappropriate material at home by way of filters and parental controls.

Safeguarding Article of the Term

This [BBC Bitesize article](#) offers practical, accessible guidance to help you support your child's media literacy, resilience and healthy screen-time habits. According to an online safety newsletter that references the same article, it explores nine useful ways to help children think critically about what they see online, challenge unreliable content, and build positive digital habits.

The article also provides conversation starters and real-life examples to help families discuss online behaviour in a calm, supportive way. These strategies can make it easier for young people to navigate the digital world safely and confidently.

In short, this resource is well worth reading if you want practical, trustworthy advice on helping your child stay safe, informed and resilient online.

Matt Anniss
Designated Safeguarding Lead





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Autumn Term II 2025

Equality and Diversity

Looking Forward to Spring Term:

LGBT+ History Month will be recognised in assemblies in the week commencing Monday, 2 February 2026.

We are launching a Reading and Culture Mentoring Scheme where volunteer Year 12 students will support students who are refugees and/or have English as an additional language (EAL). The aim is to support Literacy alongside a sense of belonging by merging Reading Mentoring with Culture Champions.

Within the LRC, we will be launching a 'Place of Sanctuary' hub on a monthly basis. This will be advertised to students on the Bulletin as an inclusive space where students can make new friends and gain a sense of belonging and solidarity. Each Place of Sanctuary hub will merge virtues of respect and compassion with the exploration of books that instil these values.

Darby Ball
Equality and Diversity Lead



PSHE

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

Year 7

Spring Term 1 - Diversity

- Protected Characteristics
- Prejudice and Discrimination
- Bullying

Spring Term 2 - Building Relationships

- Self-esteem
- Positive Relationships
- Unhealthy Relationships

Year 8

Spring Term 1 - Respect and Relationships

- Consent
- Sexting
- Introduction to Contraception

Spring Term 2 - Discrimination

- Protected Characteristics
- Discrimination
- Diversity

Year 9

Spring Term 1 - Intimate Relationships

- Contraception and STIs
- Attitudes Toward Pornography

Spring Term 2 - Respectful Relationships

- Family Diversity
- Positive Relationships
- Managing Conflict and Change

Year 10

Spring Term 1 - Healthy Relationships

- Relationship Values
- Harassment
- Image Based Abuse

Spring Term 2 - Addressing Radicalisation and Extremism

- Respecting Diversity
- Radicalisation and Extremism
- Managing Online Influence

Year 11

Spring Term 1 - Communication in Relationships

- Communication in Relationships
- Harassment and Stalking
- Fertility and Contraception

Spring Term 2 - Families

- Family Types
- Fertility and Contraception
- Parenthood and Pregnancy

Year 12

Spring Term 1 - Healthy Relationships

- Work Experience
- Positive Relationships
- Coercive Control

Spring Term 2 - Relationship Safety and Health

- Online Safety and Relationships
- Fertility and Sexual Health
- Futures for All

Year 13

Spring Term 1 - Financial Wellbeing

- Financial Independence
- Budgeting
- Debt/savings

Spring Term 2 - Future Pathways

- Inclusion and Intersectionality
- Next Step Preparation
- Exam Preparation

Charlotte Hanton
Assistant Principal for Personal Development

