

PDT and Careers Newsletter

Spring Term 1: 2024

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PDT CURRICULUM CONTENT FOR SPRING 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 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.

The curriculum overview for PDT lessons during Spring term 1 is as follows:

Year 7

Health and Wellbeing: Healthy lifestyle, including healthy eating, physical exercise, and sleep, and how these can affect our mental wellbeing, ability to learn and happiness.

Staying Safe: The effects on people who use of alcohol, smoking and vaping, caffeine and drugs and the law regarding possession, supply, and use.

Year 8

Emotional wellbeing and Digital literacy: Issues around mental health and emotional wellbeing, including body image, coping strategies, and coping with change and loss.

Year 9

Careers: Considering future career aspirations and the choices available as part of the GCSE options process.

Relationships: The Equality Act 2010 and the protected characteristics. Tackling homophobia and transphobia.

Year 10

Living in the Wider World: 'British Values' are and how these develop community cohesion. Prejudice and discrimination and the ways in which to challenge and prevent offensive behaviour as a society. Extremism and radicalisation, the techniques used to manipulate and persuade others and what someone should do if they were worried about themselves or a friend.

Year 11

Careers: Updating CVs, personal statements and covering letters to reflect achievements, skills, experience and responsibilities they have acquired.

Finance: Important information contained on a payslip. Types of technology that support money management and how to choose a bank account, budget and plan for the future.

As a school community, we are committed to working in partnership with parents/carers and we welcome any feedback that you may have. Our Relationships and Sex Education Policy is on the school website. 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.

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



PDT AND CAREERS CALENDAR:

A reminder of the events taking place this half term can be found below. You will receive letters giving further information when necessary.

Thursday 9 th January	Year 10 apprenticeship awareness assembly with Aim Apprenticeships
W/C 15 th January	Year 11 workshops: <ul style="list-style-type: none">• CV writing with external employers• Sexual health with the Terrence Higgins Trust• Finance with HSBC
Tuesday 23 rd January	Year 8 assembly with Colchester Institute
Thursday 25 th January	Arson and Hoax presentation from Essex County Fire and Rescue
TBC	Year 10 Apprenticeship Fair – Colchester Institute Braintree Campus



NATIONAL APPRENTICESHIP WEEK 2024

National Apprenticeship Week will take place from 5 to 11 February 2024.

National Apprenticeship Week (NAW) 2024 aims to shine a light on the amazing work being done by apprentices, employers, and their training providers across the country.

The annual week-long celebration of apprenticeships, taking place across England, will reflect on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and businesses to develop a talented workforce that is equipped with future-ready skills.

To find out more about NAW 2024, please visit:

<https://naw.appawards.co.uk/>

[Resources for parents and guardians \(apprenticeships.gov.uk\)](https://www.apprenticeships.gov.uk/resources-for-parents-and-guardians)



ESSEX WELLBEING SERVICE

The Essex Wellbeing Service has put together a range of information regarding young people and vaping. This includes information about support for young people who want to quit vaping and resources for parents and carers.

[Essex Wellbeing Service](#)



FREE PRODUCTS AVAILABLE IN SCHOOL

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' 😊

CHECK OUT THESE USEFUL RESOURCES FOR FUTURE CAREER PLANNING

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

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

[Careermag for Parents | Careermap](#)



LABOUR MARKET INFORMATION (LMI) AND PROGRESSION ROUTES IN ESSEX

Labour Market Information (LMI) is a useful tool to help research future jobs in the local area, understand the skills needed for certain roles and the demand for future employment.

LMI helps to break down the complex 'world of work'. Crucially for young people, LMI covers future demand – what kinds of jobs will be in demand after leaving school and what kinds of skills will be needed. Labour market information tells you:

- Which jobs are likely to be easiest or hardest to find in your area
- Which are the big employers in different areas and which ones have jobs on offer
- What skills employers are looking for and which are in short supply
- How much you can expect to be paid in specific jobs
- What working conditions are like
- What qualifications will be most helpful if you want a certain career
- What the jobs of the future might look like and which jobs might disappear

All of these factors can help young people make a more informed decision about what career path to take.

THE GREATER ESSEX CAREERS HUB HAS PRODUCED A FANTASTIC RESOURCE TO SUPPORT LMI...

WHERE NEXT? DISCOVER THE BEST NEXT STEP FOR YOU

Not everyone knows what they want to do when they finish school and even if you do, do you know how to get started or what training you need to get the job you want?

We are here to help! This is our guide to everything you need to know about getting ready for a job or training you would like to do.

