

LESSONS		TUTOR TIME	
1 hour a fortnight		20 minutes a week	
World of Work Employability Skills Spending Saving	Y E A R	Careers in the Spotlight, Accessibility, Inclusion, Human Rights, Slavery, Equality, Equity, Cyber Crime, Budgeting, Inflation, Student Voice, Community Challenge, Preparation for Year 8	7
Safety & First Aid Puberty Healthy Routines Body Image		Values Health	
Positive Relationships Consent Online Relationships		Kindness Empathy Gratitude	
Employment Rights Employability Skills Debt Discrimination	Y E A R	Careers in the Spotlight, Accessibility, Inclusion, Human Rights, Slavery, Cyber Crime, Serious Youth Violence, Banking, Student Voice, Community Challenge, Preparation for Year 9	8
Drugs and Alcohol Healthy Routines FGM Body Image Mental Health Sleep		Values Vaping Health Men's Health Women's Health	
Sex and the Law Introduction to Sexual Health		Gratitude Empathy	
Employability Skills Gangs and County Lines Options & Careers Future Employment & Rights Suitability of Film and TV	Y E A R	Careers in the Spotlight, Gender Stereotypes, Deep Fakes, Online Content, Advertising, Options, Student Voice, Online Finance, Preparation for Year 9.	9
Sending Nudes First Aid Mental Health Personal Hygiene Fertility FGM		Values Stress Movement and Mental Health Body Image	
Consent Coercive Control STIs Conflict Management		Influences Active Bystanding Gratitude Rights in Relationships Healthy Relationships Loneliness	

TUTOR TIME	
2 x 20 minutes a week (time shared with Core RS)	
Y E A R	Apprenticeships, Entrepreneurship, Gig Work, Career Preferences, Career Landscape, Student Voice, Preparation for Work Experience, Preparation for Year 11.
1	Mental Health and Wellbeing Sleep and Health Gambling
0	Code of Ethics in depth Friendships & Bullying Rape Culture Pornography and the Law

TUTOR TIME	
2 x 20 minutes a week (time shared with Core RS)	
Y E A R	Post-16 pathway/providers presentations, Stereotypes, Diversity, Collaboration, Budgeting, Investing, Insurance, Responsible Driving, Student Voice, Post-16 readiness.
1	Sexual Harassment
1	Emotional Wellbeing and the Media, Values, Wellbeing during Exams.

CURRICULUM

FUTURES

SIGNPOSTING

Futures Website: [PSHE - Stour Valley Community School](#)
Lead Contact: Miss L Howard
lhoward@stourvalley.org
Wellbeing Website: [SVCS Wellbeing - Stour Valley Community School](#)
Tutor/Year Leader/Pastoral Team: [Staff Contacts - Stour Valley Community School](#)

PROVIDERS

Suffolk Wellbeing in Education: [Wellbeing in Education - Suffolk County Council](#)
School Nurses: [School Nursing Service - Suffolk County Council](#)
OM Health and Wellbeing: [OM Health & Wellbeing Consultancy | Bury St. Edmunds | Suffolk](#) (omhwc.org.uk)
Reach: [Reach Haverhill | Reach Haverhill](#) (reachcp.org.uk)
Eastern Education Group: [Home - Eastern Education Group](#)



All resources created by Miss L Howard, from the PSHE Association, from relevant providers approved by the PSHE Association or from external providers listed.

Tutor Time Sessions may change in the event of current affairs which need to be communicated to SVCS Students.

KEY EVENTS

Evening
 Post-16 Taster Sessions
 Whole Child Staff Training Sessions (x3)
 Taster Sessions (West Suffolk College and Abbeygate Sixth Form)
 And more added through the year.

Code Of Ethics

Be Kind
 Be Brave
 Be Ambitious
 Collaborate

ENHANCEMENT

Y E A R	STEM activities.
	Different types of healthy relationships
	First Aid, Road Safety, Fire Safety, E-Safety, Puberty
	Providers: Suffolk Constabulary, Suffolk County Council, Suffolk Fire Service, OM Health and Wellbeing Consultancy
Y E A R	Fake Content, Careers, STEM activities, Democracy
	Collaboration
	Resilience
	Providers: Army, Institute of Engineering
Y E A R	County Lines, Careers in Medicine, Enterprise Challenge, KS4 and Post-16 Future Steps, STEM activities, Preparation for Options
	Healthy Relationships, Sexual Images online, Social Media.
	Introduction to Contraceptives, CPR and First Aid, Mental Health.
	Providers: OM Health and Wellbeing Consultancy, Suffolk Constabulary, St Giles Trust, Medical Mavericks, Morrisby, Eastern Education Group, RAF.
Y E A R	Mock Interviews, Finance, STEM activity, Serious Youth Violence, Post-16 next steps, NHS Careers.
	Healthy Relationships, Sexual Harassment
	Contraception and Self-Examination
	Providers: NHS Trust, Suffolk School Nurses, OM Health and Wellbeing Consultancy, Eastern Education Group, Reach.
Y E A R	Revision Techniques, Post-16 Applications, Exam Stress, Driving Theory, Car Maintenance, Finance, World of Work, Mock Interviews.
	Healthy Relationships and adult choices
	Self-Examination, Cervical Screening.
	Providers: Suffolk School Nurses, NHS Trust, Reach, Department for Work and Pensions.

Assemblies

Active Bystander
 SVCS Values
 Code of Ethics
 Influences
 Mental Health
 Black History
 Remembrance
 Anti-Bullying
 Empathy
 Resilience
 Careers
 World Book Day
 Science
 Women's History
 Saving & Spending
 STEM
 Student Voice
 Red Cross
 Diversity
 LGBTQ+
 Inclusion
 Risks