

PDT and Careers Newsletter

Autumn Term 2: 2023

Contact: Mrs Robb, Head of PDT and Careers

michelle.robb@notleyhigh.com

PDT CURRICULUM CONTENT FOR AUTUMN TERM 1

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 by tutors during 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 Autumn term 2 is as follows:

Year 7

Relationships and Sex Education: Students will be introduced to gender identity, sexuality and sex and will become familiar with the appropriate terminology. They will explore the changes that occur during puberty and ways to manage these. They will also look at the issues of unwanted contact, FGM and sending nudes.

Health and Wellbeing: Students will explore what mental wellbeing and self-esteem are and how these can be affected by negative influences around us (e.g. social media and body image).

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

Year 8

Living in the Wider World: Students will learn about the Protected Characteristics. They will explore the difference between banter and bullying. They will learn the different types of bullying and what their responsibilities are if they witness (or believe someone is experiencing) bullying, including what to say and who to tell.

Health and Wellbeing: Students will learn basic first aid skills. They will learn who to contact, when, how and what information to give in an emergency.

Skills for Success: Students will consider how to create a positive learning environment in their own home. They will evaluate who they learn best with and will explore effective revision techniques

Year 9

Relationships and Sex Education: Students will explore healthy relationships including consent and the law. They will discuss what STIs are and how the spread can be reduced or prevented. Students will explore the range of contraceptives available and the pros and cons for each. They will also discuss issues around pornography.

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 and identify the main signs and symptoms.

Skills for Success: Students will explore active revision techniques and learn how to plan a revision timetable.

Year 10

Careers: Students will identify and learn the skills required to present themselves in the best possible way and make a good impression at an interview. All students will complete a mock interview with a member of the local business community.

Skills for Success: Students will create a realistic revision timetable and recall effective revision techniques.

Year 11

Careers: Students will explore the laws that are in place to protect worker's rights. They will learn about sexual harassment in the workplace, including how to recognise and report it.

Relationships and Sex Education: Students will explore how to effectively communicate their wants and needs in relationships. They will discuss how to handle unwanted attention both on and offline. They will explore the various forms of domestic abuse and how to seek help for themselves and others. They will identify what a forced marriage is and how it is distinguished from an arranged marriage or other form of legal marriage. They will discuss where and how to seek support if they are concerned about themselves or someone they know.

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 your child's tutor, or Mrs Robb 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 list of the events taking place this half term can be found below. You will receive letters giving further information when necessary.

Thursday 9 th November	Year 8 Home Fire Safety sessions with Essex Fire and Rescue
Thursday 7 th and Friday 8 th December	Mock interviews for all students in years 10 and 13



Period Equality for all

Our school provides free period products to any student that needs them, for whatever reason.

We have a huge selection of:

- Sanitary towels
- Tampons
- Modibodi Period Pants

Products are available from

- Mrs Simpson in the medical room
- Mrs Robb in the PDT office
- Mrs Glynn, Mrs Vickery and Mrs Turner
- Your RSLs
- All department offices

There is no need to ever be embarrassed about asking, but if you find it difficult, all you need to do is ask for 'something from the white bag'. Staff will know what this means!

We also have free tights for anyone that needs them!
See Mrs Simpson



Just ask for 'something from the white bag' 😊

MENTAL HEALTH AND WELLBEING – SOURCES OF SUPPORT

I would like to remind all parents and carers that students may seek support if required, from our pastoral team.

This includes the tutors and pastoral managers: Mrs Turner, Mrs Glynn and Mrs Vickery.

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 \(affc.org.uk\)](http://YoungCarers(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/>



Mrs Turner



Mrs Glynn



Mrs Vickery



A reminder that all students have access to Unifrog, an award-winning online platform providing careers information and advice. Log in details will shortly be shared with students in years 7.



Please encourage your child to explore this website with you. (<https://www.unifrog.org/>).

