PDT and Careers Newsletter

Autumn Term 1: 2025

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PDT Curriculum Content for Autumn Term 1

As a part of your child's education at Notley High School & Braintree Sixth Form, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme delivered by tutors during PDT lessons. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

The curriculum overview for PDT lessons during Autumn term 1 is as follows:

Year 7
Skills for Success (Transition):

- Transition between primary and secondary school and how to manage feelings and changing friendship groups.
- School rules and an introduction to our learning behaviours.
- The meaning of resilience and why making mistakes is an important part of the learning process.

Health and Wellbeing:

- What mental wellbeing and self-esteem are and how these can be affected by negative influences around us, e.g., social media.
- The similarities and differences between the online world and the physical world, how images in the media can be manipulated and the impact this can have on body image.
- What makes a healthy lifestyle, including healthy eating, physical exercise, and sleep, and how these can affect our mental wellbeing, ability to learn and happiness.
- About the consequences of an unhealthy lifestyle.
- How to access medical services and under 16 patient rights

Year 8
Health and Wellbeing:

- The characteristics of mental wellbeing.
- The common myths, misconceptions and stigma attached to mental health, including the use of language.
- Challenging discriminatory language.
- Body image and advertising.
- How images are manipulated.
- The positive and negative impact of social media on self-esteem and body image, including the pressure to take selfies.
- Ways to promote resilience and wellbeing, including healthy sleep, diet and exercise.
- Coping with change and loss, including relationship breakdown, divorce and separation, grief, and bereavement.
- Where to seek support

Staying Safe (Online Safety):

- Media and advertising.
- How to critically evaluate if something they view online, is trustworthy.
- What is fact, what is opinion and how we know.
- Source reliability and what to look for.

Health and Wellbeing:

- The HPV vaccination.
- The role of vaccinations in eradicating disease.
- Herd immunity.

Year 9

Health and Wellbeing:

- The qualities of a good friend
- How to resolve conflict
- The importance of sleep
- Unhealthy coping strategies inducing self-harm and eating disorders.
- Healthy coping strategies to support emotional wellbeing
- The five areas of wellbeing: Connect, Be Active, Take Notice, Learn, Give
- What to do if they, or someone they know, has or might be developing an eating disorder or is considering self-harm

Staying safe:

- The pros and cons of internet use.
- Staying safe and managing relationships online.
- The risks, including grooming and pressure to send nudes.
- The law and consequences regarding the sharing of explicit images.
- How to keep social media profiles and the sharing of information safe.
- The influences on body image and how these are often misleading or exaggerated.

Living in the Wider World:

- Recognising and challenging prejudice
- What misogyny is
- The impact gender stereotyping can have
- Using social media for good
- Consent and harassment
- How to challenge prejudice
- How to be an ally

Year 10

Health and Wellbeing:

- Ways to promote positive mental health.
- The causes of and how to recognise signs of emotional or mental ill-health, including anxiety, stress, and depression.
- Healthy coping strategies for coping with change and challenges, including the importance of work-life balance, healthy diet, exercise and sleep.
- How to access relevant support for emotional and mental health issues.
- The treatment available.

Careers:

- The importance of maintaining a positive online reputation (i.e. what they share they share on social media now may affect employment opportunities in the future).
- How social media can present both positive and negative messages to employers.
- Expectations around the use of IT in the workplace.
- How to 'market' yourself in applications, make a good impression, and do well in interviews.
- The importance of looking for opportunities (skills, interests, and experiences) to enhance CVs, personal statements and covering letters.

Year 11
Careers:

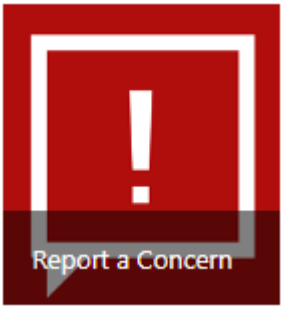
- Introduction to KS5 options including A levels, BTECS, T Levels and Apprenticeships.
- The application process, , including personal statement writing.
- How to explore careers and access labour market information (LMI) using the Unifrog website.
- Preparing for careers interview.
- How to 'market' yourself in applications.

Skills for Success

- The purpose of mock examinations.
- Ways to maximise success, including time management, organisation, and revision strategies.
- Revision techniques and online tools.
- Revision and study timetables.
- How to cope with exam stress and anxiety.
- When to seek further help.

As a school community, we are committed to working in partnership with parents/carers and we welcome any feedback that you may have. Please do contact your child's tutor, or Mrs Robb if you would like to find out more about what your child will learn and/or view materials and resources being used in lessons.

