

PDT and Careers Newsletter

Autumn Term 2: 2022

Contact: Mrs Robb, Head of PDT and Careers

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PDT CURRICULUM CONTENT FOR AUTUMN 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.

KS3 PDT LEARNING JOURNEY



THE CURRICULUM OVERVIEW FOR PDT LESSONS DURING AUTUMN TERM 2 IS AS FOLLOWS:

Year 7

- **Relationships and Sex Education:** Students will be introduced to gender identity, sexuality and sex and will become familiar with the appropriate terminology. They will explore the changes that occur during puberty and ways to manage these. They will also look at the issues of unwanted contact and FGM, and sending nudes.
- **Health and Wellbeing:** Students will explore what mental wellbeing and self-esteem are and how these can be affected by negative influences around us (e.g. social media and body image).
- **Skills for Success:** Students will prepare for the year 7 exams by considering what revision is, why it is important and techniques for improving memory

Year 8

- **Living in the Wider World:** Students will learn about the protected characteristics. Students will explore the difference between banter and bullying. They will learn the different types of bullying (e.g. emotional, physical, exclusion, cyberbullying and sexual harassment) and what their responsibilities are if they witness (or believe someone is experiencing) bullying, including what to say and who to tell.
- **Health and Wellbeing:** Students will learn basic first aid skills. They will learn who to contact, when, how and what information to give in an emergency.
- **Skills for Success:** Students will prepare for the year 8 exams by considering how to create a positive learning space/environment in their own home. They will evaluate who they learn best with and will explore effective revision techniques

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.
- **Health and Wellbeing:** Students will learn what cancer is and how to reduce the risk through simple lifestyle choices. They will discuss the facts and myths and identify the main signs and symptoms. They will discuss how cancer affects both individuals and those around them and ways to support friends going through a difficult time.
- **Skills for Success:** Students will explore active revision techniques and learn how to plan a revision timetable.

KS4 PDT LEARNING JOURNEY



Year 10

- **Careers:** Students will explore the rights and responsibilities that all employees have in the workplace. They will identify the features that make a CV, personal statement and covering letter effective and write their own. They will learn the skills required to present themselves in the best possible way and make a good impression at an interview and evaluate the importance of maintaining a positive online reputation, considering what they share on social media now may affect their employment opportunities in the future.
- **Skills for Success:** Students will create a realistic revision timetable and recall effective revision techniques.

Year 11

- **Careers:** Students will update their CVs, personal statements and covering letters to reflect achievements, skills, experience and responsibilities they have acquired. They will explore the importance of maintaining a work life balance and laws that are in place to protect worker's rights.
- **Living in the Wider World:** Students will learn about sexual harassment in the work place, including how to recognise and report it.

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 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.

Thursday 3 rd November	Year 7 Fireworks Safety Assembly with Essex Fire and Rescue Service
Thursday 1 st and Friday 2 nd December	Year 10 mock online interviews

ONLINE SAFETY: TALKING TO CHILDREN - SUPPORT FOR PARENTS AND CARERS

Children and young people should be free to enjoy the internet safely, however we have seen a rise in online hoaxes and harmful online challenges. A hoax is a deliberate lie designed to seem truthful, and online challenges generally involve users recording themselves taking a challenge, and then distributing the video through social media channels, inspiring or daring others to repeat the challenge.

The DfE have put together a list of useful websites, to support parents and carers in discussing these issues at home:

- [Thinkuknow: helping adults protect children from online harm](#)
- [Parent Info: help and advice for families in a digital world](#)
- [Internet Matters: helping parents keep their children safe online](#)
- [NSPCC: online safety](#)
- [London grid for learning \(LGfL\): online safety](#)
- [UK safer internet centre: Tips, advice, guides and resources to help keep your child safe online](#)
- [Childnet international: parents and carers toolkit](#)
- [Parentzone: experts in digital family life](#)
- [LGfL: parents - scare or prepare](#)
- [Thinkuknow: what to do if there's a viral scare online](#)

GREATER ESSEX CAREERS HUB

We are proud to announce that we are now part of the new *Greater Essex Careers Hub*. The hub aims support to schools, colleges, and employers to help every young person find their best next step.

Please look at their Facebook page. There is a wealth of information to support parents and carers in helping their child.



Greater Essex Careers Hub

@GECareersHub · Public & government service

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



Careers in PSHE at Notley High School and Braintree Sixth Form



Careers Leader: Mrs M Robb michelle.robbs@notleyhigh.com
 Careers Advisor: Mrs J Cure

MUN
 Attend the Higher Education fair at the University of Essex
 Attend UCAS day at Anglia Ruskin University
 University information assemblies
 University information talks for parents and carers

Covering letters
 Application form and CV writing workshop
 Mock assessment centre workshop
 Mock interviews
 Presentations by employers

University application support
 Introduction to apprenticeships assembly
 Introduction to apprenticeships information event for parents and carers
 Finding an apprenticeship workshop



Year 13

You and Your Future

The World of Work

You and Your Future

Successfully move to FE / HE / Employment

The World of Work

Enterprise Project Development of employment skills
 Employment rights
 Employer presentations
 Careers interview with careers advisor



