

# PDT and Careers Newsletter

Autumn Term 1: 2024

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

#### **Skills for Success (Transition):**

- Transition between primary and secondary school and how to manage feelings and changing friendship groups.
- School rules and an introduction to our learning behaviours.
- The meaning of resilience and why making mistakes is an important part of the learning process.

#### **Living in the Wider World (Diversity, discrimination and bullying):**

- The meaning of community, diversity and discrimination and the positive aspects of living in a diverse society.
- What it means to be empathetic and how our actions can have both positive and negative consequences for others.
- The Protected Characteristics and Equality Act 2010.
- All types of bullying (including online and sexual harassment) and the mental and physical impact it has.
- Stereotyping and prejudice.
- Strategies to use if they or others they know experience bullying, how to respond to bullying of any kind and the sources of support that are available.

### Year 8

#### **Health and Wellbeing (Mental Health and Wellbeing):**

- The characteristics of mental wellbeing.
- The common myths, misconceptions and stigma attached to mental health, including the use of language.
- Challenging discriminatory language.
- Body image and advertising.
- How images are manipulated.
- The positive and negative impact of social media on self-esteem and body image, including the pressure to take selfies.
- Ways to promote resilience and wellbeing, including healthy sleep, diet and exercise.
- Coping with change and loss, including relationship breakdown, divorce and separation, grief, and bereavement.
- Where to seek support

#### **Staying Safe (Online Safety):**

- Media and advertising.
- How to critically evaluate if something they view online, is trustworthy.
- What is fact, what is opinion and how we know.
- Source reliability and what to look for.

#### **Health and Wellbeing:**

- The HPV vaccination.
- The role of vaccinations in eradicating disease.
- Herd immunity.

## **Year 9**

### **Health and Wellbeing (Healthy lifestyle Choices):**

- The qualities of a good friend
- How to resolve conflict
- The importance of sleep
- Unhealthy coping strategies inducing self-harm and eating disorders.
- Healthy coping strategies to support emotional wellbeing
- The five areas of wellbeing: Connect, Be Active, Take Notice, Learn, Give
- What to do if they, or someone they know, has or might be developing an eating disorder or is considering self-harm

### **Living in the Wider World:**

- Recognising and challenging prejudice
- What misogyny is
- The impact gender stereotyping can have
- Using social media for good
- Consent and harassment
- How to challenge prejudice
- How to be an ally

## **Year 10**

### **Health and Wellbeing (Mental Health and Wellbeing):**

- Ways to promote positive mental health.
- The causes of and how to recognise signs of emotional or mental ill-health, including anxiety, stress, and depression.
- Healthy coping strategies for coping with change and challenges, including the importance of work-life balance, healthy diet, exercise and sleep.
- How to access relevant support for emotional and mental health issues.
- The treatment available.

### **Careers:**

- How to 'market' yourself in applications, make a good impression, and do well in interviews.
- Preparing for Interviews
- The importance of looking for opportunities (skills, interests, and experiences) to enhance CVs, personal statements and covering letters.

## **Year 11**

### **Careers:**

- Introduction to KS5 options including A levels, BTECS, T Levels and Apprenticeships.
- The application process
- How to explore careers and access labour market information (LMI) using the Unifrog website.
- Preparing for careers interview.
- How to 'market' yourself in applications.

### **Skills for Success**

- The purpose of mock examinations.
- Ways to maximise success, including time management, organisation, and revision strategies.
- Revision techniques and online tools.
- Revision and study timetables.
- How to cope with exam stress and anxiety.
- When to seek further help.

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

We 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 Vickery and Ms Green.

**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/>



Mrs Vickery

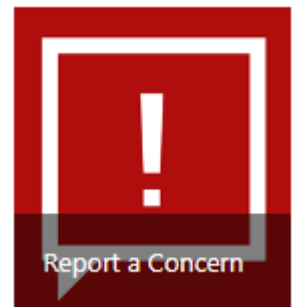


Ms Green



## SOURCES OF SUPPORT IN SCHOOL

We would like to remind all students that they should never feel they are alone with a problem. There is always someone who can support them and help find a way forward. Everyone needs someone to listen to them sometimes and we encourage all students to speak to any trusted adult in school, such as their RSL, tutor, a subject teacher, learning mentor etc.



Students are also able to access support via MyConcern. They will find the button on their homepage, once logged into SharePoint.

## 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 6th November from 6pm 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 7th 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 \(springpod.com\)](https://springpod.com)
- [Free Virtual Work Experience Programs from Top Companies - Forage \(theforage.com\)](https://theforage.com)
- [Virtual work experience opportunities - Future First](#)

## 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>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>
<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>	

