

# Parent Carer Bulletin

## Autumn Term Dates

23 Oct - 27 Oct 2023, Half Term

17 November 2023, Non-pupil Day

21 Dec 2023 - 2 Jan 2024, Christmas Break

## Events this October

### **Tuesday 10 October**

Year 6 Open Week Tours - day 1 of 3, 9:30am and 2pm.

### **Wednesday 11 October**

Year 6 Open Week Tours - day 2 of 3, 9:30am and 2pm.

### **Thursday 12 October**

Year 6 Open Week Tours - day 3 of 3, 9:30am and 2pm.

### **Monday 16 October**

Whole School Influenza Programme- day 1 of 2, 9am-3pm

### **Tuesday 17 October**

Whole School Influenza Programme – day 2 of 2, 9am-3pm

### **Friday 20 October**

Last full school day before the Half Term break

### **Monday 23 October**

Half Term

### **Monday 30 October**

Students return from the Half Term break

## *Dates for your diary week commencing 9 October:*

- **Tuesday 10 October** - Year 6 Open Week Tours - day 1 of 3, 9:30am and 2pm
- **Wednesday 11 October** - Year 6 Open Week Tours - day 2 of 3, 9:30am and 2pm
- **Thursday 12 October** - Year 6 Open Week Tours - day 3 of 3, 9:30am and 2pm

## *Year English Revision*

Year 11 English Revision Period 6 was cancelled this Thursday 5 October, due to Open Evening. We are pleased to confirm that it will resume on Thursday 12 October.

## *EduLink User Instructions*

How do parents/carers view and update their information in EduLink

One: <https://support.overnetdata.com/knowledge-base/how-do-parents-update-their-information-in-edulink-one/>

## *The Big Ambition*

The Children's Commissioner for England, Dame Rachel de Souza, has launched **The Big Ambition**, a national survey of children and young people across England.

**The Big Ambition** aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England.

**The Big Ambition** survey will be open until Friday 15th December.

[www.childrenscommissioner.gov.uk/the-big-ambition/](http://www.childrenscommissioner.gov.uk/the-big-ambition/)

Please share with pupils and families as you feel appropriate.

## *Vive Canteen*

On behalf of the head of Vive Canteen, we ask that any lunch accounts currently in deficit, are brought up to sufficient funds to allow purchases to be made successfully next week, thank you.

## *Green Matters*

Please may we kindly request your support in providing your child a reusable take home container for use in the canteen when purchasing take away food items, this will prevent the need for single use plates/packaging and reduce waste, Thank you.

## *Suffolk Libraries*

Suffolk Libraries are offering a great opportunity to read new books and speak to others:

