PDT and Careers Newsletter

Spring Term 1: 2026

Contact: Mrs Robb, Head of PDT and Careers

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PDT Curriculum Content for Spring 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 in 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 Spring term 1 is as follows:

Year 7

Living in the Wider World

- The meaning of community, diversity and discrimination and the positive aspects of living in a diverse society.
- What it means to be empathetic and how our actions can have both positive and negative consequences for others.
- The Protected Characteristics and Equality Act 2010.
- All types of bullying (including online and sexual harassment) and the mental and physical impact it has.
- Stereotyping and prejudice.
- Strategies to use if they or others they know experience bullying, how to respond to bullying of any kind and the sources of support that are available.

Skills for Success

- Prepare for exams considering what revision is, why it is important and techniques to use.
- Identifying their personal strengths and areas for development
- How memory works and using memory techniques to improve working memory
- The importance of effective revision techniques and how to use them.

Year 8

Living in the wider world

- The Protected Characteristics and Equality Act 2010.
- The different forms of bullying (i.e. emotional, physical, exclusion, cyberbullying and sexual harassment).
- What discrimination is and how to recognise it.
- The difference between banter and bullying.
- The effects on an individual and community.
- What someone should do if they are experiencing bullying now or in the future.
- What to do and strategies to use if we witness or believe someone is experiencing bullying.
- Coping with stress.
- Where to seek support.

Staying safe

- What to do in an emergency i.e. who to contact, when, how and what information to give.
- Basic first aid skills.
- Personal Safety.

Year 9
Careers

- How to research future career choices and aspirations.
- How to develop skills and experiences.
- What career stereotypes and prejudices are, and the impact they can have on individuals.
- Develop critical thinking skills to question assumptions, and the confidence to challenge stereotypes and support equality in employment.
- How to explore careers and access labour market information (LMI) using the Unifrog website.

Living in the wider world

- The meaning of homophobia, transphobia, sexism and sexual harassment.
- The difference between gender identity, gender expression, sexual orientation and sex assigned at birth.
- The Equality Act 2010 and Protected Characteristics.
- Recognising, prevent and challenging bullying and discrimination.
- The impact of discrimination.
- How to be an ally.
- The sources of support that are available.

Year 10
Relationships, Sex Education and Core Religious Studies

- The options available to people who wish to make a long-term commitment.
- The legal status of different types of relationships, including marriage and civil partnerships, and why people choose to form such a commitment.
- Forced and arranged marriage.
- The qualities that make someone a good parent.
- Parental responsibilities.
- The link between lifestyle and fertility.
- The causes of infertility.
- Routes to parenthood i.e., adoption, fostering, IVF, surrogacy, co-parenting.
- The choices around unplanned pregnancy.
- Facts about abortion.
- Miscarriage and ectopic pregnancy.
- The common myths and assumptions regarding sex, including consent, and how these are perpetuated by pornography.
- The law in relation to youth produced sexual imagery.
- Consent and the capacity to consent.
- Accessing help and support.

Year 11
Core Religious Studies: Crime and punishment

- Exploring views on justice, punishment and forgiveness

Finance

- Financial independence
- Payslip information
- Financial technology and how it is changing.
- Financial technology to support money management.
- Ways to prevent cyber-crime and fraud.
- Planning for retirement: pensions
- How to choose a bank account and compare financial products.
- Understanding bank statements.
- Bills and expenses including, renting, and buying a house.

As a school community, we are committed to working in partnership with parents/carers and we welcome any feedback that you may have. Our Relationships and Sex Education Policy is on the school website: https://www.notleyhigh.com/relationship-and-sex-education-policy . Please do contact me if you would like to find out more about what your child will learn and/or view materials and resources being used in lessons.

Mental Health and Wellbeing – Sources of support

I would like to remind all parents and carers that students may seek support if required, from our pastoral team. This includes the tutors and pastoral managers.