Year 12

Successfully move to college / sixth form / apprenticeship

The World of Work



Personal Employability Factors
 Rights and Responsibilities at work
 Achieving a work/life balance
 Staying safe at work

Attend the Braintree IAG Careers Fair
 Updating CVs, letters of application personal statements
 Careers interview with careers advisor
 College and apprenticeship awareness assemblies
 Attend college tours and open day events with parents and carers
 Filling in college application forms
 Consider signing up for the NCS challenge
 Looking for apprenticeships

Year 11

You and Your Future

You and Your Future



Careers interview with careers advisor
 College and apprenticeship awareness assemblies
 Letters of application, personal statements and CV writing
 Attend the Braintree IAG Apprenticeship Fair
 Interview techniques in preparation for Mock Interview Day



Year 10

KS4

The World of Work

Rights and responsibilities in the workplace
 Employment law
 Discrimination in the workplace
 Online reputation and IT in the workplace



Yr9

The World of Work

You and Your Future

What is labour market information? How is it useful to you?
 What employers want: Skills for the 21st century
 The changing world of work
 Managing your online presence
 The law, work, and your responsibilities



Recognising and developing our own skills and values.
 Attend the Eyes on the Prize trip ARU
 Thinking ahead:
 Options for GCSE
 Careers interview with careers advisor

The World of Work

Yr8

You and Your Future

Yr7

Careers is taught throughout both KS3 and KS4 during PDT

Enterprise Project:
 Skills for employment
 Communication and teamwork
 Market sectors
 Health and Safety in the workplace
 Create a prototype
 Advertising and promotion
 Presentation skills



Work sectors, Career Stereotypes
 Aspirations, skills and strengths
 Skills for employability

Remember that ALL subjects will have careers education in them, so that you learn how the subject can be used in the future. You can also speak to any staff member about careers.

WHY?
 Extensive UK and international research shows that careers in the curriculum can have positive impacts on outcomes for young people.

A reminder that all students have access to Unifrog, an award-winning online platform providing careers information and advice.

Please encourage your child to explore this website with you.
(<https://www.unifrog.org/>).



If your child has trouble accessing the platform, contact michelle.robbs@notleyhigh.com

Unifrog brings into one place every undergraduate university course, apprenticeship, and college course in the UK, as well as other opportunities, such as School Leaver Programmes, MOOCs and every college at Oxford and Cambridge. This makes it easy for students to compare and choose the best university courses, apprenticeships, or further education courses for them. They can also explore exciting opportunities further afield by looking at English-taught undergraduate programmes available in Europe and the USA.

Additionally, the platform helps students successfully apply for these opportunities by using Unifrog to write their personal statement, applications and CVs.

The Unifrog tools

Careers Library

- Over 1000 career profiles
- Presents information from a range of sources
- Includes qualifications and skills needed, interviews with industry professionals and labour market information
- Explores progression opportunities and what a working week really looks like

UK Universities

- Students can enter subjects of interest and projected grades to see all relevant university courses available in the UK
- Rank and filter opportunities by factors like hours of lectures, price of accommodation and graduate job rates
- Get direct links to university information pages, with impartial information on courses and institutions
- Save unlimited shortlists to refer back to later

Apprenticeships

- Students can find live apprenticeship vacancies
- Vacancies are updated daily
- Rank and filter opportunities by factors like distance from home, weekly wage and application deadlines
- Direct link to the 'apply' page
- Each apprenticeship vacancy includes practical information about the opportunity, employer and training
- Save unlimited shortlists to refer back to later

Special Opportunities

- Includes £5 million-worth of grants, bursaries, scholarships, contextual offers and extracurricular activities
- These can be filtered by circumstances or characteristics, depending on the access requirements of the opportunity
- Includes direct links for applying
- Unlimited shortlists can be created and referred back to

UNIFROG – WORK EXPERIENCE OPPORTUNITIES

Unifrog have recently added virtual work experience opportunities to the platform.

Students can now search for virtual work experience placements at top employers around the world using the 'Special Opportunities' tool.

Some of the FREE opportunities include:

- JPMorgan Chase Investment Banking Virtual Experience
- Accenture Virtual Experience Programmes
- Clifford Chance Business and Human Rights Global Virtual Internship
- HM Government Cyber Discovery Virtual Work Experience

Students can also find paid-for programmes such as InvestIN's Future Doctor Programme.

How do I find these opportunities?

Log into Unifrog.org. The virtual WEX placements are all on the Special Opportunities tool. You can find the tool in the 'Searching for opportunities' section of the student homepage.