**SUFFOLK  
LIBRARIES**

**WHERE  
I BELONG**

# Children's Book Group

**11:00-12:00**

Meet up with friends to  
discover new reads and  
share your thoughts

## **Meeting Dates**

**Saturday**

**14th October**

**2023**

**11th November**

**2023**

**9th December**

**2023**



**Current book (to discuss in October) is *Brightstorm*  
by *Vashti Hardy***

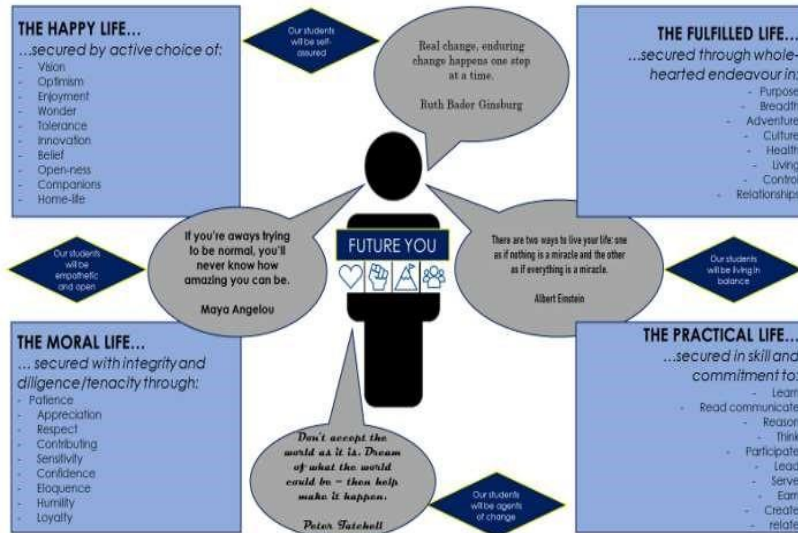
**Recommended age: 8-13 years**



By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit [www.suffolklibraries.co.uk/donate](http://www.suffolklibraries.co.uk/donate)

HMRC charity number: XT34476

## PSHE Guidance for Parents & Carers



Want to know more about the topics your child is studying is PSHE?

Think you could do more to support their understanding of the wider world, health and wellbeing and relationships?

You will find some advice for supporting the mental health and wellbeing of young people on our school website here: [www.stourvalleycommunityschool.org/svcs-wellbeing](http://www.stourvalleycommunityschool.org/svcs-wellbeing)

For some Relationships and Sex Education myth busting go here:

[www.sexeducationforum.org.uk/news/news/busting-myths-about-rse](http://www.sexeducationforum.org.uk/news/news/busting-myths-about-rse)

For advice specific to the topics studied in each year group, see below:

Topic	Year Group and Topics	Resources
Wider World	All Careers	<a href="http://www.xello.world/en-gb">www.xello.world/en-gb</a> (This is used in lessons and tutor time at school) <a href="http://www.youthemployment.org.uk/how-to-help-your-child-choose-a-career-careersadvice-for-parents/">www.youthemployment.org.uk/how-to-help-your-child-choose-a-career-careersadvice-for-parents/</a> <a href="http://www.nationalcareers.service.gov.uk/careers-advice">www.nationalcareers.service.gov.uk/careers-advice</a> <a href="http://www.firstcareers.co.uk">www.firstcareers.co.uk</a>
	7 Financial Literacy	<a href="http://www.parents.actionforchildren.org.uk/parenting-relationships/money/talking-tochildren-about-money">www.parents.actionforchildren.org.uk/parenting-relationships/money/talking-tochildren-about-money</a>
	8 Financial Literacy Online Safety	<a href="http://www.parents.actionforchildren.org.uk/parenting-relationships/money/talking-tochildren-about-money">www.parents.actionforchildren.org.uk/parenting-relationships/money/talking-tochildren-about-money</a> <a href="http://www.nspcc.org.uk/keeping-children-safe/online-safety/">www.nspcc.org.uk/keeping-children-safe/online-safety/</a>
	9 Gangs County Lines	<a href="http://www.wsh.nhs.uk/CMS-Document/Patient-leaflets/Safeguarding/county-lineleaflet-parents-1.pdf">www.wsh.nhs.uk/CMS-Document/Patient-leaflets/Safeguarding/county-lineleaflet-parents-1.pdf</a> <a href="http://www.learning.nspcc.org.uk/child-abuse-and-neglect/county-lines">www.learning.nspcc.org.uk/child-abuse-and-neglect/county-lines</a>
	10 Gambling and Debt	<a href="http://www.gamcare.org.uk">www.gamcare.org.uk</a> <a href="http://www.moneysavingexpert.com">www.moneysavingexpert.com</a>
	11 Diversity	<a href="http://www.gov.uk/government/news/guidance-on-promoting-british-values-inschools-published">www.gov.uk/government/news/guidance-on-promoting-british-values-inschools-published</a>

