PDT and Careers Newsletter

Autumn Term 2: 2025

Contact: Mrs Robb, Head of PDT and Careers

michelle.robb@notleyhigh.com

PDT Curriculum Content for Autumn Term 2

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 2 is as follows:

Year 7

Relationships and sex education:

- Introduction to gender identity and sexuality.
- Sex, fertilisation, pregnancy and birth including appropriate terminology
- The physical and emotional changes that occur during puberty and ways to manage these.
- Personal and dental hygiene.
- Issues of unwanted contact (and how to recognise and respond to this), FGM, and sending nudes.

Careers:

- The meaning of 'career'.
- Employment sectors and some of the skills and qualities that would make someone suited to work in them.
- Own personal likes, skills and qualities which might guide future career decisions.
- How stereotyping can limit aspirations.
- How to explore careers and access labour market information (LMI) using the Unifrog website.

Year 8

Skills for Success:

- The difference between a growth and fixed mindset.
- Ways to persevere, adapt and be resilient in different circumstances.
- How to reframe negative thoughts and learn from failures and mistakes.
- The meaning of hard work and how goals are often achieved through determination, repeated attempts and practice.

Citizenship:

- The different political systems and how government and parliament work in the UK.
- The terms 'manifesto', 'policy' and 'political party' and the role of an MP.
- The electoral system in the UK, including voting and general elections.

Finance:

- Budgets (income and expenditure).
- Evaluating value for money in services.
- The positive and negative consequences of making financial decisions
- The risks associated with debt, including online scams.

Year 9

Physical Health and Mental Wellbeing 1:

- How to respond in an emergency e.g., RTAs, fire, water, electrical – DR ABC
- How to put someone in the recovery position
- Heart attack and cardiac arrests
- How to perform CPR and use a defibrillator

Physical Health and Mental Wellbeing 2:

- The facts and myths about cancer.
- The main signs and symptoms of cancer.
- How to reduce the risk of developing many illnesses including several cancers through simple lifestyle choices.
- The signs and symptoms of testicular cancer how to carry out testicular self-examination.
- The importance of seeing a doctor if they have any concerns about health and why it is important to go to the doctor as soon as possible.
- How cancer affects both individuals and those around them.
- Ways to support a friend who is impacted by cancer.

Careers:

- The options process relating to the KS4 subjects available

Year 10

Careers:

- Preparing for Interviews
- Mock interview with a member of the local business community.
- Rights and responsibilities of employees and employers.
- The Equality Act 2010
- How to explore careers and access labour market information (LMI) using the Unifrog website.

Skills for success:

- How to create a realistic revision timetable.
- Methods of revision, including retrieval practice and spaced retrieval.

Year 11

Careers:

- The rights workers are entitled to and how these are protected in the UK.
- Sexual harassment in the workplace.

Relationships and sex education:

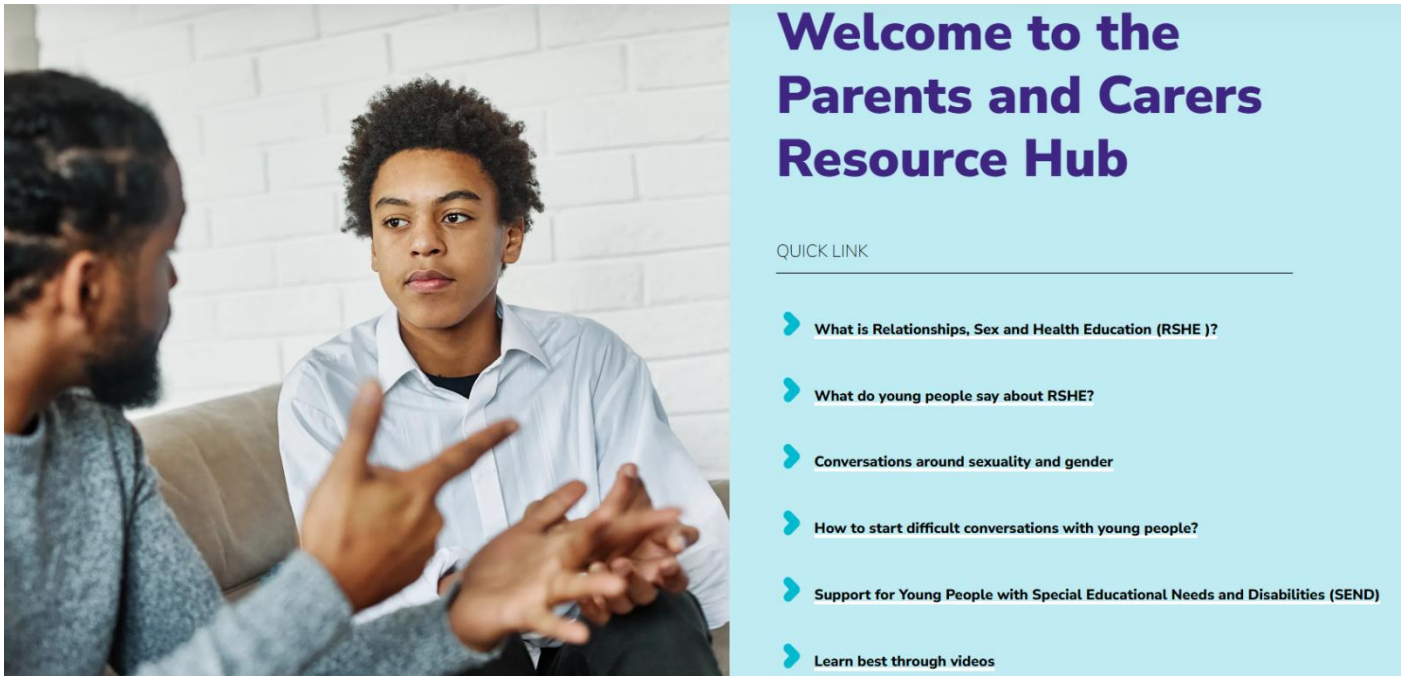
- Passive, assertive, aggressive communication
- Harassment, stalking and the law
- Acceptable and unacceptable behaviours on and offline.
- How to handle unwanted attention both online and offline.
- Consent and the law.
- Relationship abuse (i.e. domestic abuse, coercive control) and the physical, emotional and legal consequences.
- Myths and misconceptions about rape.
- Forced and arranged marriage.
- Honor based violence and forced marriage.
- How to see help for themselves and others.

Sources of support

As a school community, we are committed to working in partnership with parents/carers and we welcome any feedback that you may have. You can view our Relationships and Sex Education Policy here: Notley High School and Braintree Sixth Form - Policies. 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.

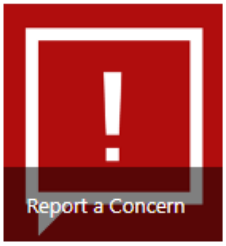
Essex Sexual Health Service

The **Essex Sexual Health Service** offers an excellent **Parents and Carers Resource Hub** **Parents and Carers – Essex Sexual Health Service**, designed to guide you in helping your child navigate relationships and sexual health. This hub provides a wealth of resources to support these important conversations, ensuring you have access to the latest information and best practices in sexual health education, as well as updates on Relationships, Sex, and Health Education (RSHE).



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 4th November	Year 11 Road Safety Play
Tuesday 11th November	Year 8 Home Fire Safety Lessons
Wednesday 3rd December	Year 11 Colchester Institute Information Assembly
Thursday 4th December	Year 11 Parents Vocational Options Information Evening
Thursday 4th and Friday 5th December	Year 10 and 12 Mock Interviews

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 Mr Sainsbury at Edward.Sainsbury@Notleyhigh.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

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.

Notley High School 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

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

Colchester Institute

www.colchester.ac.uk

Colchester Campus
Tuesday 14th October 2025 – 5.00pm to 8.00pm
Saturday 18th October 2025 – 10.00am 1.00pm
Thursday 23rd October 2025 – 5.00pm to 8.00pm
Thursday 22nd January 2026 – 5.00pm to 8.00pm

Braintree Campus
Monday 13th October 2025 – 5.00pm to 7.00pm
Saturday 8th November 2025 – 10.00am to 12.30pm
Tuesday 20th January 2026 – 5.00pm to 7.00pm
Thursday 14th May 2026 – 5.00pm to 6.30pm

Apprenticeship Information Events (Colchester)
12th February 2026– 5.00pm to 7.00pm
18th June 2026 – 5.00pm to 7.00pm

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

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

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

Message from the Essex Apprenticeship Hub:

The **Essex Apprenticeship Hub** (Apprenticeship Hub) is an initiative aimed at promoting and supporting apprenticeships across Essex, UK. It serves as a central resource for both employers and potential apprentices, helping to connect them and facilitate apprenticeship opportunities. The hub works to increase awareness of the benefits of apprenticeships, offering guidance on how to set up apprenticeship schemes, find apprentices, and manage apprenticeship training.

