

PDT and Careers Newsletter

Autumn Term 2: 2024

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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 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 2 is as follows:

Year 7

Relationships and Sex Education:

- Introduction to gender identity and sexuality.
- Sex, fertilisation, pregnancy and birth including appropriate terminology
- The physical and emotional changes that occur during puberty and ways to manage these.
- Personal and dental hygiene.
- Issues of unwanted contact (and how to recognise and respond to this), FGM, and sending nudes.

Health and Wellbeing:

- What mental wellbeing and self-esteem are and how these can be affected by negative influences around us, e.g., social media.
- The similarities and differences between the online world and the physical world, how images in the media can be manipulated and the impact this can have on body image.
- What makes a healthy lifestyle, including healthy eating, physical exercise, and sleep, and how these can affect our mental wellbeing, ability to learn and happiness.
- About the consequences of an unhealthy lifestyle.
- How to access medical services and under 16 patient rights

Year 8

Skills for Success:

- The difference between a growth and fixed mindset.
- Ways to persevere, adapt and be resilient in different circumstances.
- How to reframe negative thoughts and learn from failures and mistakes.
- The meaning of hard work and how goals are often achieved through determination, repeated attempts and practice.

Citizenship:

- The different political systems and how government and parliament work in the UK.
- The terms 'manifesto', 'policy' and 'political party' and the role of an MP.
- The electoral system in the UK, including voting and general elections.

Finance:

- Budgets (income and expenditure).
- Evaluating value for money in services.
- The positive and negative consequences of making financial decisions
- The risks associated with debt, including online scams.

Year 9

Health and Wellbeing (First Aid):

- How to respond in an emergency e.g., RTAs, fire, water, electrical – DR ABC
- How to put someone in the recovery position
- Heart attack and cardiac arrests
- How to perform CPR and use a defibrillator

Health and Wellbeing (Cancer):

- The facts and myths about cancer.
- The main signs and symptoms of cancer.
- How to reduce the risk of developing many illnesses including several cancers through simple lifestyle choices.
- The signs and symptoms of testicular cancer how to carry out testicular self-examination.
- The importance of seeing a doctor if they have any concerns about health and why it is important to go to the doctor as soon as possible.
- How cancer affects both individuals and those around them.
- Ways to support a friend who is impacted by cancer.

Careers:

- The options process relating to the KS4 subjects available

Year 10

Careers:

- Complete a mock interview with a member of the local business community.
- The importance of maintaining a positive online reputation
- Expectations around the use of IT in the workplace.
- Rights and responsibilities of employees and employers.
- The Equality Act 2010
- How to explore careers and access labour market information (LMI) using the Unifrog website.

Skills for Success: Students will create a realistic revision timetable and recall effective revision techniques.

- How to create a realistic revision timetable.
- Methods of revision, including retrieval practice and spaced retrieval.

Year 11

Careers:

- The rights workers are entitled to and how these are protected in the UK
- Sexual harassment in the workplace.

Relationships and Sex Education:

- Passive, assertive, aggressive communication
- Harassment, stalking and the law
- Acceptable and unacceptable behaviours on and offline.
- How to handle unwanted attention both online and offline.
- Consent and the law.
- Relationship abuse (i.e. domestic abuse, coercive control) and the physical, emotional and legal consequences.
- Myths and misconceptions about rape.
- Forced and arranged marriage.
- Honor based violence and forced marriage.
- How to seek help for themselves and others.

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/>



Ms Green



Mrs Vickery



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

**NOTLEY HIGH SCHOOL AND BRAINTREE SIXTH FORM
OPEN EVENING 6 NOVEMBER 2024**



Please come and join us on Wednesday 6th November for the Notley High School and Braintree Sixth Form open evening.

Time: from 5.30pm to 7.30pm

This will be a fantastic opportunity to experience our Sixth Form environment and gain a greater understanding of what it would be like to continue your studies here. You will get the opportunity to meet with the teaching staff and current students, and ask questions about any of the subjects on offer with us for September 2025.

There will also be information regarding all other aspects of sixth form life and the opportunities available to students who study here.

There will be two talks held in our theatre by the Head of Sixth form. The talks will take place at 5.45pm and 6.45pm.

Please use the link below to book into one of these talks.

[HTTPS://FORMS.OFFICE.COM/E/EMWN1U7SA9](https://forms.office.com/E/EMWN1U7SA9)

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 6 th November	Year 8 Home Fire Safety sessions with Essex Fire and Rescue
Wednesday 13 th November	'Why Go to University?' with Essex University Assemblies for Years 7-11
Thursday 5 th and Friday 6 th December	Mock interviews for all students in years 10 and 12



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 Glynn, Mrs Vickery and Mrs Turner
- 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



Pick up a free pair! →



Just ask for 'something from the white bag' 😊



A reminder that all students have access to Unifrog, an award-winning online platform providing careers information and advice. Log in details will shortly be shared with students in years 7.

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

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

The Apprenticeship Hub



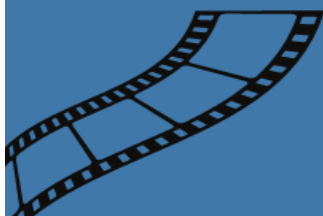
The Apprenticeship Hub support year 11 and 13 students across Essex to find and apply for apprenticeship opportunities. Applications for 2025 apprenticeships are open now. Contact the team for help applying.

View the [Apprenticeship Hub padlet](#) to keep up to date with new apprenticeship opportunities.



Join the team at one of their [virtual sessions](#).

Find out more about the team by watching their [video](#).



Contact us for more information

Email: apprenticeship.hub@essex.gov.uk | Text: 07860 033674

Or chat with us at www.essexopportunities.co.uk

Links

Apprenticeship Hub Padlet 2025 Summer Leavers: [Apprenticeship Hub Padlet 2025 Summer Leavers](#)

Virtual Sessions: [Careers Events in Essex](#)

Video: [Essex Apprenticeship Hub - Essex County Council](#)