PDT and Careers Newsletter

Summer Term 2 - 2026

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PDT Curriculum Content for Summer 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 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 Summer term 2 is as follows:

Year 7

Citizenship

- Human Rights, in particular the rights that all children share.
- How to protect their rights and how campaign and influence change.
- The meaning of home.
- The reasons why people migrate, including refugees, asylum seekers and internally displaced people.
- International law i.e. the rights of a refugee
- The support that exists for refugees, including refugees and asylum seekers.

Skills for Success

- Evaluating personal strengths and identifying areas to work on
- Target setting for year 8

Year 8

Careers

- The skills and qualities associated with enterprise and employability.
- Market sectors.
- Health and safety laws, including safety symbols
- Methods of advertising and presentation skills
- Employability skills: hard and soft skills
- Identifying personal skills and interests linked to future career choices.
- How to explore careers and access labour market information (LMI) using the Unifrog website.

Skills for Success

- Evaluating personal strengths and identifying areas to work on
- Target setting for year 9

Year 9

Careers

- Fixed and growth mindset.
- Setting SMART targets.
- The changing world of work.
- How to use personal networks.
- Talking about skills at interview, giving examples as evidence.
- How to write a personal statement showcasing strengths and achievements linked to a role.
- The ways in which a person can be employed, including volunteering.
- Contracts. The law in relation to working under the age of 18.
- Rights and responsibilities in the workplace.
- The reliability of online sources of information, including false advertising.
- Social media and how to protect our online presence.

Finance

- What an economy is and how it influences our financial decision making.
- How the different parts of the economy are connected.
- How personal decisions affect the economy.
- Interest and inflation.
- How consumers choices affect others' economies and environments.

Skills for success

- Embracing new challenges and coping with change.
- Strategies for managing the transition between KS3 and 4.
- Sources of support.
- Evaluating personal strengths and identifying areas to work on.
- Target setting.

Year 10

Finance

- Why people borrow money.
- The impact and range of risks involved.
- Mortgages, credit and debt, APR, credit cards, payday loans, safe borrowing.
- The use of advertising to persuade people to use their financial services.
- Dealing with debt and the effects on relationships with family and friends.
- The different types of gambling.
- The law.
- Understanding why we take risks and how to manage risk.
- Advertising.
- Signs of problematic gambling.
- Accessing help and support.

Staying safe

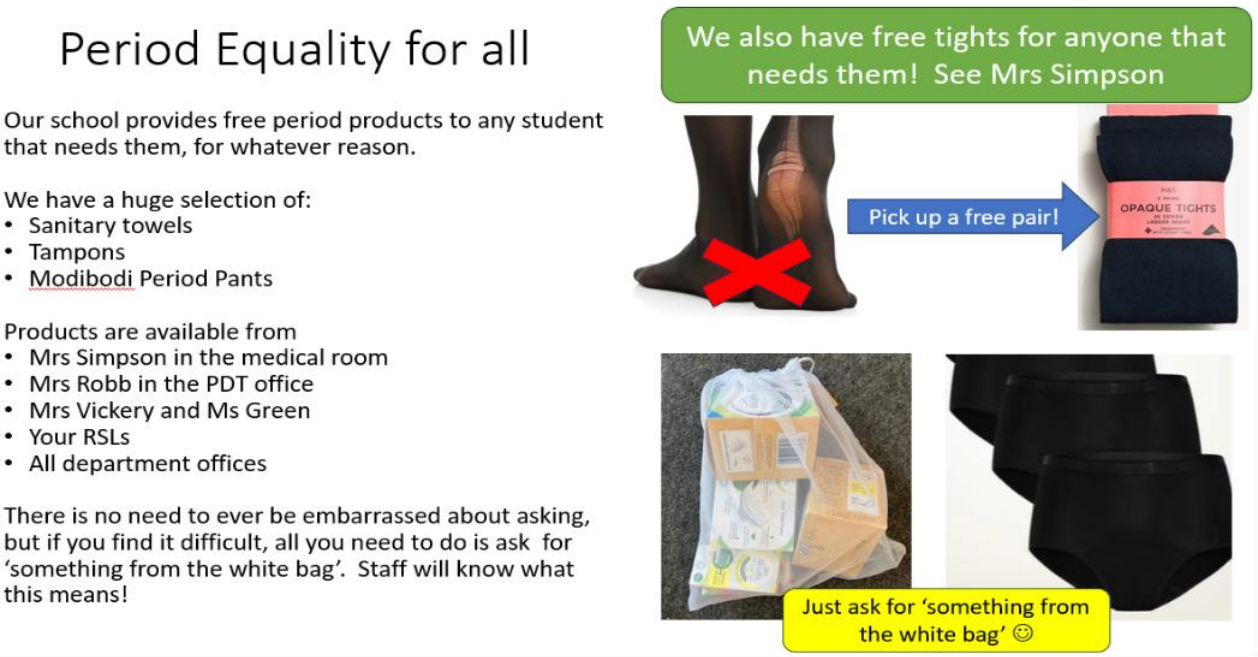
- How alcohol and other drugs can affect decision-making.
- The factors that may influence a person's decision to take drugs.
- The factors that increase risk
- The short- and long-term risks of drug and alcohol use (physical, social, emotional, financial and legal), including addiction.
- Ways to keep safe and support friends when socialising.
- The effects of substance use on the individual, friends and family, community, and society.
- Risks in relation to 'crunch moments' in particular, vehicle safety.
- The responsibilities as a passenger and future driver.
- How to access help: 999.
- Strategies for managing peer influence in increasingly independent contexts.
- Accessing help and support.