The Unifrog tools

Careers Library

- Over 1000 career profiles
- Presents information from a range of sources
- Includes qualifications and skills needed, interviews with industry professionals and labour market information
- Explores progression opportunities and what a working week really looks like

UK Universities

- Students can enter subjects of interest and projected grades to see all relevant university courses available in the UK
- Rank and filter opportunities by factors like hours of lectures, price of accommodation and graduate job rates
- Get direct links to university information pages, with impartial information on courses and institutions
- Save unlimited shortlists to refer back to later

Apprenticeships

- Students can find live apprenticeship vacancies
- Vacancies are updated daily
- Rank and filter opportunities by factors like distance from home, weekly wage and application deadlines
- Direct link to the 'apply' page
- Each apprenticeship vacancy includes practical information about the opportunity, employer and training
- Save unlimited shortlists to refer back to later

Special Opportunities

- Includes £5 million-worth of grants, bursaries, scholarships, contextual offers and extracurricular activities
- These can be filtered by circumstances or characteristics, depending on the access requirements of the opportunity
- Includes direct links for applying
- Unlimited shortlists can be created and referred back to

PARENTS & CARERS CAN NOW GET SIGNED UP TO UNIFROG!

Scan this QR Code or go onto www.unifrog.org/student and click 'Sign in for the first time'

You'll be asked for some details and a Sign-up Code. This is what you need:

NOTBParents

After signing up, log into Unifrog using your email address and password via the student sign-in page!

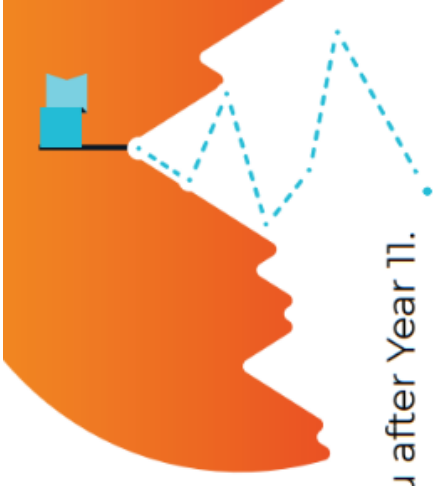


College & Sixth Form Open Events 2023-2024

Please check dates and times before travelling. You may also need to register your attendance online in advance.

