

# PDT and Careers Newsletter

Spring Term 1: 2025

Contact: Mrs Robb, Head of PDT and Careers

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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

#### Staying safe

- The risks of alcohol, tobacco, and other substances
- The reasons why young people might use legal and illegal drugs and the harm (short and long term) drinking, smoking, vaping and drugs does to your health.
- How to respond to peer pressure.
- The law (and school policy) in relation to legal and illegal drugs and the consequences of being found in possession of, using, selling, or supplying different classes of drugs.
- The support available to people.

#### Careers

- The meaning of 'career'.
- Employment sectors and some of the skills and qualities that would make someone suited to work in them.
- Own personal likes, skills and qualities which might guide future career decisions.
- How stereotyping can limit aspirations.
- How to explore careers and access labour market information (LMI) using the Unifrog website.

### Year 8

#### Living in the wider world

- The Protected Characteristics and Equality Act 2010.
- The different forms of bullying (i.e. emotional, physical, exclusion, cyberbullying and sexual harassment).
- What discrimination is and how to recognise it.
- The difference between banter and bullying.
- The effects on an individual and community.
- What someone should do if they are experiencing bullying now or in the future.
- What to do and strategies to use if we witness or believe someone is experiencing bullying.
- Coping with stress.
- Where to seek support.

#### Staying safe

- What to do in an emergency i.e. who to contact, when, how and what information to give.
- Basic first aid skills.
- Personal Safety.

## Year 9

### Relationships and sex education

- Features of a healthy relationship.
- Sending nudes and the law.
- Consent (choice, freedom, and capacity to consent) and the law.
- Assertiveness and how to resist pressure, including sexual harassment.
- The risks of unprotected sex i.e., STIs and unplanned pregnancy.
- Common STIs, symptoms and how the spread can be reduced or prevented.
- The range of contraceptives available and the pros and cons for each.
- How to access help and support.
- Age limits and the impact of watching something inappropriate.

### Physical Health and Mental Wellbeing / Staying safe

- Group think and peer pressure
- How to assess risk and manage it, strategies for saying no
- The physical, social, emotional, financial, and legal risk of using alcohol and cannabis
- The influences and consequences of vaping

## Year 10

### Relationships, Sex Education and Core Religious Studies

- The options available to people who wish to make a long-term commitment.
- The legal status of different types of relationships, including marriage and civil partnerships, and why people choose to form such a commitment.
- Forced and arranged marriage.
- The qualities that make someone a good parent.
- Parental responsibilities.
- The link between lifestyle and fertility and the causes of infertility.
- Routes to parenthood i.e., adoption, fostering, IVF, surrogacy, co-parenting.
- The choices around unplanned pregnancy.
- Facts about abortion, miscarriage and ectopic pregnancy.
- The common myths and assumptions regarding sex, including consent, and how these are perpetuated by pornography.
- The law in relation to youth produced sexual imagery.
- Consent and the capacity to consent.
- Accessing help and support.

## Year 11

### Core Religious Studies: Crime and punishment

#### Finance

- Financial independence
- Payslip information
- Financial technology and how it is changing.
- Financial technology to support money management.
- Ways to prevent cyber-crime and fraud.
- Planning for retirement: pensions
- How to choose a bank account and compare financial products.
- Understanding bank statements.
- Bills and expenses including, renting, and buying a house.

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:

<https://www.notleyhigh.com/relationship-and-sex-education-policy> . 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](mailto: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](mailto: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](http://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](http://www.youngminds.org.uk)

**Harmless:** Specific information and advice for those who self-harm.

Website: [www.harmless.org.uk](http://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](http://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/>



Ms Green



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.

Wednesday 8 <sup>th</sup> January	Year 10 Introduction to work experience assembly
Tuesday 21 <sup>st</sup> January	Year 8 Colchester Institute Assembly followed by a Q&A session
Wednesday 22 <sup>nd</sup> January	Year 7 Arson and Hoax Calls prevention workshops with Essex Fire and Rescue
Wednesday 22 <sup>nd</sup> January	Year 9 Anglia Ruskin University: Writtle College Assembly followed by a Q&A session
Friday 7 <sup>th</sup> February	Year 10 Apprenticeship Fair at Colchester Institute: Braintree College Campus
Monday 10 <sup>th</sup> – Friday 14 <sup>th</sup> February	Apprenticeship Week activities
Monday 10 <sup>th</sup> – Friday 14 <sup>th</sup> February	Years 7-10 Safer Internet Day assemblies



## ESSEX SEXUAL HEALTH SERVICE: PARENT AND CARERS RESOURCE HUB

The Essex Sexual Health Service Parent and Carers Resource Hub offers a wealth of resources to support parents and carers in guiding their children through understanding relationships and sexual health. The site provides resources to support in these conversations, ensuring you have access to the latest information and best practices in sexual health and education. <https://essexsexualhealthservice.org.uk/parents-and-carers/>

## 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 Vickery and Ms Green
- 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' 😊



## CAN YOU HELP US?

### YEAR 10 WORK EXPERIENCE OPPORTUNITIES

We are excited to announce that all year 10 students will be participating in work experience from 2nd June to 6th June 2025. This invaluable opportunity allows students to gain insight into potential careers, develop their professional skills, and enhance their CVs.

