

PDT and Careers Newsletter

Spring Term 2: 2025

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PDT CURRICULUM CONTENT FOR SPRING TERM 2

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 2 is as follows:

Year 7

Relationships and sex education

- The qualities needed to maintain good relationships, including healthy online friendships
- How to resolve conflict and arguments
- How relationships are portrayed on screen and how this can affect relationship expectations, behaviours and values in real life
- The roles and responsibilities of parents and guardians with respect to raising children
- Why it is important for all members of a family to contribute to family life

Physical health and Mental wellbeing

- The importance of a healthy, balanced diet and how to make healthy choices
- The importance of exercise and sleep

Year 8

Physical health and wellbeing / Staying safe

- The risks associated with drinking and how we can make safe choices around alcohol
- The risks associated with drug use
- The risks associated with vaping and smoking

Relationships and sex education / Staying safe

- How to maintain positive relationships on and offline
- The features of unhealthy / unsafe relationships
- The meaning of sexual harassment, grooming and coercive control and how to recognise and respond to these
- Gangs and the potential consequences of carrying a knife

Year 9

Skills for success

- How to use active revision techniques
- How to create a revision timetable

Living in the wider world

- The law and discrimination
- The importance of using correct language when discussing gender and sexuality
- How homophobic, transphobic and biphobic bullying can be recognised and prevented

Year 10

Relationships and sex education / Core Religious Studies: Marriage and the family

- Why people have romantic relationships
- The responsibility to seek consent
- Different forms of contraception
- How to break up with a partner in a respectful way

Physical Health and Mental Wellbeing

- How to manage change, and cope with loss, grief and bereavement
- Organ and tissue donation

Year 11

Physical health and Mental wellbeing

- How to respond in an emergency
- How to help someone that is unresponsive and breathing
- Self-examination important (breast, cervical, testicles and skin)
- How to access medical services

Skills for success

- Preparing to move to KS5

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.

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.

Friday 28 th February	Year 11 to Essex University
Tuesday 4 th March	Year 8 Assembly with the DWP – Managing social media
Wednesday 8 th March	Year 7 Assembly with the DWP – Introduction to the world of work
Friday 7 th March – 9am-10am	Parent Drop-In – Mrs Robb will be available to answer any questions or queries you may have about Personal Development Curriculum and PDT lessons. There is no need to book; please just turn up and we will be very pleased to speak with you.
Wednesday 12 th March	Year 9 Assembly with Essex Fire and Rescue – an introduction to careers within the rescue services, followed by a Q&A in the library at breaktime
Wednesday 12 th March	Year 9 workshops with Essex Fire and Rescue – Healthy Relationships
Tuesday 18 th March	Year 8 Assembly with Essex Fire and Rescue – Hate Crime



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: Ms Green 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/>



Ms Green



Mrs Vickery



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 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.

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.

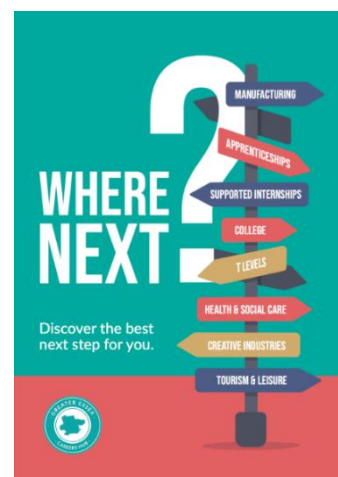
Welcome to the Apprenticeship Hub

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 valuable tool for understanding the future job market, especially for young people making career decisions. It helps identify in-demand roles, required skills, and employer expectations. Key insights from LMI include:

- Jobs that are easiest and hardest to find
- Key employers and their hiring trends
- In-demand skills and skill shortages
- Salary expectations for various roles
- Working conditions
- Useful qualifications for specific careers
- Predictions about future job opportunities, including roles that may disappear



For Year 9 students choosing GCSEs, LMI is essential in making informed decisions about future careers. By considering LMI when selecting GCSEs, students can focus on developing the skills and qualifications necessary for a successful future.

The following resources offer Labour Market Information in Essex:

- **Where Next? booklet** provides information on eight key sectors in Essex and progression routes into them <https://greateressexcareershub.co.uk/wp-content/uploads/2022/11/career-hub-lmi-booklet-final.pdf>
- **The National Careers Service** offers over 800 job profiles on its website. Under each profile you'll learn about the average salary, working hours, typical duties, and routes into the profession. <https://nationalcareers.service.gov.uk/explore-careers>
- **Unifrog**: All students have access to local labour market information via the Unifrog platform. This provides an insight into local sectors of growth, salaries and skills that employers are looking for. <https://www.unifrog.org/>
- **Job Portals and Recruitment Websites**: Websites like Indeed, Reed, and Totaljobs show job vacancies in Essex, providing insights into in-demand skills and salary ranges.

Industries with growing job opportunities in Essex include technology, health and social care, and construction. These sectors are expanding, creating new roles and increasing the demand for specific skills. Staying informed through LMI ensures students are preparing for a successful career by focusing on industries with strong prospects.

Labour Market Information

Greater Essex
CAREERS HUB

THE CAREERS &
ENTERPRISE
COMPANY

Braintree

Employment

78.3% of people are employed. Higher than the national average of 75.5%



Unemployment

2.7% of people are unemployed. Lower than the national average of 3.6%

Salary



The average income is £28,200 per year

Qualifications

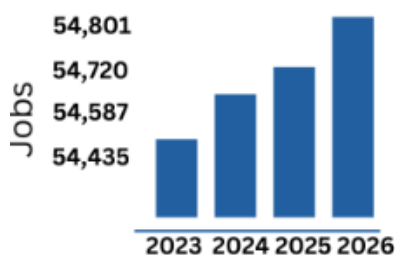
23.7% of Braintree residents have a Degree or higher (9.9% below the national average)

In Demand Skills

- Marketing
- Warehousing
- Invoicing
- Engineering Drawings
- Power Tool Operations



Predicted Job Growth



The current top paid industry in Braintree is Information and Communication, exceeding £40,000 per year

Sectors set to grow

- Construction
- Education
- Health and Social work
- Wholesale and Retail trade

Where are most the jobs now?



Repair of Motor Vehicles and Motorcycles

Education



Manufacturing

Construction



Health and Social Care