

## SVCS FUTURES Update Autumn Term 1 Weeks 5-6

Please contact Miss L Howard at [lhoward@stourvalley.org](mailto:lhoward@stourvalley.org) with any questions or concerns.

The beginning of term has been spent in self-reflection and planning for the year. The sessions outline below have either already happened or are listed to inform you of the topics we'll be looking at next.

Year Group and session type	Topic	Suggested supporting resources for parents and carers.
Year 7 Tutor Time	Values	<a href="#">Vision, Values and Aims - Stour Valley Community School</a>
Year 7 Lessons	Puberty	<a href="#">Puberty help &amp; advice for Parents &amp; carers   Milton Keynes Childrens Health (cnwl.nhs.uk)</a> <a href="#">Navigating puberty   NSPCC Learning</a> <a href="#">Puberty - information and support for parents — Teen Health 11 - 19 Service</a>
Year 8 Tutor Time	Vaping Mental Health	<a href="#">Vapes (e-cigarettes)   NHS inform</a> <a href="#">SVCS Wellbeing - Stour Valley Community School</a> <a href="#">Children and Young People's Emotional Wellbeing Hub (east and west Suffolk) - Suffolk County Council</a> <a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>
Year 8 Lessons	Drugs, alcohol and peer pressure.	<a href="#">Drugs, alcohol, vaping and smoking - Suffolk County Council</a> <a href="#">Support we offer   Drugs and alcohol (turning-point.co.uk)</a> <a href="#">Addiction - Stour Valley Community School</a>
Year 9 Tutor Time	Influences (Hate Crime and Personal values	<a href="#">Vision, Values and Aims - Stour Valley Community School</a> <a href="#">Hate crime - Citizens Advice</a>
Year 9 Lessons	Sending nudes and social attitudes	<a href="#">CEOP Safety Centre</a>
Year 10	Code of Ethics	<a href="#">Suffolk Hope Awards - Stour Valley Community School</a>
Year 11	Presentations from post-16 establishments and Stereotypes.	<a href="#">Post 16 Centres - Stour Valley Community School</a>

**For full information on the FUTURES (PSHE) curriculum and further supporting resources, please visit:**

[Futures \(PSHE Plus\) - Stour Valley Community School](#)

**For further supporting resources for student, parent and carer wellbeing please visit:**

[SVCS Wellbeing - Stour Valley Community School](#)