



Notley High School & Braintree Sixth Form

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



September 2021

Dear Parents/Carers

Year 10 Autumn 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 10 during Autumn term 1 is as follows:

Autumn 1
<p>Transition to Key Stage 4: Resilience and strategies to cope with change. Study and learning habits.</p> <p>Health: Physical and emotional health. Mental health and ill health. Tackling stigma.</p> <p>Alcohol and drugs, including decision making, strategies to manage influence, physical and psychological consequences of substance use.</p>

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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