



# BRIDLINGTON SCHOOL

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9<sup>th</sup> December 2022

Dear Parent / Carer

As we approach a very busy end of term where we have much to celebrate, it is important to look forward and prepare for the New Year ahead.

### Last day of term:

We are very much looking forward to our end of term Christmas celebrations with students in the final week of term. We will be holding our celebration assemblies through extended assemblies starting on Monday 12<sup>th</sup> December.

On Wednesday 14<sup>th</sup> December we have our **School Christmas Dinner**. On Thursday 15<sup>th</sup> December we have our Lower **School Carol Service** at the Priory for Year 7 and 8.

**The last day of term is Friday 16<sup>th</sup> December and finishes at lunchtime, 1.05pm.** The last day of term is a non-uniform day where we ask for a donation of £1 for charity. Back by popular demand after an enforced 2 year break is the **Staff Pantomime**; a spectacular not to be missed!

The last day of term is a great time to keep up the good attendance work from Challenge 100 and the tutor attendance competitions.

### Uniform:

In January we will be renewing our focus on establishing our high expectations of the school with strict enforcement of the uniform policy from the first day back with all students in Years 7 to 11. The uniform policy is enclosed.

At the end of term students started to try and wear canvas shoes and shoes with air bubbles. These are not allowed. We are keen to support parents and carers in ensuring that your child is set for a successful return and are keen to help especially at this financially challenging time. We are able to offer support so please do get in touch with your child's pastoral manager by email on [office@bridlingtonschool.org.uk](mailto:office@bridlingtonschool.org.uk) or the school telephone number 01262 672593 if you need help to ensure your child has the correct uniform for January. We will do our best to help.

For parents / carers purchasing new school trousers for January, please do ensure they comply with the uniform policy. If you have any queries about the suitability of school trousers, please do check with your child's pastoral manager. We advise keeping the receipt if you are unsure so that any unsuitable items can be returned.



Should you have any queries about this policy, or require any assistance in purchasing uniform please do contact your child's pastoral manager by email on [office@bridlingtonschool.org.uk](mailto:office@bridlingtonschool.org.uk)

**Personal Social Health Education Curriculum (PSHE)**

For your information, please also find attached the Personal Social Health Education Curriculum for the Spring Term. Should you have any queries about this curriculum please do not hesitate to email us on [office@bridlingtonschool.org.uk](mailto:office@bridlingtonschool.org.uk) and we will do all we can to help.

**Free School Meal Vouchers:**

Supermarket vouchers will be sent for the value of £40 for each student eligible for free school meals in your home. Vouchers will be sent via Wonde and distributed on Monday 12<sup>th</sup> December. The vouchers are funded through the Household Support Fund and distributed on behalf of East Riding of Yorkshire Council. The voucher represents £10 per week to support with food costs and £10 per week for towards the costs of "warm winter essentials" which may include food or clothing. If you have any difficulties in accessing your vouchers, please contact the school by telephone or email.

**Finally, we are really looking forward to welcoming all students back to school on Wednesday 4<sup>th</sup> January 2023 at 8.25am.**

Yours sincerely



**Kate Parker-Randall  
Headteacher**





Full Governors have adopted the following policy as the full uniform policy from September 2022 onwards.

High standards and a positive work ethic are central to a successful future. Our school uniform creates a sense of belonging to our school community and sets the tone for all our work. The uniform policy from September 2022 is as follows.

**Students in years 7 to 11 this year are required to wear the following school uniform:**

- Polo Shirt: students will need a blue badge on their white polo shirt.
- Jumper / Cardigan: Black Bridlington School sweatshirt / cardigan with a blue badge.  
No other jumper to be worn in school.
- Trousers: Full length plain black school trousers (no badge required).
  - Students cannot wear: leggings, sports wear, stretch fabric, short / cropped trousers, jeans, chinos, trousers with coloured belts, gold or silver zips
- Shoes: Low heeled, plain black shoes, no boots (no coloured flashes, coloured or rubber soles, ballet shoes or canvas, logos or embellishment, no air bubbles)

It is advisable that clothing is clearly marked with the student's name in case of loss.