Health and Wellbeing	7 First Aid Bodyn Image	<a href="http://www.redcross.org.uk/teach-first-aid">www.redcross.org.uk/teach-first-aid</a> <a href="http://www.sja.org.uk/get-advice">www.sja.org.uk/get-advice</a> <a href="http://www.raisingchild.net.au/teens/healthy-lifestyle/safety-first-aid">www.raisingchild.net.au/teens/healthy-lifestyle/safety-first-aid</a> <a href="http://www.youngminds.org.uk/young-person/coping-with-life/body-image">www.youngminds.org.uk/young-person/coping-with-life/body-image</a>
	8 Drugs/Alcohol Sleep	<a href="http://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/drugs-andalcohol/">www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/drugs-andalcohol/</a> <a href="http://www.youngminds.org.uk/young-person/my-feelings/sleep-problems">www.youngminds.org.uk/young-person/my-feelings/sleep-problems</a>

	9 First Aid Mental Health	<a href="http://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-03-24-faq#">www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-03-24-faq#</a> <a href="http://www.raisingchild.net.au/teens/healthy-lifestyle/safety-first-aid">www.raisingchild.net.au/teens/healthy-lifestyle/safety-first-aid</a> <a href="http://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/">www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/</a>
	10 Mental Health	<a href="http://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/">www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/</a>
	11 Contraception Self-Examination	<a href="http://www.parents.actionforchildren.org.uk/parenting-relationships/">www.parents.actionforchildren.org.uk/parenting-relationships/</a> <a href="http://www.nhs.uk/conditions/contraception/">www.nhs.uk/conditions/contraception/</a> <a href="http://www.icash.nhs.uk/where-to-to/icash-suffolk">www.icash.nhs.uk/where-to-to/icash-suffolk</a>

Relationships	7 Positive Relationships Online Relationships Protected Characteristics	<a href="http://www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships">www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships</a> <a href="http://www.parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-peer-pressure/help-your-teenager-make-great-friends">www.parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-peer-pressure/help-your-teenager-make-great-friends</a> <a href="http://www.crae.org.uk/our-guide-childrens-rights-and-law/laws-protecting-childrensrights/equality-act-2010">www.crae.org.uk/our-guide-childrens-rights-and-law/laws-protecting-childrensrights/equality-act-2010</a>
	8 Healthy Relationships Sex and the Law Introduction to contraception	<a href="http://www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships">www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships</a> <a href="http://www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx">www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx</a> <a href="http://www.omhwc.org.uk">www.omhwc.org.uk</a>
	9 Consent Coercive control STIs	<a href="http://www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships">www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships</a> <a href="http://www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx">www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx</a> <a href="http://www.kidshealth.org/en/parents/stds-talk.html">www.kidshealth.org/en/parents/stds-talk.html</a>
	10	<a href="http://www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships">www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships</a>

	Consent Dangers of pornography	<a href="http://www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx">www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx</a> <a href="http://www.nspcc.org.uk/globalassets/documents/advice-and-info/onlinepornography-keep-child-safe.pdf">www.nspcc.org.uk/globalassets/documents/advice-and-info/onlinepornography-keep-child-safe.pdf</a>
	11 Sexual Harassment Being an Upstander	<a href="http://www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships">www.childmind.org/article/how-to-help-kids-have-good-romantic-relationships</a> <a href="http://www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx">www.getiton.org.uk/Pages/Parents-guide-to-sex-and-the-law.aspx</a> <a href="http://www.activebystander.co.uk">www.activebystander.co.uk</a> <a href="http://www.righttobe.org/guides/bystander-intervention-training/">www.righttobe.org/guides/bystander-intervention-training/</a>

Suffolk  
Family Carers  
Living Fuller Lives



ADHD AWARENESS

### Virtual Parent Carer Drop-In

Wednesday 4th October - 8-9pm



This month we will be joined by a guest speaker from 'Autism and ADHD'. Join the session via our website.

### Parent Carer Drop-In

Tuesday 10th October - 10am-12pm

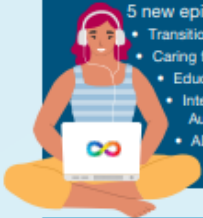
This month we will be joined by a guest speaker from 'Autism and ADHD'. Pop along to our office in Claydon and meet other parent carers and enjoy a coffee.



