



Notley High School & Braintree Sixth Form



Headteacher: Miss M Ryan

September 2022

Dear Parents/Carers

Year 7 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 7 during Autumn term 1 is as follows:

Autumn Term 1

Transition to secondary school and friendships. Understanding the importance of school rules.

Health and Wellbeing: Students will explore what makes a healthy lifestyle, including healthy eating, physical exercise, and sleep, and how these can affect our mental wellbeing, ability to learn and happiness.

Living in the Wider World: Students will explore the meaning of diversity and discrimination. They will explore what it means to be empathetic and how our actions can have both positive and negative consequences for others. Students will learn what bullying is, including online, and strategies to use if they experience it.

I would like to remind all parents that students may seek additional support if required, from our pastoral team. This includes the tutors and pastoral managers: Mrs Vickery, Mrs Glynn and Mrs Turner. As a school, we also promote the use of our question box, where students may post anonymous questions which will be addressed during tutor time or PDT lessons as appropriate.

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 and Careers

Notley High School & Braintree Sixth Form, Notley Road, Braintree, Essex CM7 1WY

† 01376 556300 e enquiries@notleyhigh.com w www.notleyhigh.com

