

Dear parent/carers,

**Half Term 3 Life Science and E1M newsletter**

We have been delighted with the enthusiasm applied by students and the learning taking place within the Life Science and Everyone Matters (E1M) curriculum this last half term.

Year 7 have acted and behaved with a great level of maturity while covering relationships and reproduction. Students have covered factors that promote healthy relationships and factors that can cause unhealthy relationships. Students have also covered the changing body during adolescence and the process of human reproduction.

Year 8s have covered a topic on digital literacy, where students have been able to develop their scientific skills in evaluation and analysis and apply these skills to the news and media. Students have covered the ways images in the media can be modified and the impact this can have on body image and self-esteem. Year 8s have also covered a topic on digestion where students have learnt about nutrients in food, conducted experiment to identify the nutrients in food, the components of a healthy diet and the process of digestion.

Year 9 students have been learning about genetics and inheritance. Students have explored the structure of DNA, extracted DNA from fruit, and explained what is meant by a gene. Students have also covered inheritance by performing genetic crosses to predict the likelihood of inheriting specific characteristics and diseases. This topic has also covered what is meant by biological sex and how this is different to gender.

Topics covered in Life Science this coming half term are listed in the table below. Students in Years 7 and 8 will also be completing their mid-year assessment which will lead to a report home.

Year 7	
Movement	What are the levels of organisation?
	What is the skeleton?
	What is the muscular system?
	Why is exercise important?
	How do energy drinks affect me?
	Why is sleep important?
Mental Health	What is emotional wellbeing?
	What is bereavement?
	What are the signs of poor mental health?

Year 8	
Variation	What is competition and adaptation?
	How do organisms adapt?
	What is variation?
	What is continuous and discontinuous variation?
	What is evolution?
	How do organisms become extinct?
Respiration	What is aerobic respiration?
	What is anaerobic respiration?
	What is the circulatory system?
	What is the heart?

Year 9	
Relationships	What are respectful relationships?
	What are sexual relationships?
	What is consent?
	What is sexting?
	What is contraception?
	What are STIs?
	What is pornography?
The Urinary System	What is the urinary system?
	What is urine testing?
	What is kidney failure?

In Year 10 E1M, students have studied a variety of topics on how to assess risk and make healthy choices. This has included considering the effects of substance abuse. Students have also signposted where to go to for support and explored the symptoms of breast and testicular cancer. Students have also considered debates around blood, organ, tissue and stem cell donation. We have been impressed with the maturity shown whilst discussing these important topics.

This term, Year 11 students have been preparing for their future by considering their options post 16. They have also been supported in highlighting their personal strengths and writing a CV. Students have also considered how to ace an interview and the workplace etiquette, as well as being made aware of their employment rights and responsibilities.

We would also like to draw parents/carers attention to the Public Health funded Mental Health – Top Tips online and face to face courses. With 1 in 6 young people between the ages of 6-16 having a probable mental health condition, it is an excellent opportunity for parents/carers and members of the Isle of Wight community to learn more on how to support mental health and wellbeing.

There are a variety of course dates available to choose from between December and March which are free of cost.

[IWC Mental Health and Wellbeing](#)

This half term's upcoming topics for KS4 E1M are listed below.

<b>Year 10</b> <b>How can I keep healthy? Part 2</b>	What is meant by the term's sexuality and healthy relationships?
	What are the facts about reproductive health and fertility?
	How do I choose and access appropriate contraception?

	What are the facts and beliefs about miscarriage and abortion?
	How do we ensure a healthy pregnancy?
	What support is available for fertility issues?
	What is the menopause?
<b>Year 11</b> <b>How can I keep safe and healthy?</b>	How can I make safe choices and show respect for others?
	How can I keep safe around substances?
	How can I manage money effectively? - tax calculation
	How can I be politically active?
	How can I be inclusive of all?

We continue to deliver the above lessons with sensitivity and an understanding of the different experiences of members of our school community. If you have any queries, please do not hesitate to get in touch.

Thank you for your continued support.

Kind regards,

Danielle Godfrey  
Assistant Principal

Charlie Day  
Deputy Director – Life Science