### ND and Me Podcast

5 new episodes coming soon

- Transitioning from boy to man
- Caring for a child with ADHD
- Educational support
- Interview with the founder of Autism & ADHD
- ADHD in the workplace



### Visit A Space for Parents

Providing information and insights into topics that are relevant, and of interest to you.

A new blog coming soon - Caring for a child with ADHD.



### Time Out - ADHD Course

4-week Support Programme for those caring for a child with ADHD

Providing a space for you to support and encourage others, and much more!  
Register your interest on our website.



### Sibling Workshop

Wednesday 25th October from 10-11.30am

Come and have some fun, meet with other sibling carers and find out more about ADHD.

Book online



[www.suffolkfamilycarers.org/adhd-awareness-month/](http://www.suffolkfamilycarers.org/adhd-awareness-month/)



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*Year 10 & 11 Careers SNC in a Day*



**SNC  
IN A DAY**

Suffolk  
New  
College

ARE YOU INTERESTED IN A CAREER IN  
GAMES DESIGN/GAME ARTS?

2D GAME IN A DAY      2D CHARACTER ARTS



[WWW.SUFFOLK.AC.UK/INADAY](http://WWW.SUFFOLK.AC.UK/INADAY)

**23RD OCTOBER 2023 10:00-15.00**

YEAR 10 AND 11 ONLY



**SNC  
IN A DAY**

Suffolk  
New  
College

ARE YOU INTERESTED IN A CAREER IN  
GAMES DESIGN/GAME ARTS?

2D GAME IN A DAY      2D CHARACTER ARTS



[WWW.SUFFOLK.AC.UK/INADAY](http://WWW.SUFFOLK.AC.UK/INADAY)

**23RD OCTOBER 2023  
10-15.00**

YEAR 10 AND 11 ONLY

## *Year 11 - Letter from The Colchester Sixth Form College Principal*

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September 2023

Dear Student/Parents/Carer

### Open Evenings at The Sixth Form College Wednesday 18 and Thursday 19 October 2023

I am pleased to invite you and your son or daughter to the College Open Evenings that are being held on the above dates.

The Open Evening for prospective students and their parents/carers from Stour Valley Community School is on Wednesday 18 October. If this is not convenient, you are welcome to attend on the Thursday evening. The activities run from 6.15-9.00 PM and you can attend at any time during the evening.

The event gives you a chance to find out about the courses, opportunities and support available to students, alongside details of our application procedures. Students and parents/carers can tour the College, visit departments and talk to teaching staff and students. There will also be a number of presentations from senior staff. A map of the departments and facilities at the College will be available to visitors in reception.

I regret that, given the numbers expected to attend on these evenings, and the limited car parking space available on the college site IT IS NECESSARY TO ASK YOU TO USE ONE OF THE CAR PARKS IN THE TOWN. Please see overleaf for a map of the car parks near to the College. Visitors with mobility difficulties should contact the Admissions Office (01206 414005/414008) for advice on parking and access.

I very much hope that you and your son or daughter can join us for one of these evenings, as from past experience we find that the students who attend open evenings are able to make more informed choices. If you are unable to attend there will be a range of information available online to help guide your initial decision-making prior to your interview.

Yours sincerely  
Ian MacNaughton – Principal

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### *Important Letters & Notices*

**Microsoft Word - PSHE Parental Advice ([stourvalleycommunityschool.org](https://www.stourvalleycommunityschool.org)) – PSHE Parental Advice**  
**<https://www.stourvalleycommunityschool.org/news/letters-from-the-headteacher> - Letters from the Headteacher**  
**[studentabsence@stourvalley.org](mailto:studentabsence@stourvalley.org) - Stour Valley Community School Attendance reporting email address**  
**[safe@stourvalley.org](mailto:safe@stourvalley.org) - Stour Valley Community School Safeguarding email address**

**Stour Valley Community School**  
Cavendish Road | Clare | Suffolk | CO10 8PJ 01787 279342



2023-26