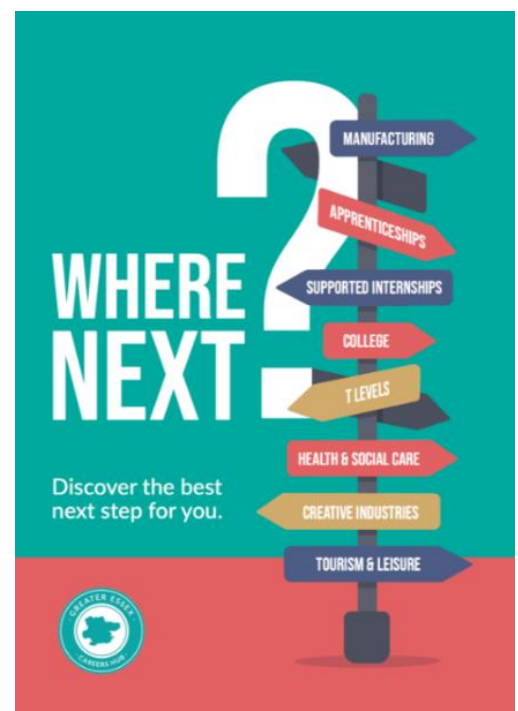
We will show you eight different industries that you could think about for your future jobs. These are all popular and growing in Essex and are important for bringing money and new skills to Essex. Each of these industries have different starting points no matter what your qualifications, skills or experience. There is something for everyone!

We have also included information about the different types of learning and training courses available to you after finishing school or college. These are things like on-the-job training for beginners, how to combine work and study, and options to continue your education at a university or elsewhere.

[Where Next? \(greateressexcareershub.co.uk\)](http://greateressexcareershub.co.uk)

Further information regarding Essex employers and growing industries can also be found here:

<https://www.essexopportunities.co.uk/employer-showcase/>



CAREEROMETER / SKILLSOMETER (LMI FOR ALL)

Careerometer can be used to explore and compare key information about occupations, help young people learn about different occupations and identify potential careers. It provides access to a selection of UK headline data relating to pay, weekly hours of work and future employment prospects for different occupations, as well as description of the occupation. Simply type in the title of the job you are interested in and the widget provides a series of options from which you can select the most relevant to you. You can then look up another two occupations and compare.

[Careerometer on icanbea...](#)



If you're not sure which jobs to look at, you might want to try the Skills-o-meter first, to get an idea of what you might like to do.

Instructions

Hit 'Start Quiz' and you will be presented with a series of statements. Select the emoji that shows how you feel about each statement. Once you run out of cards on all of the panels, you will be given suggestions of jobs linked to what you most enjoy doing

<https://www.icanbea.org.uk/skills-o-meter/>

Welcome!

This is a quiz that can help you figure out what you want to do in the future. After you start the quiz, you will be shown a series of cards with statements.

For each statement, please think about whether you would like or have an interest in doing this in a future job. Select the emoji that represents what you think. At the end, you will be given some ideas about jobs linked to what you would like to do.

[Start Quiz](#)

This quiz uses information from [O*NET](#) and [LMI For All](#). Click the links to learn more.

Choose your path.

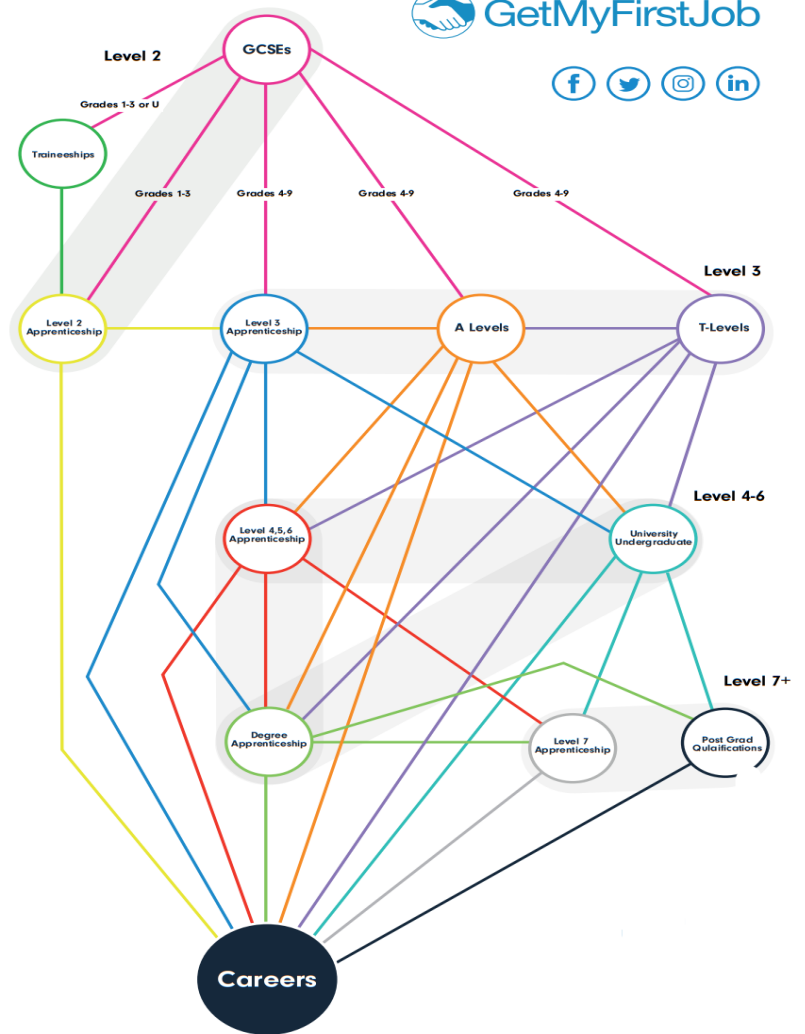
GetMyFirstJob gives you the latest opportunities, information, advice and resources for everything after school or college. From work experience, entry-level roles, traineeships and apprenticeships to gap years and graduate programmes.