SOURCES OF SUPPORT IN SCHOOL



We would like to remind all students that they should never feel they are alone with a problem. There is always someone who can support them and help find a way forward. Everyone needs someone to listen to them sometimes and we encourage all students to speak to any trusted adult in school, such as their RSL, tutor, a subject teacher, learning mentor etc.

Students are also able to access support via MyConcern. They will find the button on their homepage, once logged into SharePoint.

Mental Health and Wellbeing – Sources of support

Emotional Wellbeing and Mental Health Service (EWMHS): The Emotional Wellbeing and Mental Health Service (EWMHS) provides emotional wellbeing and mental health advice and support for young people and their families across Southend, Essex and Thurrock who need support with their emotional wellbeing or mental health difficulties. The service provides support for young people aged 0 to 18 years old and up to 25 for those with SEND.
Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.
Telephone: 0800 953 0222
Email: NELFT-EWMHS.referrals@nhs.net
Website: https://www.nelft.nhs.uk/services-ewmhs

Action for Family Carers: Action for Family Carers is an Essex charity, which for over 30 years has been providing information and support to carers who have unpaid, caring responsibilities for others. Support for Young Carers aged 5-18yrs old.
Telephone: 0300 7 70 80 90
Email: info@affc.org.uk
Website: Young Carers (affc.org.uk)

Childline: for children and young people under 19.
Telephone: 0800 1111 (the number won't show up on your phone bill)
Website: https://www.childline.org.uk/

Kooth: free, safe, and anonymous online support for young people.
Website: https://www.kooth.com/

Samaritans: Offers confidential, 24-hour emotional support to anyone in crisis.
Telephone: 116 123
Website: www.samaritans.org

Child Exploitation and Online Protection (CEOP): CEOP help children stay safe online. You can report inappropriate behaviour here.
Website: https://www.ceop.police.uk/safety-centre

Young Minds: Provides information and advice on child mental health issues.
Website: www.youngminds.org.uk

Harmless: Specific information and advice for those who self-harm.
Website: www.harmless.org.uk

B-Eat (Beating eating disorders): Online support and a network of UK-wide self-help groups to assist adults and young people in the UK with eating disorders.
Website: www.b-eat.co.uk

Papyrus (Prevention of Young Suicide): A UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.
Telephone: 0800 068 4141
Website: https://www.papyrus-uk.org/

Mermaids UK: Family and individual support for gender diverse and transgender children and young people.
Telephone: 0808 801 0400
Website: https://mermaidsuk.org.uk/young-people/

PDT and careers Calendar:

A list of the events taking place this half term can be found below. You will receive letters giving further information when necessary.

Tuesday 16th September	Year 9 Assembly – Introduction to Work Experience Day
Thursday 18th September	Year 11 Braintree Sixth Form awareness assembly
Wednesday 24th September	Year 11 Careers Fair
Thursday 9th October	Year 11 Colchester Institute awareness assembly
Friday 10th October	Year 7 Fireworks and Halloween safety assembly

Study and Careers opportunities and useful links

Notley High School & Braintree Sixth Form: Applications for September 2026

We will be holding our Open Evening for Braintree Sixth Form on Thursday 13th November: 5.30-7.30pm. This will be a chance for students and families to look around the sixth form building, speak to students and teachers about the courses available and hear from prefects and the Head of Sixth Form about what is on offer at Braintree Sixth Form.

Please contact Ms Arthur at melissa.arthur@braintreesixthform.com with any questions/queries you might have.

For curriculum and course information, please visit the 'Our Courses' page of this website.

Unifrog

A reminder that all students have access to Unifrog, an award-winning online platform providing careers information and advice. (https://www.unifrog.org/). Log in details will shortly be shared with students in years 7. Please encourage your child to explore this website with you.

Message from Colchester Institute: Autumn Open Event

We'll soon be opening our doors once again to many young people and their families as they begin to explore the exciting opportunities available to them post-16. The October/November Open Events are perfect for year 11 students although year 10s are of course very welcome to attend if they wish to begin researching their opportunities early.

Bookings can be made by following: Open Events | Events | Open Days & Evenings - Colchester Institute

Careermag for Parents & Guardians

The latest issue of Careermag for Parents is here to help parents and carers to support their young people. This issue covers lots of tips for post 16 and 18 options, the UCAS application key dates, talking careers with your children and much more!

Download available here: https://careermap.co.uk/careermag-parents-carers-guardians/

The Essex University Further Studies Preparation Programme for Years 10 and 11

This free online course for students in years 10 and 11 covers six exciting topics to give students the confidence they need to succeed. The course provides information and tips to consider when making future study choices.

