



Notley High
School and Sixth Form
Enjoy, Enrich, Achieve, Aspire.

2026: 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

Skills for Success:

- How to successfully plan revision
- Revision strategies

Physical Health and Mental Wellbeing 1:

- The role of a pharmacist, doctor and A&E
- How to respond in an emergency e.g., RTAs, fire, water, electrical
- 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.

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.



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).



Welcome to the Parents and Carers Resource Hub

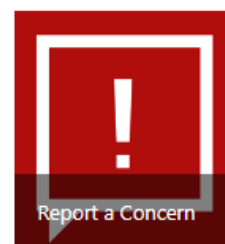
QUICK LINK

- [What is Relationships, Sex and Health Education \(RSHE \)?](#)
- [What do young people say about RSHE?](#)
- [Conversations around sexuality and gender](#)
- [How to start difficult conversations with young people?](#)
- [Support for Young People with Special Educational Needs and Disabilities \(SEND\)](#)
- [Learn best through videos](#)

We would like to remind all students that they should never feel they are alone with a problem. There is always someone available to listen, offer support, and help them find a way forward.

We encourage students to speak to a trusted adult in school, such as their RSL, tutor, subject teacher, learning mentor, or any other member of staff they feel comfortable talking to.

Students can also access support through their school account homepage. Once logged into SharePoint, they will find a support button on their homepage, providing additional help and guidance when needed.



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 \(affc.org.uk\)](http://YoungCarers(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.

Wednesday 11 th November	Year 8 Home Fire Safety Lessons	This event will help students build confidence in staying safe at home by learning how to identify potential fire hazards and understand the importance of having and practising a fire escape plan. Students will receive practical guidance on simple everyday actions that can help prevent fires and keep their homes safer and more secure for themselves and their families.
Wednesday 11 th November	Year 7 'Smashed Live'	This event for Year 7 students uses a live theatre performance and interactive workshop to explore the issues surrounding underage drinking. Students will learn about the social and emotional factors that can influence alcohol use, the impact alcohol can have on young people's lives, and how social influences can affect decision-making. The session will also provide guidance on where and how to seek help for themselves or others, helping students to develop the knowledge, confidence and skills to make informed and positive choices.
Thursday 26 th November	KS5 Options Information Evening for Parents and Carers, 6-7pm	Choosing the right next step after Year 11 is an important decision, and this event is a great opportunity to explore the wide range of vocational pathways available. During the evening, you will have the chance to hear from representatives of the following post-16 education and training providers: • Colchester Institute • Chelmsford College • Writtle University College • Stansted Airport College Representatives will provide information about the courses on offer, entry requirements, career pathways, and the opportunities available to students after completing their qualifications.
Thursday 10 th and Friday 11 th December	Year 10 and 12 Mock Interviews	As part of our careers programme, all Year 10 students will take part in a mock interview with volunteers from the local business community. Students will prepare for this experience in PDT lessons and will be informed of their interview date and time in advance. Interviews will last approximately 15 minutes, with individual feedback provided afterwards. To help create a realistic interview experience, students may choose to dress professionally for the day, although full school uniform remains perfectly acceptable. This is a valuable opportunity for students to build confidence and develop their interview skills as they prepare for their future pathways.

STUDY AND CAREERS OPPORTUNITIES

NOTLEY HIGH SCHOOL & SIXTH FORM: APPLICATIONS FOR SEPTEMBER 2027

We are delighted to invite prospective students and their families to our Notley Sixth Form Open Evening, taking place on Thursday 12 November, from 5.30pm to 7.30pm.

This is an excellent opportunity to explore our Sixth Form facilities, meet current students and teachers, learn more about the courses on offer, and hear from our Prefect Team and Head of Sixth Form about life at Notley Sixth Form and the opportunities available to students.

For curriculum and course information, please visit the '[Our Courses](#)' page of this website.



Please contact Mr Sainsbury at Edward.Sainsbury@Notleyhigh.com with any questions/queries you might have.

Planning for Life After Year 11

As your child begins Year 11, it is important to start considering their next steps after GCSEs. There are a range of post-16 pathways available, including sixth forms, colleges and apprenticeships, and now is an ideal time to begin exploring the options.

Many providers are already advertising their open evenings and open days, which will take place throughout this term. These events offer an excellent opportunity for students and parents to find out more about courses, entry requirements, facilities and future progression routes.

We encourage all families to research the opportunities available and attend open events where possible. For details of dates, times and booking arrangements, please visit the websites of the providers you are interested in, for example:

- Notley Sixth Form: [Notley High School & Sixth Form - Application to join our Sixth Form](#)
- Colchester Institute: <https://www.colchester.ac.uk/events/>
- Chelmsford College: <https://www.chelmsford.ac.uk>
- Stansted Airport College (Harlow College Group): <https://www.harlow-college.ac.uk/stansted-airport-college>
- Writtle College: <https://www.aru.ac.uk/writtle-college>
- MPCT (Military Preparation College for Training), Colchester: <https://mpct.co.uk/colleges/colchester/>

Taking the time to explore options now will help ensure that your child is well informed and prepared to make the right decision about their post-16 education and training pathway.

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.



PARENTS AND CARERS GUIDE TO POST-16 OPPORTUNITIES

Supporting a young person as they move toward adulthood can feel exciting, but it can also bring uncertainty — especially when trying to understand what options are available after the age 16. As part of the wider Preparing for Adulthood journey, this guide has been created to give you clear, practical information at every stage, helping you feel informed and supported.

Link: [Post 16 Parents & Carers Guide](#)

Here you'll find everything you need in one place - from understanding post-16 education options and experiences of work, to exploring Supported Internships, apprenticeships, travel training, university pathways, day opportunities, and Supported Employment. The guide also includes helpful timelines, practical tips, key questions to ask, and links to organisations across Essex that can offer further guidance.

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://careermag.co.uk/careermag-parents-carers-guardians/>

DIRECTIONS VIRTUAL CAREERS INFORMATION BOARD

Parents and students can access the Directions Virtual Careers Information Board, which contains up-to-date information on careers, apprenticeships, colleges, universities, employment sectors and useful resources to support future career planning.

Link: [Directions Virtual Careers Information Board](#)

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.

Welcome to the Apprenticeship Hub

Every year we help lots of School leavers in Essex to launch their career with great apprenticeship opportunities.

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://greateressexcareershubs.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

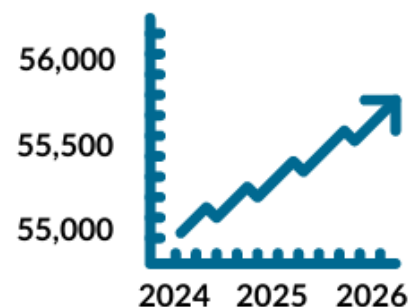
- Technology
- Healthcare
- Sales
- Marketing

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?



Manufacturing

Health and Social Work



Construction

Wholesale and Retail Trade