School leavers can register with the Apprenticeship Hub for friendly help and support in finding the right apprenticeship.

If you are in Year 11 or Year 13 email **APPRENTICESHIP.HUB@ESSEX.GOV.UK** to register.

Labour Market Information (LMI)

Labour Market Information (LMI) is a valuable tool for understanding the future job market, especially for young people making career decisions. It helps identify in-demand roles, required skills, and employer expectations. Key insights from LMI include:

- Jobs that are easiest and hardest to find
- Key employers and their hiring trends
- In-demand skills and skill shortages
- Salary expectations for various roles
- Working conditions
- Useful qualifications for specific careers
- Predictions about future job opportunities, including roles that may disappear

LMI is essential in making informed decisions about future careers. By considering LMI, students can focus on developing the skills and qualifications necessary for a successful future.

The following resources offer Labour Market Information in Essex:

- **Where Next? booklet** provides information on eight key sectors in Essex and progression routes into them

https://greateressexcareershub.co.uk/wp-content/uploads/2022/11/career-hub-lmi-booklet-final.pdf

- The **National Careers Service** offers over 800 job profiles on its website. Under each profile you'll learn about the average salary, working hours, typical duties, and routes into the profession.

https://nationalcareers.service.gov.uk/explore-careers

- **Unifrog**: All students have access to local labour market information via the Unifrog platform. This provides an insight into local sectors of growth, salaries and skills that employers are looking for.

https://www.unifrog.org/

- **Job Portals and Recruitment Websites:** Websites like Indeed, Reed, and Totaljobs show job vacancies in Essex, providing insights into in-demand skills and salary ranges.

Industries with growing job opportunities in Essex include manufacturing, health and social care, and construction. These sectors are expanding, creating new roles and increasing the demand for specific skills. Staying informed through LMI ensures students are preparing for a successful career by focusing on industries with strong prospects.

Labour Market Information

Greater Essex CAREERS HUB | THE CAREERS & ENTERPRISE COMPANY

Braintree

Employment

75.6% of Braintree residents are currently employed. This is higher than the national average, 75.1%.

Unemployment

3.5% of Braintree residents are currently unemployed. This is lower than the national average, 4.6%.

Salary

Gross Disposable Household Income is £23,345 per year

Qualifications

64.7% of Braintree residents have a Level 3 qualification or higher (3% below the national average)

In demand skills

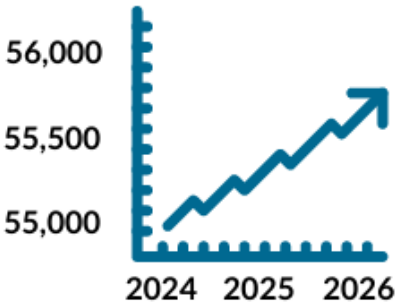
- Technology
- Healthcare
- Sales
- Marketing

Sectors set to grow

- Administrative and support services
- Accommodation and food services
- Water supply activities
- Real Estate activities

From 2018 to 2023, jobs declined by 2.0% in Braintree from 55,886 to 54,777.

Predicted job growth



Where are most of the jobs now?

Health and Social Work

Wholesale and Retail Trade

Manufacturing

Construction

EMPLOYERS – WE NEED YOU!

The Bridge Academy Trust warmly invites you to attend our upcoming Employer Coffee Morning

As a Trust, we are committed to growing our network of employers to enhance our students' careers education. By working together, we aim to equip students with the skills they need to make meaningful contributions as future employees—and support you in growing and strengthening your workforce.

We'd love for you to join us to learn more about how we can collaborate:

🕙 **10:00am – 11:00am**
📅 **Monday 8th December 2025**
📍 **Notley High School & Sixth Form**
Notley Road, Braintree, CM7 1WY

OR

📅 **Monday 15th December 2025**
📍 **Bridge Academy Trust Community Building**
Brian Close, Chelmsford, Essex, CM2 9DZ

Please click the link below or scan the QR code to register your attendance.

https://forms.office.com/e/5ip52pXxhT

We look forward to working with you and exploring the exciting possibilities this partnership could bring—for both our students and your business.

Bridge Academy Trust

Moulsham High School
Sixth Form