Register here: https://www.essex.ac.uk/short-courses/further-studies-preparation-programme

Topics include:

- Guidance on the transition from school to sixth form/college
- Communication and socialising skills
- How to study and revise independently
- Planning for your future and employability tips
- Finance and budgeting help
- Useful life skills for now and in the future

College & Sixth Form Open Events 2025-2026

Please check websites before travelling in case of any changes. Booking may be required.

Directions
CAREERS, INFORMATION, ADVICE & GUIDANCE

Notley High School & Braintree Sixth Form

www.notleyhigh.com/Application-to-join-our-Sixth-Form/

Thursday 13th November 2025 – 5.30pm to 7.30pm

Applications will open online after the open evening on 13th November 2025. Aim to complete applications by the 31st January 2026.

Colchester Institute

www.colchester.ac.uk

Colchester Campus

Saturday 19th October 2024 – 10.00am to 1.00pm
Tuesday 22nd October 2024 – 5.00pm to 8.00pm
Thursday 24th October 2024 – 5.00pm to 8.00pm
Thursday 23rd January 2025 – 5.00pm to 8.00pm

Braintree Campus

Monday 21st October 2024 – 5.00pm to 8.00pm
Saturday 9th November 2024 – 10.00am to 1.00pm
Tuesday 21st January 2025 – 5.00pm to 7.00pm
Thursday 8th May 2025 – 5.00pm to 7.00pm

Apprenticeship Events (Colchester)

13th February 2025– 5.00pm to 7.00pm
19th June 2025 – 5.00pm to 7.00pm

Stansted Airport College

www.stanstedairportcollege.ac.uk

Saturday 11th October 2025 - 10.00am to 2.00pm
Thursday 22nd January 2026– 5.00pm to 8.00pm

Harlow College

www.harlow-college.ac.uk

Thursday 16th October 2025 - 5.00pm to 8.00pm
Tuesday 10th February 2026 -5.00pm to 8.00pm

USP College

www.uspcollege.ac.uk

Seevic Campus - Benfleet

Thursday 2nd October 2025– 5.20pm to 8.00pm
Wednesday 19th November 2025 - tbc
Thursday 22nd January 2026 – tbc

Palmer's Campus - Grays

Thursday 16th October 2025 - 5.20pm to 7.00pm
Wednesday 5th November 2025 - tbc
Thursday 29th January 2026 – tbc

The Sixth Form College, Colchester

www.colchsfc.ac.uk

Wednesday 22nd October 2025- 6.15pm to 9.00pm
Thursday 23rd October 2025 – 6.15pm to 9.00pm

Applications will open online from 24th October 2025 and will close on the 31st January 2026.

Chelmsford College

www.chelmsford.ac.uk

Wednesday 1st October 2025– 6.00pm to 8.30pm
Wednesday 12th November 2025– 6.00pm to 8.30pm
Wednesday 4th February 2026 - 6.00pm to 8.30pm
Wednesday 20th May 2026– 6.00pm to 8.30pm

Writtle College

www.aru.ac.uk/writtle-college

Saturday 11th October 2025 – 10.00am to 3.00pm
Saturday 29th November 2025 – 10.00am to 3.00pm
Saturday 14th March 2026 – 10.00am to 3.00pm
Wednesday 10th June 2026 – 3.30pm to 7.30pm

South Essex College

www.southessex.ac.uk

Southend City College

Thursday 25th September 2025 – 5.00pm to 8.00pm
Wednesday 14th January 2026 – 5.00pm to 8.00pm
Thursday 12th March 2026– 5.00pm to 7.00pm

Stephenson Road Campus, Southend

Tuesday 11th November 2025– 5.00pm to 7.00pm
Tuesday 3rd February 2026– 5.00pm to 7.00pm
Thursday 16th April 2026 – 5.00pm to 7.00pm

Centre for Digital Technologies, The Icon, Basildon

Tuesday 21st October 2025 - 5.00pm to 7.00pm
Tuesday 10th February 2026 – 5.00pm to 7.00pm
Tuesday 28th April 2026 – 5.00pm to 7.00pm

Luckyn Lane, Basildon

Thursday 9th October 2025 – 5.00pm to 7.00pm
Thursday 29th January 2026 – 5.00pm to 7.00pm
Thursday 19th March 2026 – 5.00pm to 7.00pm

Thurrock Campus

Wednesday 1st October 2025– 5.00pm to 8.00pm
Wednesday 7th January 2026 – 5.00pm to 8.00pm
Wednesday 25th March 2026 – 5.00pm to 7.00pm