



Notley High School & Braintree Sixth Form



Headteacher: Miss M Ryan

March 2022

Dear Parents/Carers

Year 9 Summer 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 9 during Summer term 1 is as follows:

Summer Term 1

Staying Safe: Students will explore healthy and unhealthy friendships, in particular the assessment of risk and peer pressure in relation to illegal substances (Drugs, alcohol, and smoking). They will assess the potential consequences and discuss strategies for saying no to something they feel uncomfortable with.

Health and Wellbeing: Students will learn what cancer is and how to reduce the risk through simple lifestyle choices. They will discuss the facts and myths surrounding cancer and identify the main signs and symptoms.

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

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

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