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

7th January	Year 9	Introduction to Work Experience Assembly
23rd January	Year 7	Arson and Hoax Calls prevention workshops with Essex Fire and Rescue
26th January	Year 8	Colchester Institute Awareness Assembly
27th January	Year 9	Writtle University College Awareness Assembly
28th January	Year 9	Work Experience Day
W/C 2nd February	All years	Apprenticeship Awareness Assemblies
5th February	Year 10	Apprenticeship Fair, Braintree College
W/C 9th Feb	All years	Internet Safety Assemblies with Essex Fire and Rescue

Essex Sexual Health Service

ESSEX SEXUAL HEALTH SERVICE: PARENT AND CARERS RESOURCE HUB

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).

Period Equality for all

Our school provides free period products to any student that needs them, for whatever reason.

We have a huge selection of:
- Sanitary towels
- Tampons
- Modibodi Period Pants

Products are available from
- Mrs Simpson in the medical room
- Mrs Robb in the PDT office
- Mrs Vickery and Ms Green
- Your RSLs
- All department offices

There is no need to ever be embarrassed about asking, but if you find it difficult, all you need to do is ask for 'something from the white bag'. Staff will know what this means!

Can You Help Us?

Year 10 Work Experience Opportunities

We are excited to announce that all year 10 students will be participating in work experience from 29th June to 3rd July 2026. This invaluable opportunity allows students to gain insight into potential careers, develop their professional skills, and enhance their CVs.

As part of this process, students are responsible for securing their own placements. However, we understand that some students may not have the necessary contacts or connections, so we are looking to compile a list of local employers who would be willing to offer work experience placements to help those students.

If you are an employer who would be interested in supporting our students by offering a work experience placement, we would be extremely grateful. Please contact Michelle Robb via email at michelle.robb@notleyhigh.com to let us know if you can help.

We look forward to hearing from you and thank you for considering this opportunity to make a positive impact on the next generation.

National Apprenticeship Week 2026

National Apprenticeship Week (NAW) 2026 in the UK will be held from Monday, February 9th to Sunday, February 15th, 2026, bringing together employers, apprentices, and educators to celebrate the impact of apprenticeships, focusing on developing "Skills for Life" to boost individuals, businesses, and the economy.

The annual week-long celebration of apprenticeships, taking place across England, will reflect on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and businesses to develop a talented workforce that is equipped with future-ready skills.

To find out more about NAW 2026, please visit:
https://naw.appawards.co.uk/
https://www.amazingapprenticeships.com/naw/

Essex Opportunities

Looking for an apprenticeship?

Essex Apprenticeship Hub | Find Apprenticeships & Career Support

School leavers can register with the Apprenticeship Hub to access the Apprenticeship Hub sessions and the Apprenticeship Hub Padlet (Apprenticeship vacancies, useful websites, events, Employer insights and more): Apprenticeship Hub

Essex Careers Padlet

We Rise Essex | Youth Movement Breaking Barriers to Employment

Essex County Council | Sustainable Growth

The Apprenticeship Hub

Apprenticeship Hub Live events 2025/26

14 January 2026, 6.15pm to 7pm	**Interview Preparation and Developing Resilience**
21 January 2026, 6.15pm to 7pm	**Click to Construct: Construction Apprenticeships**
11 February 2026, 6.15pm to 7pm	**Innovate and Earn: Engineering and Advanced Manufacturing**
16 to 20 February	**1-2-1 Careers Support Sessions (in person, by appointment only)**
25 February, 6.15pm to 7pm	**Risk, Reward and Real Careers: Insurance Apprenticeships**
4 March 2026, 6.15 to 7pm	**Hidden Job Market and Using LinkedIn (National Careers Week)**
18 March, 6.15pm to 7pm	**Careers That Help Your Community: Apprenticeships in the Public Sector**
30 March to 10 April	**1-2-1 Careers Support Sessions (in person, by appointment only)**
8 April, 6.15pm to 7pm	**Assessment Centres: How to Stand Out**
22 April, 6.15pm to 7pm	**Police Apprenticeships: Hear Directly from Essex Police**
13 May, 6.15pm to 7pm	**Your Journey Starts Here: Travel and Logistics Apprenticeships**
25 to 29 May	**1-2-1 Careers Support Sessions (in person, by appointment only)**
10 June, 6.15pm to 7pm	**Play to your Strengths: Sport Apprenticeships**
24 June, 6.15pm to 7pm	**Creative and Digitech Apprenticeships**
8 July, 6.15pm to 7pm	**Renewable Energy Apprenticeships**