Register on www.getmyfirstjob.co.uk to find opportunities near you.

There are many routes to your dream career. Whether you choose to do an apprenticeship, study part-time or become a full-time University student, the most important thing is choosing what is right for you.



You need to stay on in some kind of education or training until the age of 18, this could be going to college full-time, part-time or doing an apprenticeship.



Traineeships



Traineeships are short-term opportunities, lasting between six weeks to six months. It's a chance to get a high-quality work placement with flexible training. To get onto a traineeship, you need to be aged 16-24, unemployed or working less than 16 hours a week, have no Level 3 qualifications (those from college or sixth form), but most importantly be eager to work.

Apprenticeship levels explained

Apprenticeships give you practical on-the-job experience, essential learning tools and all-important qualifications that will last you a lifetime, wherever tomorrow takes you. An apprenticeship is a real job.

Higher & degree apprenticeship listings

There are hundreds of apprenticeships across the UK and it can be difficult to know what is available as they're not all in one place. That's why in January 2022, we'll be releasing our higher and degree apprenticeship listings to showcase hundreds of opportunities across the UK.



Level 2 (Intermediate)

Entry Requirements:
Formal qualifications aren't needed
Duration:
12 months - 18 months
Qualifications you'll gain:
The equivalent to 5 GCSEs at 4 to 9. Level 2 NVQ or BTEC Diploma and Certificate.

Level 3 (Advanced)

Entry Requirements:
An intermediate apprenticeship or Level 2 qualifications like GCSEs
Duration:
12 months - 2 years
Qualifications you'll gain:
The equivalent to 2 A-Level passes. Level 3 NVQ or BTEC Diploma and Certificate.

Level 4 (Higher)

Entry Requirements:
An advanced apprenticeship or other Level 3 qualifications such as A-Levels or BTECS
Duration:
12 months - 2 years
Qualifications you'll gain:
The equivalent to first year of Uni. You could get a HNC, CertHE, Level 4 NVQ or Level 4 BTEC.

Level 5 (Higher)

Entry Requirements:
An advanced apprenticeship or other Level 3 qualifications such as A-Levels or BTECS
Duration:
12 months - 2 years
Qualifications you'll gain:
The equivalent to second year of Uni. You could get a DipHE, HND, Level 5 NVQ or Level 5 BTEC.

Level 6 (Higher)

Entry Requirements:
An advanced apprenticeship or other Level 3 qualifications such as A-Levels or BTECS
Duration:
12 months - 2 years
Qualifications you'll gain:
The equivalent to a Bachelors degree. You could get a Graduate Certificate, Level 6 NVQ or Level 6 BTEC.

Level 6 (Degree)

Entry Requirements:
An advanced apprenticeship or other Level 3 qualifications such as good A-Levels or BTECS
Duration:
3 years - 4 years
Qualifications you'll gain:
You will graduate with a BA or BSc Degree.

Level 7 (Higher)

Entry Requirements:
A bachelor's degree or relevant level 4, 5 or 6 qualification
Duration:
Up to 6 years
Qualifications you'll gain:
You will gain a MA, MSc, Level 7 NVQ, PGCE or Postgraduate Certificate