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: Notley High School and Braintree Sixth Form - Policies. 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.

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.

Wednesday 10th June	Stansted Airport College Assembly	Year 10
Thursday 11th June	Taster Day	Year 10
Thursday 11th June	Assembly with University of Essex: Preparation for Campus Visit	Year 9
Tuesday 16th June	University of Essex Campus Visit	Year 9
Monday 22nd June	Careers Insight Day	Year 7
Monday 29th to Friday 3rd July	Work Experience Week	Year 10



ESSEX SEXUAL HEALTH SERVICE: PARENT AND CARERS RESOURCE HUB

The Essex Sexual Health Service Parent and Carers Resource Hub offers a wealth of resources to support parents and carers in guiding their children through understanding relationships and sexual health. The site provides resources to support in these conversations, ensuring you have access to the latest information and best practices in sexual health and education. https://essexsexualhealthservice.org.uk/parents-and-carers/

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/

ChildLine 0800 1111 YOUNGMiNDS fighting for young people's mental health kooth

Looking for an apprenticeship?

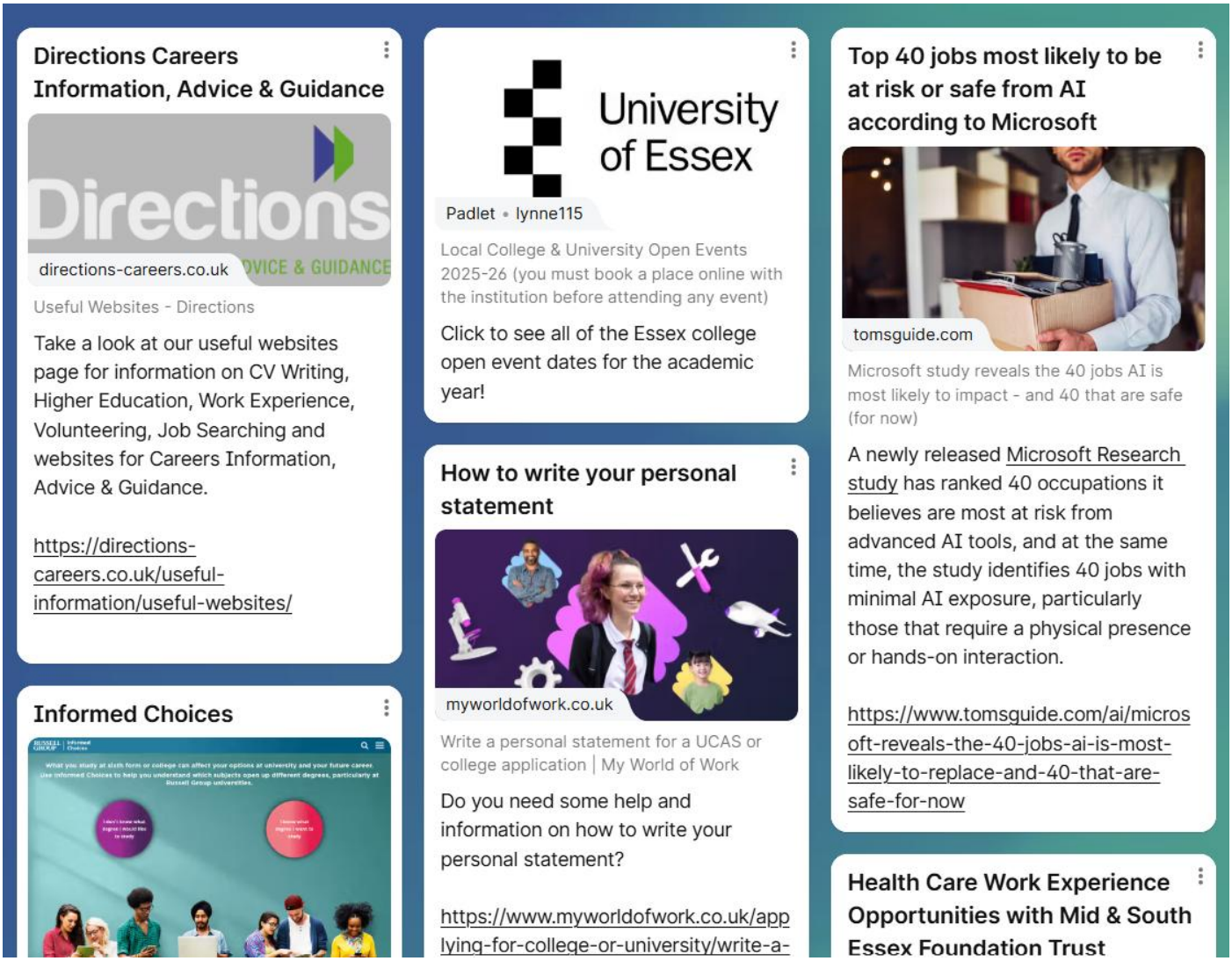
School in year 11 and 13 can register with the Apprenticeship Hub for friendly help and support in finding the right apprenticeship: [Essex Apprenticeship Hub | Find Apprenticeships & Career Support]