Contact: apprenticeship.hub@essex.gov.uk

From understanding apprenticeships to learning what it's like to work in different industries and acing your application, this fair is a great opportunity to explore your options and get your questions answered by the experts. Join live sessions with employers from across the UK and speak directly to their representatives to achieve your dream apprenticeship!
Register here: Apprenticeship Fair

LABOUR MARKET INFORMATION (LMI) AND PROGRESSION ROUTES IN ESSEX

Labour Market Information (LMI) is a useful tool to help research future jobs in the local area, understand the skills needed for certain roles and the demand for future employment.

LMI helps to break down the complex 'world of work'. Crucially for young people, LMI covers future demand – what kinds of jobs will be in demand after leaving school and what kinds of skills will be needed. Labour market information tells you:

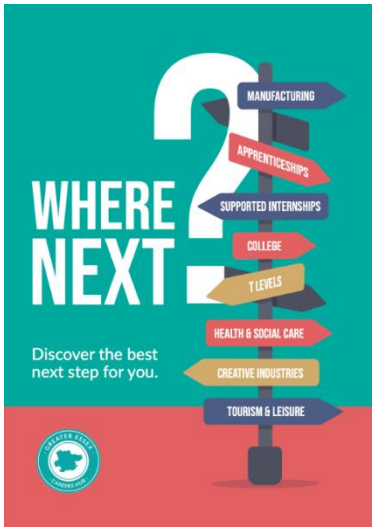
- Which jobs are likely to be easiest or hardest to find in your area
- Which are the big employers in different areas and which ones have jobs on offer
- What skills employers are looking for and which are in short supply
- How much you can expect to be paid in specific jobs
- What working conditions are like
- What qualifications will be most helpful if you want a certain career
- What the jobs of the future might look like and which jobs might disappear

All of these factors can help young people make a more informed decision about what career path to take.

THE GREATER ESSEX CAREERS HUB HAS PRODUCED A FANTASTIC RESOURCE TO SUPPORT LMI…

WHERE NEXT? DISCOVER THE BEST NEXT STEP FOR YOU

Not everyone knows what they want to do when they finish school and even if you do, do you know how to get started or what training you need to get the job you want?



We are here to help! This is our guide to everything you need to know about getting ready for a job or training you would like to do.

We will show you eight different industries that you could think about for your future jobs. These are all popular and growing in Essex and are important for bringing money and new skills to Essex. Each of these industries have different starting points no matter what your qualifications, skills or experience. There is something for everyone!

We have also included information about the different types of learning and training courses available to you after finishing school or college. These are things like on-the-job training for beginners, how to combine work and study, and options to continue your education at a university or elsewhere.

https://greateressexcareershub.co.uk/flipbook/where-next/index.html

Military Preparation College for Training (MPCT) Academy in Colchester

We have several 'Keep in touch' days over the coming months. It is an opportunity for parents, potential learners, schools and stakeholders to come and see what we are all about at the MPCT Academy in Colchester.

The dates are as follows:

- **Friday 27th Mar 2026**
- **Friday 01st May 2026**
- **Friday 19th June 2026**

To book your place please call Learner Support on **0303 003 3677** or email **help@learningcurvegroup.co.uk.**

Order of the afternoon:

13:00 – 13:20 – Welcome to the Academy

13:20 – 14:00 – What to expect at MPCT/presentation & taster session

14:00 – Q&A – Centre Manager & current learners

14:30 – Dispersal

This is a wonderful opportunity to connect with fellow learners, get to know our instructors, and experience firsthand what learning the MPCT way is all about. We hope you'll join us and discover an environment that's supportive, inspiring, and exciting as you look forward to your future career.

If you have any questions, please feel free to get in touch.

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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