**PE kit:**

Students will be expected to wear:

- Navy polo shirt with navy collar and red trim.
- Navy blue or black shorts (not cycling shorts)
- Navy blue or black tracksuit bottoms or sports leggings
- Long red socks
- Trainers
- Football boots (certain sports), Gum shield (certain sports), Shin pads (certain sports)
- Optional: Navy hoodie with school badge. Waterproof sports jacket with school badge.

We do not allow students to wear any jewellery, except for one stud per ear for those with pierced ears. No other body piercings are allowed including spacers, clear bars and studs, plasters are also not permitted to be worn over piercings. No rings, necklaces or bracelets are permitted.

No accessories to nails including acrylics, varnishes, gels, jewels etc.

Hair should be clean and well-kept - extreme or unusual styles/unnatural colours are not acceptable.

Make-up should be subtle, if worn. Any student wearing excessive make-up will be asked to remove it.

The Headteacher will have the final decision on the definition of extreme/unusual/unnatural hair styles and make-up.



## BRIDLINGTON SCHOOL PSHE CURRICULUM: SPRING TERM 2023

### Year 7

Spring 1 topic: Physical Health	Spring 2 topic: Personal Safety
Week 1: Personal Hygiene Week 2: dental Hygiene Week 3: Healthy Eating – health risks of a poor diet Week 4: The importance of sleep Week 5: The importance of vaccinations Week 6: Menstruation Week 7: How my mental and physical health impacts my behaviour in school.	Week 1: what is personal safety? Week 2: Travelling Week 3: Online safety Week 4: Following the crowd (peer pressure) Week 5: Knife crime Week 6: Moving forward

### Year 8

Spring 1 topic: Family	Spring 2 topic: Relationships
Week 1: Types of family Week 3: Characteristics and legal status of different types of long-term relationships Week 4: Different types of committed and stable relationships Week 5: Relationships with parents Week 6: Types of marriage – love, arranged, forced Week 7: How do relationships make humans happy – raising children	Week 1: Negative self-thoughts Week 2: Body image Week 3: Personal space Week 4: Media portrayal of relationships Week 5: Components of a positive relationship Week 6: Recognising negative relationships

### Year 9

Spring 1 topic: Addictions	Spring 2 topic: Relationships
Week 1: What do we know about drugs? Week 2: Drugs and the law – exploring attitudes Week 3: Illegal drugs Week 4: Impact of drugs Week 5: Gaming addiction Week 6: Gambling addiction Week 7: Alcohol – risky behaviours	Week 1: Power and relationships Week 2: Consent Week 3: Domestic violence and its impact Week 4: Sexting Week 5: Identifying sexual pressure Week 6: What is a healthy relationship?

### Year 10

Spring 1 topics: Mental wellbeing: Impact of our actions on mental health and internet safety and harms: online relationships and harmful behaviour	Spring 2 topics: internet safety and harms: Online relationships, harmful behaviour, drugs, alcohol: Addiction and alcohol dependency
Week 1: Bullying Week 2: Violence and aggression Week 3: Antisocial behaviour Week 4: Violent extremism and links to mental health Week 5: Problematic interactions online Week 6: Obsessive online behaviours (part one)	Week 1: Obsessive online behaviours (part two) Week 2: Curating our timeline Week 3: Catfishing Week 4: Self-help for our online behaviours Week 5: What makes a healthy online relationship? Week 6: What is addiction?

### Year 11

Spring 1 topic: Being safe: Honour based violence and FGM: Intimate sexual relationships: Pregnancy and parenting	Spring 2 topics: Intimate sexual relationships: Pregnancy and parenting; choices approaching adulthood
Week 1: What is forced marriage? Week 2: What is honour based violence? Week 3: What is FGM? Week 4: FGM support Week 5: Pregnancy signs and testing Week 6: Abortion	Week 1: Pregnancy Week 2: Labour Week 3: Miscarriage and stillbirth Week 4: Alternative ways of having a baby Week 5: Maintaining a healthy lifestyle Week 6: Physical activity and positive mental wellbeing