As part of this process, students are responsible for securing their own placements. However, we understand that some students may not have the necessary contacts or connections, so we are looking to compile a list of local employers who would be willing to offer work experience placements to help those students.

If you are an employer who would be interested in supporting our students by offering a work experience placement, we would be extremely grateful. Please contact Michelle Robb via email at [michelle.robb@notleyhigh.com](mailto:michelle.robb@notleyhigh.com) to let us know if you can help.

We look forward to hearing from you and thank you for considering this opportunity to make a positive impact on the next generation.

### NATIONAL APPRENTICESHIP WEEK 2025

National Apprenticeship Week will take place from 10-16 February 2025.

National Apprenticeship Week (NAW) 2025 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.

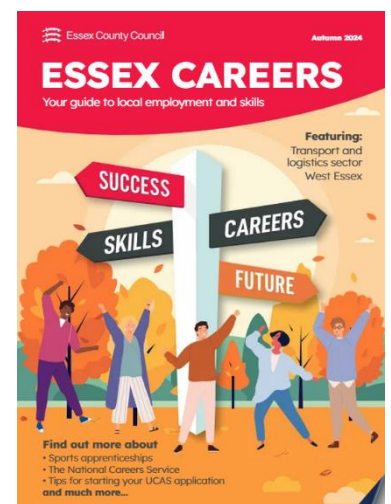
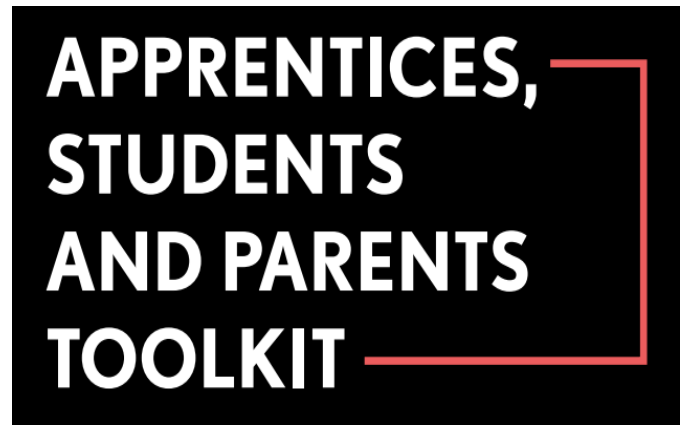
To find out more about NAW 2025, please visit:

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

[https://nas-production-public-assets.s3.eu-west-](https://nas-production-public-assets.s3.eu-west-2.amazonaws.com/toolkit/01JAZQR7Z3XEPVZS44ZG1F1KFX.pdf)

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<https://online.flippingbook.com/view/916329912/>



## LOOKING FOR AN APPRENTICESHIP?

School in year 11 and 13 can register with the Apprenticeship Hub for friendly help and support in finding the right apprenticeship.

# Welcome to the Apprenticeship Hub

Every year we help lots of School leavers in Essex to launch their career with great apprenticeship opportunities.

## 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.



<https://greateressexcareershubs.co.uk/flipbook/where-next/index.html>

## College & Sixth Form Open Events 2024-2025

*Please check websites before travelling in case of any changes. Booking may be required.*