Once you have selected which country you are from, the tool asks which country you are interested in searching opportunities from. To find all the virtual WEX opportunities, select 'Online/ Worldwide'



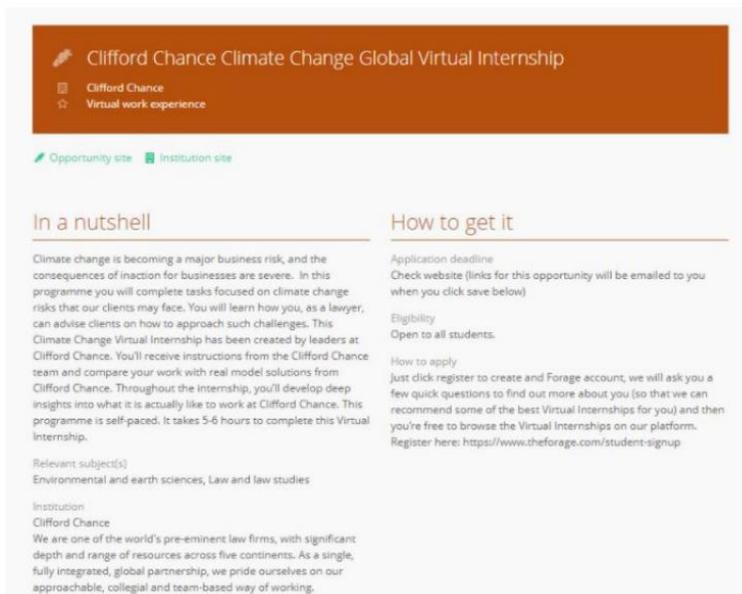
You can then select up to 10 subject areas you are interested in and click through to the longlist.

From here, you can create a shortlist of up to 10 opportunities. Your shortlist gives you information about what to expect from the placement and how to apply for it:



unifrog

Please let Mrs Robb know if you are successful! Good luck!



INFORMATION, OPPORTUNITIES AND EVENTS

- Explore your education and training choices.

Early this year, the Department for Education launched a new campaign to support people to develop the skills needed to get good jobs and improve productivity at a local and national level.

To continue this skills revolution and help people gain skills for life, the next burst of the campaign has now launched:

'Get the Jump' brings together all education and training choices for young people to help them decide their next step when they reach 16 and 18. It signposts to new simplified information about all their options on the National Careers Service website which can be accessed here:

[Get the Jump: explore your education and training choices | National Careers Service](#)



- InvestIN is a UK-based organisation that provides students aged 12-18 with an immersive experience of their dream career. Further information can be found here: [InvestIN | Ambition Beyond Education – InvestIN Education](#)
- Parent Events - InvestIN's parent event series is designed to give parents the essential tools they'll need to support their child on their career journey. Events are run by leading experts and are free to attend. You can register for events here: [Events for Parents | InvestIN – InvestIN Education](#)
- To learn more about apprenticeships, including the latest vacancies, visit:

[The Apprenticeship Guide | Home : Your online guide to apprenticeship careers and job opportunities](#)



- Over the coming weeks www.careerdays.co.uk have a range of online career & work experience days for students aged 14-18 to take part in. Hosted live from the UK and watched across the world, students are able to learn about their future careers and take part in interactive sessions where they can gain some experience to help them in their university applications.

The schedule is as follows:

- Psychology Career Day - Saturday 5th November 2022
- Business Career Day - Saturday 12th November 2022
- Architect Career Day - Saturday 19th November 2022
- Vet Career Day - Saturday 26th November 2022
- Law Career Day - Saturday 3rd December 2022
- Computer Science Career Day - Saturday 10th December 2022
- Performing Arts Career Day - Saturday 17th December 2022



THE 9 LEVELS

There are nine levels of qualifications you could study over your lifetime.

Below is the new and old GCSE grading structures.

Entry Level	<ul style="list-style-type: none"> • Pre-GCSE level from entry levels 1-3
Level 1	<ul style="list-style-type: none"> • GCSE grades 3,2,1 • BTEC - Pass, Merit, Distinction
Level 2	<ul style="list-style-type: none"> • GCSE grades 9,8,7,6,5,4 • BTEC - Pass, Merit, Distinction • NVQ Level 2 • Intermediate Apprenticeship
Level 3	<ul style="list-style-type: none"> • A Levels • BTEC Diploma - Pass, Merit, Distinction • NVQ Level 3 • T Levels • Advanced Apprenticeship
Level 4	<p>Year 1 - University or</p> <ul style="list-style-type: none"> • Certificate in Higher Education (Cert HE) • Higher National Certificate (HNC) • NVQ Level 4 • Higher Apprenticeship
Level 5	<p>Year 2 - University or</p> <ul style="list-style-type: none"> • Diploma in Higher Education (DipHE) • Higher National Diploma (HND) • Foundation degree • NVQ level 5 • Higher Apprenticeship
Level 6	<p>Year 3 - University or</p> <ul style="list-style-type: none"> • Degree Apprenticeship • Degree with or without honours • NVQ Level 6 • Degree Apprenticeship
Level 7	<ul style="list-style-type: none"> • Masters Level • Master's Degree • NVQ Level 6 • Degree Apprenticeship
Level 8	<ul style="list-style-type: none"> • Doctorate, for example Medical Doctor available in most academic areas

New Grade Structure	Old Grade Structure
9	A*
8	A
7	
6	B
5	
4	C
3	D
2	E
1	F
	G
U	U

Did you know that a standard pass is a 4 on the new grading structure?