Careers Padlet

Directions, the independent careers advice service used by the school, have created a Padlet, an online noticeboard where you can explore a wide range of useful resources, opportunities, training options, and guidance to support students' next steps.

It's regularly updated with helpful information on careers, courses, apprenticeships, and more, so it's well worth taking a look and checking back from time to time.

You can access it here: [Directions Virtual Careers Information Board]



LABOUR MARKET INFORMATION (LMI) AND PROGRESSION ROUTES IN ESSEX

What is Labour Market Information (LMI)?

Labour Market Information (LMI) helps answer an important question: *Does your child's career ambition link to real employment opportunities?*

LMI provides up-to-date information about jobs, employment trends, required skills, salaries, and future workforce needs. It is valuable for both students and parents, as it supports informed decisions about subject choices, qualifications, and next steps. By linking education to real-world opportunities, LMI helps students plan confidently and realistically for their futures, while enabling parents to better guide and support these decisions.

Employment Opportunities by Area

- **Local – Braintree** Strong opportunities exist in sectors such as construction, health and social care, logistics, retail, and local apprenticeships with employers across the district.
- **Regional – East Anglia** Key growth sectors include agriculture and agri-tech, renewable energy, digital technologies, engineering, and healthcare.
- **National – UK** National trends show increasing demand for digital and IT skills, healthcare professionals, green energy jobs, engineering roles, and careers requiring flexibility and transferable skills.

Understanding LMI helps families see how today's learning connects to future careers and where opportunities are growing—both locally and nationally. We use this information to shape and strengthen our careers provision to meet the needs of our students.

What Can LMI Tell Us?

LMI is a powerful tool for understanding the future job market. It can provide insights into:

- Jobs that are easiest and hardest to access
- Key employers and their recruitment trends
- Skills in demand and current skill shortages
- Salary expectations across different roles
- Working conditions in various industries
- Qualifications needed for specific careers
- Future job trends, including emerging roles and those that may decline

Useful LMI Resources for Essex

- **Where Next? Booklet**
  Provides information on eight key sectors in Essex and outlines progression routes into them:
  https://greateressexcareershub.co.uk/wp-content/uploads/2022/11/career-hub-lmi-booklet-final.pdf
- **National Careers Service**
  Explore over 800 job profiles, including salary, working hours, daily tasks, and routes into each career:
  https://nationalcareers.service.gov.uk/explore-careers
- **Unifrog**
  All students and parents have access to Unifrog, which offers local labour market insights, including growth sectors, salaries, and employer expectations:
  https://www.unifrog.org/

Springpod

SKILLS FOR LIFE

National Careers Week NCW

NATIONAL APPRENTICESHIP WEEK 2026 SKILLS FOR LIFE

Thinking about your future pathways? Not sure what is available?

Explore your options before you apply or commit.
*Developed with support from the ***Department for Education.***

Scan to get started

An Introduction to *Higher Technical Qualifications*

An Introduction to *T Levels*

An Introduction to *Apprenticeships*

https://www.springpod.com/search?q=department%20of%20education

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