



Notley High School & Braintree Sixth Form

Mr R James, Deputy CEO & Executive Headteacher
Dr C Cusick, Head of School



February 2022

Dear Parents/Carers

Year 7 Spring Term PDT Lesson Curriculum Overview

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.

I am writing to let you know the curriculum overview for PDT lessons in Year 7 during Spring term 2 is as follows:

Spring Term 2

Relationships and Sex Education: Students will explore the qualities and behaviours expected in healthy relationships and will learn why the media portrayal of relationships may not reflect real life. They will discuss the role of parents within a family and suggest ways to reduce and resolve conflict.

Skills for Success (Memory and revision): Students will consider what revision is, why it is important and learn techniques for improving memory.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. 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 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.

Our Relationships and Sex Education Policy is on the school website.

Yours faithfully

Mrs M Robb
Head of Faculty: PDT, Resilience and Careers

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