<p style="text-align: center;"><b><u>Braintree Sixth Form</u></b> <a href="http://www.braintreesixthform.com">www.braintreesixthform.com</a></p> <p>Wednesday 6<sup>th</sup> November 2024 – 6.00pm to 8.00pm <i>Applications will open online from 7<sup>th</sup> November 2024 and will close on the 31<sup>st</sup> January 2025</i></p>	<p style="text-align: center;"><b><u>The Sixth Form College, Colchester</u></b> <a href="http://www.colchsfc.ac.uk">www.colchsfc.ac.uk</a></p> <p>Wednesday 23<sup>rd</sup> October 2024 - 6.15pm to 9.00pm Thursday 24<sup>th</sup> October 2024 – 6.15pm to 9.00pm <i>Applications will open online from 25<sup>th</sup> October 2024 and will close on the 31<sup>st</sup> January 2025</i></p>
<p style="text-align: center;"><b><u>Colchester Institute</u></b> <a href="http://www.colchester.ac.uk">www.colchester.ac.uk</a></p> <p style="text-align: center;"><b>Colchester Campus</b></p> <p>Saturday 19<sup>th</sup> October 2024 – 10.00am to 1.00pm Tuesday 22<sup>nd</sup> October 2024 – 5.00pm to 8.00pm Thursday 24<sup>th</sup> October 2024 – 5.00pm to 8.00pm Thursday 23<sup>rd</sup> January 2025 – 5.00pm to 8.00pm</p> <p style="text-align: center;"><b>Braintree Campus</b></p> <p>Monday 21<sup>st</sup> October 2024 – 5.00pm to 8.00pm Saturday 9<sup>th</sup> November 2024 – 10.00am to 1.00pm Tuesday 21<sup>st</sup> January 2025 – 5.00pm to 7.00pm Thursday 8<sup>th</sup> May 2025 – 5.00pm to 7.00pm</p> <p style="text-align: center;"><b>Apprenticeship Events (Colchester)</b></p> <p>13<sup>th</sup> February 2025– 5.00pm to 7.00pm 19<sup>th</sup> June 2025 – 5.00pm to 7.00pm</p>	<p style="text-align: center;"><b><u>Chelmsford College</u></b> <a href="http://www.chelmsford.ac.uk">www.chelmsford.ac.uk</a></p> <p>Wednesday 9<sup>th</sup> October 2024– 6.00pm to 8.30pm Wednesday 13<sup>th</sup> November 2024– 6.00pm to 8.30pm Wednesday 5<sup>th</sup> February 2025 - 6.00pm to 8.30pm Wednesday 21<sup>st</sup> May 2025– 6.00pm to 8.30pm</p> <hr/> <p style="text-align: center;"><b><u>Writtle College</u></b> <a href="http://www.aru.ac.uk/writtle-college">www.aru.ac.uk/writtle-college</a></p> <p>Saturday 12<sup>th</sup> October 2024 – 10.00am to 3.00pm Saturday 16<sup>th</sup> November 2024 – 10.00am to 3.00pm Saturday 1<sup>st</sup> March 2025 – 10.00am to 2.00pm Wednesday 4<sup>th</sup> June 2025 – 4.00pm to 8.00pm</p>
<p style="text-align: center;"><b><u>Stansted Airport College</u></b> <a href="http://www.stanstedairportcollege.ac.uk">www.stanstedairportcollege.ac.uk</a></p> <p>Saturday 12<sup>th</sup> October 2024 - 10.00am to 2.00pm Thursday 23<sup>rd</sup> January 2025– 5.00pm to 8.00pm Wednesday 7<sup>th</sup> May 2025 – 5.00pm to 8.00pm</p> <p style="text-align: center;"><b><u>Harlow College</u></b> <a href="http://www.harlow-college.ac.uk">www.harlow-college.ac.uk</a></p> <p>Thursday 17<sup>th</sup> October 2024 - 5.00pm to 8.00pm Tuesday 11<sup>th</sup> February 2025 -5.00pm to 8.00pm Wednesday 30<sup>th</sup> April 2025 – 5.00pm to 8.00pm</p>	<p style="text-align: center;"><b><u>South Essex College</u></b> <a href="http://www.southessex.ac.uk">www.southessex.ac.uk</a></p> <p style="text-align: center;"><b>Southend City College</b></p> <p>Thursday 3<sup>rd</sup> October 2024 – 5.00pm to 8.00pm Tuesday 21<sup>st</sup> January 2025 – 5.00pm to 8.00pm Thursday 3<sup>rd</sup> April 2025 – 5.00pm to 8.00pm</p> <p style="text-align: center;"><b>Stephenson Road, Southend</b></p> <p>Thursday 10<sup>th</sup> October 2024 – 5.00pm to 7.00pm Wednesday 12<sup>th</sup> February 2025 – 5.00pm to 7.00pm Tuesday 29<sup>th</sup> April 2025 – 5.00pm to 7.00pm</p> <p style="text-align: center;"><b>Centre for Digital Technologies, The Icon, Basildon</b></p> <p>Thursday 21<sup>st</sup> November 2024 - 5.00pm to 7.00pm Wednesday 15<sup>th</sup> January 2025 – 5.00pm to 7.00pm Thursday 8<sup>th</sup> May – 5.00pm to 7.00pm</p>
<p style="text-align: center;"><b><u>USP College</u></b> <a href="http://www.uspcollege.ac.uk">www.uspcollege.ac.uk</a></p> <p style="text-align: center;"><b>Seevic Campus - Benfleet</b></p> <p>Thursday 17<sup>th</sup> October 2024– 6.30pm to 8.00pm Wednesday 20<sup>th</sup> November 2024 - 6.30pm to 8.00pm Thursday 30<sup>th</sup> January 2025 – 5.00pm to 7.00pm</p> <p style="text-align: center;"><b>Palmer's Campus - Grays</b></p> <p>Thursday 3<sup>rd</sup> October 2024 - 6.30pm to 8.00pm Wednesday 6<sup>th</sup> November 2024 - 6.30pm to 8.00pm Thursday 23<sup>rd</sup> January 2025 – 5.00pm to 7.00pm</p>	<p style="text-align: center;"><b>Luckyn Lane, Basildon</b></p> <p>Thursday 7<sup>th</sup> November 2024 – 5.00pm to 7.00pm Tuesday 25<sup>th</sup> February 2025 – 5.00pm to 7.00pm Wednesday 23<sup>rd</sup> April 2025 – 5.00pm to 7.00pm</p> <p style="text-align: center;"><b>Thurrock Campus</b></p> <p>Thursday 28<sup>th</sup> November 2024– 5.00pm to 8.00pm Wednesday 29<sup>th</sup> January 2025 – 5.00pm to 8.00pm Wednesday 14<sup>th</sup> May 2025 – 5.00pm to 8.00pm</p>