



Dear Parents and Guardians,

Citizenship Morning, Tuesday 9 February

The first Citizenship morning of 2021 will be taking place remotely, with all boys off timetable for periods 1 to 3 on Tuesday February. Boys will be participating in sessions led by members of Upper School staff and attending talks by external speakers.

Fourth Form

The Fourth Form will start the morning looking at a session on youth politics, particularly relevant at the moment as we are in the middle of the youth parliamentary elections. Boys will watch some short video clips put together by our A-Level politics students and consider what they feel to be particularly relevant at this time. For the second hour, they will go on to explore the topic of stress, using a resource pack put together by famous author Nicola Morgan. They will learn about what stress is and some suitable strategies to help cope with this, with particular focus on the current situation.

Remove Form

The Remove Form will spend the first hour looking specifically at online stress, stress that can be generated from using social media and how this can impact on their lives. They will use peer to peer activities to discuss how they might manage any online stress and learn to appreciate when they need to ask for help. In the second hour, they will be using resources provided by author Nicola Morgan to look at the science behind stress and how they can look after their overall stress and wellbeing.

Fifth Form

For the first hour, the Fifth Form will receive a talk from Elevate Education, who deliver study skills programmes. The Fifth Form Academic Year Head has been working closely with Elevate to ensure that the talk will best prepare our Fifth Form for the challenges they might face in the months to come. In the second hour the Fifth Form will be working in house groups to explore the topic of consent. Using a documentary produced by the BBC, the boys will discuss the importance of seeking consent, how to seek consent and the potential consequences if this does not happen.

Lower Sixth

As detailed in a recent letter from Mrs Fox-Johnson, the Lower Sixth will be spending the first hour completing their My Uni-Choices questionnaire in preparation for starting the UCAS process. During the second hour, the boys will be joining Teams chats in their house groups to explore the topic of male infertility and how this can link with male body image more generally.

Upper Sixth

As the last Citizenship that the boys will receive before leaving the school, the theme for the morning is very much preparing them for life beyond Bedford. In the first hour, the boys will receive a talk by Jo Baldwin on all things finance, before splitting down into their house groups to look at key study skills that will help them during the next stage in their lives.

If you have any questions regarding any of the above, please do not hesitate to [contact me](#).

With kind regards,

Alice Swallow

Head of General Education