

PDT and Careers Newsletter

Autumn Term 1: 2023

Contact: Mrs Robb, Head of PDT and Careers

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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 1 is as follows:

Year 7

Transition to secondary school and friendships. Managing the move to high school, including friendships. Understanding the importance of school rules.

Living in the Wider World: Students will explore the meaning of diversity and discrimination. They will discuss what it means to be empathetic and how our actions can have both positive and negative consequences for others. Students will learn what bullying is, including online, and strategies to use if they experience it.

Year 8

Skills for Success: Understanding growth and fixed mindsets.

Citizenship: Students will explore how government works. They will investigate the terms 'manifesto', 'policy' and 'political party' and develop an understanding of the electoral system in the UK.

Finance: Financial decision making including evaluating value for money in services, consumer rights and the risks and consequences of making financial decisions (debt, pay day lenders, online scams)

Year 9

Staying Safe: Students will explore how to stay safe online, including communicating with others and sharing personal information on social media profiles. Students will discuss the warning signs of grooming and the ways in which young people can be pressured to share explicit images and the consequences of sharing these.

Health and Wellbeing: Students will explore unhealthy coping strategies (including self-harm and eating disorders) and identify alternative strategies to support emotional wellbeing. They will discuss the importance of achieving a balance between work, leisure and exercise for physical and emotional wellbeing.

Relationships and keeping safe: Healthy and unhealthy friendships, assertiveness in risky situations, substance misuse, including vaping, and the risk and consequences associated with this.

Year 10

Health and Wellbeing: Students will consider how to promote their emotional health and wellbeing when faced with challenges. They will also learn about mental health and ways to tackle stigma.

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 virtual mock interview with a member of the local business community during Autumn term 2.

Year 11

Option choices post 16: Introduction to post 16 options and how to access labour market information (LIM). Preparing for a career guidance interview. The application process. Exploring careers using Unifrog software.

Skills for Success: Students will explore ways to maximise success, including time management, organisation, and revision strategies.

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.

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



STUDY AND CAREERS OPPORTUNITIES AND USEFUL LINKS

- Message from Braintree Sixth Form: Applications for September 2023
We will be holding our Open Evening for Braintree Sixth Form on Wednesday 8th November from 5pm until 8pm. This will be a chance for students and families to look around the sixth form building, speak to students and teachers about the courses available and hear from prefects and the Head of Sixth Form about what is on offer at Braintree Sixth Form. Applications to study here from September 2024 will open on the 8th November.



- A reminder that all students have access to Unifrog, an award-winning online platform providing careers information and advice. (<https://www.unifrog.org/>). Log in details will shortly be shared with students in years 7. Please encourage your child to explore this website with you.



- Message from Colchester Institute: Autumn Open Event
We'll soon be opening our doors once again to many young people and their families as they begin to explore the exciting opportunities available to them post-16. The October/November Open Events are perfect for year 11 students although year 10s are of course very welcome to attend if they wish to begin researching their opportunities early.
Bookings can be made by following: [Open Events | Events | Open Days & Evenings - Colchester Institute](#)
- The latest issue of Careermag for Parents is here to help parents and carers to support their young people. This issue covers lots of tips for post 16 and 18 options, the UCAS application key dates, talking careers with your children and much more!
Download available here: <https://careemap.co.uk/careermag-parents-carers-guardians/>

The Essex University Further Studies Preparation Programme for Years 10 and 11

This free online course for students in years 10 and 11 covers six exciting topics to give students the confidence they need to succeed. The course provides information and tips to consider when making future study choices.

Register here: <https://www.essex.ac.uk/short-courses/further-studies-preparation-programme>

Topics include:

- Guidance on the transition from school to sixth form/college
- Communication and socialising skills
- How to study and revise independently
- Planning for your future and employability tips
- Finance and budgeting help
- Useful life skills for now and in the future



WORK EXPERIENCE OPPORTUNITIES:

Gaining insight into job roles is a valuable addition to any CV, and by experiencing the world of work first-hand, students can begin to understand the skills they need to succeed. Although face-to-face work experience opportunities can be tricky to find, there are plenty of online and virtual work experiences available which can be just as beneficial for understanding different organisations and industries.

- [Virtual Work Experience Search \(springpod.com\)](#)
- [Free Virtual Work Experience Programs from Top Companies - Forage \(theforage.com\)](#)
- [Virtual work experience opportunities - Future First](#)

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.

Wednesday 13 th September	Year 11 road safety play
Wednesday 20 th September	Year 11 Careers Fair
Friday 22 nd September	Year 11 Colchester Institute awareness assembly
Wednesday 27 th September	Year 9 road safety play
Thursday 5 th October	KS5 vocational options evening for year 11 parents
Monday 9 th October	Year 7 Fireworks and Halloween safety assembly
Wednesday 11 th October	Year 7 road safety play



CAN YOU HELP? MOCK INTERVIEWS

As Careers Leader, I am organising a virtual mock interview for all year 10 and 13 students, as part of their careers' education programme. I am looking for members of the local business community, that can give some of their time voluntarily, to interview students and provide them with feedback.

The interviews will take place on Thursday 7 December and Friday 8 December 2023.

Each interview will last for around 15 minutes, plus 5 mins feedback and students will have completed some preparation work for this.

If you can help, I would be grateful if you could please complete this form, indicating on which days and times, you are available. Any time that you confirm will be used.

<https://forms.office.com/Pages/ResponsePage.aspx?id=Yds-38ML6E-gVwR-3Zfy4KQYYGIpDLNGsbP51sh0R5tUQ09aRFIIRE1GQkFJUeozMTNIS0tIUURYNS4u>

If you have colleagues that might be able to help, please share the form with them also.

If you have any questions, please do email me michelle.robb@notleyhigh.com



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 14th October 2023 - 10.00am to 2.00pm Thursday 25th January 2024– 5.00pm to 8.00pm Wednesday 1st May 2024 – 5.00pm to 8.00pm</p> <p style="text-align: center;">Harlow College 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>

YEAR 11 – ACTION POINTS TIMELINE

Use careers information websites to research your ideas.

Dates listed on school/college websites. Check GCSE grades required for the subjects/courses that interest you. What do the subjects/courses involve?

		2023						2024					
		SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	
RESEARCH OPTIONS/IDEAS													
ATTEND SIXTH FORM/ COLLEGE OPEN EVENTS													
APPLY FOR SIXTH FORM/ COLLEGES													
SEARCH AND APPLY FOR APPRENTICESHIPS www.gov.uk/apply-apprenticeship													
GCSE EXAMS													

Check deadlines for applications.
Consider a back up plan.

To arrange a careers interview please speak to your form tutor.

Check that your CV is up to date. Create an account and apply on the Apprenticeships.Gov (see above) and other apprenticeship websites