<p style="text-align: center;"><u>Braintree Sixth Form</u> www.braintreesixthform.com</p> <p>Wednesday 8th November 2023 – 6.00pm to 8.00pm</p> <p style="color: red;"><i>Applications will open online from 9th November 2023 (no closing date)</i></p>	<p style="text-align: center;"><u>The Sixth Form College, Colchester</u> www.colchsfc.ac.uk</p> <p>Wednesday 18th October 2023 - 6.15pm to 9.00pm Thursday 19th October 2023 – 6.15pm to 9.00pm</p> <p style="color: red;"><i>Applications will open online from 20th October 2023 and will close on the 31st January 2024</i></p>
<p style="text-align: center;"><u>Colchester Institute</u> www.colchester.ac.uk Colchester Campus</p> <p>Saturday 14th October 2023 – 10.00am to 1.00pm Tuesday 17th October 2023 – 5.00pm to 8.00pm Thursday 19th October 2023 – 5.00pm to 8.00pm Thursday 25th January 2024 – 5.00pm-8.00pm</p> <p style="text-align: center;">Braintree Campus</p> <p>Monday 16th October 2023 – 5.00pm to 8.00pm Saturday 4th November 2023 – 10.00am to 1.00pm Tuesday 23rd January 2024 – 5.00pm to 7.00pm Thursday 9th May 2024 – 5.00pm to 7.00pm</p> <p style="text-align: center;">Apprenticeship Events</p> <p>Tuesday 13th February 2024 – 5.00pm to 7.00pm Thursday 20th June 2024 – 5.00pm to 7.00pm</p>	<p style="text-align: center;"><u>Stansted Airport College</u> www.stanstedairportcollege.ac.uk</p> <p>Saturday 14^h October 2023 - 10.00am to 2.00pm Thursday 25^h January 2024– 5.00pm to 8.00pm Wednesday 1st May 2024 – 5.00pm to 8.00pm</p> <p style="text-align: center;"><u>Harlow College</u> www.harlow-college.ac.uk</p> <p>Thursday 19th October 2023 - 5.00pm to 8.00pm Tuesday 13th February 2024 - 5.00pm to 8.00pm Wednesday 24th April 2024 – 5.00pm to 8.00pm</p>
<p style="text-align: center;"><u>Chelmsford College</u> www.chelmsford.ac.uk</p> <p>Wednesday 11th October 2023– 6.00pm to 8.30pm Wednesday 15th November 2023– 6.00pm to 8.30pm Wednesday 7th February 2024 - 6.00pm to 8.30pm Wednesday 19th June 2024– 6.00pm to 8.30pm</p>	<p style="text-align: center;"><u>South Essex College</u> www.southessex.ac.uk Southend City College</p> <p>Thursday 3rd October 2023 – 5.00pm to 7.00pm Thursday 16th November 2023 – 5.00pm to 7.00pm Tuesday 13th February 2024– 5.00pm to 7.00pm</p>
<p style="text-align: center;"><u>Writtle University College</u> www.writtle.ac.uk</p> <p>Saturday 14th October 2023 – 10.00am to 3.00pm Saturday 25th November 2023 – 10.00am to 3.00pm Saturday 13th January 2024 – 10.00am to 3.00pm Saturday 9th March 2024 – 10.00am to 3.00pm Saturday 4th May 2024 – 10.00am to 3.00pm Saturday 15th June 2024 – 10.00am to 3.00pm</p>	<p style="text-align: center;">Stephenson Road, Southend</p> <p>Wednesday 8th November 2023– 5.00pm to 7.00pm Tuesday 9th January 2024– 5.00pm to 7.00pm Tuesday 30th April 2024 – 5.00pm to 7.00pm</p> <p style="text-align: center;">Thurrock Campus</p> <p>Wednesday 18th October 2023– 5.00pm to 7.00pm Thursday 11th January 2024 – 5.00pm to 7.00pm Tuesday 16th April 2024 – 5.00pm to 7.00pm</p>
<p style="text-align: center;"><u>USP College</u> www.uspcollege.ac.uk Seevic Campus - Benfleet</p> <p>Thursday 19th October 2023– 6.30pm to 8.00pm Thursday 23rd November 2023 - 6.30pm to 8.00pm Wednesday 31st January 2024 – 5.00pm to 7.00pm</p> <p style="text-align: center;">Palmer's Campus - Grays</p> <p>Thursday 5th October 2023 - 6.30pm to 8.00pm Thursday 9th November 2023 - 6.30pm to 8.00pm Wednesday 24th January 2024 – 5.00pm to 7.00pm</p>	<p style="text-align: center;">Centre for Digital Technologies, The Icon, Basildon</p> <p>Thursday 2nd November 2023 - 5.00pm to 7.00pm Wednesday 13th March 2024 – 5.00pm to 7.00pm Wednesday 15th May 2024 – 5.00pm to 6.30pm</p> <p style="text-align: center;">Luckyn Lane, Basildon (formerly Procat)</p> <p>Thursday 30th November 2023 – 5.00pm to 7.00pm Wednesday 28th February 2024 – 5.00pm to 7.00pm Tuesday 14th May 2024 – 5.00pm to 6.30pm</p>

POST 16 OPTIONS MADE SIMPLE



Use the information below to help you understand the options available to you after Year 11.



Useful online resources for students, parents and careers

[Essex County Council Careers Guide - Issue 2 \(flippingbook.com\)](#)

[Latest Issue of Make the Future Yours! — Make The Future Yours!](#)

[Unlock your potential - Skills for Life](#)

[What's next? | The Parents' Guide to \(theparentsguideto.co.uk\)](#)

[Careermag for Parents | Careermap](#)

