

C4L Parent Guide: How can you support my child further with their physical health?



All students attend a Curriculum for Life (C4L) lesson once a week, every Wednesday; students in all year groups will be taught about physical health as part of this provision. At Trinity Academy Bradford, we believe it is vital that our students can recognise healthy choices, feel confident in resisting peer influence that may impact negatively on their health and know where to seek further help from a range of medical services. We aim to not only prepare them for any changes they may be currently experiencing, but empower them to feel ready to take control of their health beyond their academy life.

When will my child be learning about physical health?		What key terms should I use when discussing mental health with my child?		What questions could I discuss with my child to promote healthy conversation on physical health?	
Year 7	Term 4 and Term 5 <ul style="list-style-type: none"> •How do I keep my body and teeth clean? •What does a healthy diet look like? •Why is exercise important? •How does caffeine, smoking and alcohol impact my health? •How can gaming impact my health? 	Physical health	The well-being of the body. Today we include not only the absence of disease, but elements such as diet, fitness levels and sleep.	Q1. How can you look after your physical health?	This should encompass consideration of diet, exercise, sleep and habits such as use of substances or gaming. A healthy diet should include a range of all food groups. Weekly exercise should add up to 150 minutes., spread evenly across the week. 8hrs of sleep per night is recommended to help with brain development, more energy and healthy body weight. caffeine, alcohol and smoking can all have a detrimental effect on health. You should also be honest with yourself about how long you've spent gaming and take time to reflect on your behaviours and emotions o allow for recognition of gaming disorder.
Year 8	Term 4 <ul style="list-style-type: none"> •How can energy drinks impact me? •How can different types of drugs impact me? •What is drug addiction? •How do I manage influence surrounding drugs? 	Puberty	The period of time which adolescents reach sexual maturity and become capable of reproduction. It's a period of time in which a child's body develops and changes as they become an adult.		
Year 9	Term 1 <ul style="list-style-type: none"> •What are the dangers of illegal drugs? •What is the impact of drug addiction? Term 3 <ul style="list-style-type: none"> •What are STIs? 	Menstruation	Normal vaginal bleeding that occurs as part of a woman's monthly menstrual cycle, commonly referred to as a 'period'.	Q2. How can you support yourself if you feel pressured?	Remember that you are not alone. It's easy to think you're the only one not drinking or to have tried drugs, but actually most young people don't take drugs or drink. Work out where you stand on issues like sex, drugs and alcohol. It's easier to stay true to yourself if you know your own mind. If you don't want to engage in a particular behaviour, say no firmly but clearly. If they are true friends, they should understand if you say no.
Year 10	Term 4 <ul style="list-style-type: none"> •How do I keep myself safe in situation that involve substance abuse? •How do I seek help for substance abuse and addiction? 	Substance abuse	Excessive use of a drug in a way that is damaging to yourself, society or both.		
Year 11	Term 2, 3 & 4 <ul style="list-style-type: none"> •What is fertility and infertility? •Where can I get support for pregnancy, birth and miscarriage? •How do I access different medical services? What are the risks to body alterations? 	Addiction	Not having control over doing, taking or using something to the point where it could be harmful to you.	Q4. Who would you speak to if you were worried about your physical health?	If you are worried about your own, or a friend's, physical health you should speak to an adult that you feel comfortable talking to. Mrs Bridge and our Student Wellbeing Team are both available daily in the academy and can offer advice on how to keep yourself and others safe. Should there be a life threatening situation or emergency, call 999.
		Self examination	Examining your own body for signs of illness. You could be looking for changes in skin texture, shape and any new lumps./		

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This page contains information regarding how Trinity Academy Bradford supports students with their physical health. Students discuss this within the academy, but we feel it will strengthen their understanding of where they can seek support if this is also discussed at home.

Where can my child seek support for physical health within the academy?

Form Tutors	All students have a form group with tutors who run these sessions. These sessions take place every day for 20 minutes. The role of the Form Tutor is to monitor students' academic and personal development.
C4L Teacher	All students have at least two adults in the room during their weekly C4L lessons. If students are concerned for their safety or want to discuss their physical health, students may seek support from these adults. It may be that a topic is a concern for a student and this can be discussed with the C4L teacher.
Year Managers	Each year group has its own Year Manager and these are the first point of contact for students and parents.
Phase Leaders	Our Phase System is separated into three phases. Each phase has a Phase Leader: Phase One: Year 7 & 8 – Miss Farrar Phase Two: Year 9 – Mr Brown Phase Three: Year 10 & Year 11 – Miss Ravandi
Student Well being Team	This team of Student Wellbeing Managers deal with safeguarding and child protection issues. If you have any concerns about the safety or wellbeing of your child, or another student, please contact this team.
Medical Welfare	The Medical Welfare team are there to support students with any medical need. If you have concerns regarding the medical welfare of your child, please contact this team. Day to day the team looks after the physical health of our students and your child can visit them should they feel unwell, or want to seek advice. They also offers a range of free period products.
Any other staff member	Your child may feel more comfortable speaking to a specific teacher. All our staff members are trained in safeguarding students and supporting with any concerns they may have.

What other websites could I recommend to my child to support themselves with physical health?




Trinity Academy Bradford has its very own website to support you, even when you might not be in the building. Choose the 'lifestyle' tab to find a range of leaflets, videos and links to external agencies for advice on personal hygiene, sleep and substance misuse.

All students have anonymous access to this website and can log on using their academy email address and password.

www.trinity-safety.net

You may chose to log on with your child and have a look through the website together.



		
This website offers a range of activities to incrate exercise, healthy recipes to try and food facts to keep you in the know.	Talktofrank.com offers honest information about drugs, including the risks of taking them, how to overcome peer influence and how to help others.	A charity which offers wellbeing services and advice for young people. Check out the wellbeing tab on their help and advice section.

At Trinity Academy Bradford, we believe students' personal development is at the heart of everything we do. The Curriculum for Life programme will only strengthen the support we put in place to ensure your child develops into a well-rounded young person that is prepared for their future. We will be sending out further editions of these parent guides to ensure that you are aware of the topics students are learning about and to support you with conversations at home.

Mr Gadsby – Senior Curriculum for Life Lead