



# BRIDLINGTON SCHOOL

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28<sup>th</sup> March 2022

Dear Parent / Carer

As we near the end of the Spring Term we have so much to celebrate and I want to thank you for working in partnership with us to ensure the best outcomes for your child.

### Celebrating Success:

Our school council held a whole-school vote and then co-ordinated fundraising activities for the school's national charity of the year, the RSPCA. We have had a wide range of visits and guest speakers this term, ranging from a trip to Orsted Grimsby to explore the 'Wind of Hope' service vessel, to WW1 Re-enactors bringing trench warfare to life for our GCSE History students. Our clubs continue to grow in popularity, with up to 50 students attending our Chess Club each week and members of our CCF completing flight experiences at RAF Leeming. Our sporting successes this term have included a Year 7 Boys Football team winning five games on the bounce to reach the final of the Humberside Cup.

### Last Day of Term:

We break up at 1.05pm on Friday 31<sup>st</sup> March 2023. This will be a non-uniform day and we ask students to make a £1 donation towards the students chosen national charity this year the RSPCA.

### Start of Term arrangements:

**Student first day back at school:** Monday 17<sup>th</sup> April 2023. Tutor time starts at 8.30am. The movement bell will ring at 8.25am. Year groups use the same entrance gates as they have used all year.

We will be reinforcing the uniform policy (attached) upon our return and would take this opportunity to remind students that this includes hair and jewellery.

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) and we will do all we can to help.



## **Personal Social Health Education (PSHE) Life Skills Curriculum**

For your information, please also find attached the Personal Social Health Education Life Skills Curriculum for the Summer 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.

**Finally, we are really looking forward to welcoming you back to school on Monday 17<sup>th</sup> April 2023.**

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)\*

**\* Please see uniform policy document on the school website showing pictorial examples of acceptable school shoes.**

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 LIFE SKILLS CURRICULUM: SUMMER TERM 2023

### Year 7

Summer 1 topic: Health and wellbeing - Smoking	Summer 2 topic: Relationships – Changing Me
Week 1: The cost of smoking Week 2: Long and short term effects of smoking Week 3: Second hand smoke Week 4: What influences someone to smoke? Week 5: The risks of smoking Week 6: Consolidation – How can addictions impact my lifestyle?	Week 1: Different types of relationships Week 2: Puberty and body development Week 3: Contraception and childbirth Week 4: Different types of parenting Week 5: Self and body image Week 6: Emotional changes in adolescence Week 7: Where can I get help?

### Year 8

Summer 1 topic: Living in the wider world – Online Safety	Summer 2 topic: Relationships – Changing Me
Week 1: Cyber-bullying Week 2: Risks with online behaviour – digital footprints Week 3: Knowing what is appropriate to share Week 4: Impact of viewing harmful content Week 5: Social media and stress Week 6: Consolidation – How should I behave online?	Week 1: Romantic relationships Week 2: How stereotypes negatively affect relationships Week 3: Basics around sexual health Week 4: Negative factors that can make an intimate relationship unhealthy Week 5: How to make sure relationships are healthy Week 6: Choosing to ‘come out’ Week 7: Pornography – laws and impact

### Year 9

Summer 1 topic: Health and wellbeing – Mental Health	Summer 2 topic: Relationships – Changing Me
Week 1: Peer pressure Week 2: Social groups and influences Week 3: Anxiety Week 4: Anger, self-harm and aggression Week 5: Handling a bereavement Week 6: Consolidation – How do I take care of my mental health?	Week 1: Contraception Week 2: Sexually Transmitted Infections Week 3: Online grooming Week 4: County Lines – Drugs and criminality Week 5: County Lines – Child Criminal Exploitation and Child Sexual Exploitation Week 6: County Lines- Alfie’s story Week 7: Consolidation – What risks do I need to be aware of when approaching young adulthood?

### Year 10

Summer 1 topic: Health and wellbeing – Drugs and Alcohol	Summer 2 topic: Health and wellbeing – Mental Wellbeing
Week 1: How addiction affects people Week 2: Addiction to specific drugs Week 3: Consequences of addiction Week 4: Seeking help for addiction Week 5: Alcohol dependency Week 6: limiting alcohol intake	Week 1: Coping with exam stress and anxiety Week 2: Breaking down mental health stigma Week 3: Panic disorder and panic attacks Week 4: Everyday stressors and triggers in adult life Week 5: Post-Traumatic Stress Disorder Week 6: Suicidal thoughts Week 7: Social Anxiety Disorder

### Year 11

Summer 1 topic: Health and wellbeing – Healthy Lifestyles, Drugs and Alcohol and Health and Prevention.
Week 1: Being a donor – Science to inform choices Week 2: Recreational drug use Week 3: Cannabis and ecstasy – associated risks Week 4: Cocaine and heroine – associated risks Week 5: What is self-examination? Week 6: Screening and smear tests

