

PDT and Careers Newsletter

Spring Term 1: 2023

Contact: Mrs Robb, Head of PDT and Careers

michelle.robb@notleyhigh.com

PDT CURRICULUM CONTENT FOR SPRING 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 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 1 is as follows:

Year 7

Relationships and Sex Education: Students will explore the qualities and behaviours expected in healthy relationships and will learn why the media portrayal of relationships may not reflect real life. They will discuss the role of parents within a family and suggest ways to reduce and resolve conflict.

Year 8

Relationships and Sex Education: Students will explore the qualities and behaviours to be expected in positive, healthy relationships. They will learn about consent and will be introduced to the contraceptive pill and the condom, including how they are used and their effectiveness. They will also discuss the potential long-term consequences of unprotected sex.

Year 9

Careers: Students will explore their future career aspirations and the choices available as part of the GCSE options process. Relationships and Sex Education: Students will explore healthy relationships including consent and the law. They will discuss what STIs are and how the spread can be reduced or prevented. Students will explore the range of contraceptives available and the pros and cons for each. They will also discuss issues around pornography.

Year 10

Living in the Wider World: Students will explore what 'British Values' are and how it develops community cohesion. They will discuss prejudice and discrimination and will evaluate the ways in which to challenge and prevent offensive behaviour as a society. They will explore extremism and radicalisation, the techniques used to manipulate and persuade others and what someone should do if they were worried about themselves or a friend.

Year 11

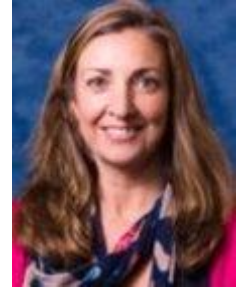
Relationships and Sex Education: Students will explore how to effectively communicate their wants and needs in relationships. They will discuss how to handle unwanted attention both online and offline. They will explore the various forms of domestic abuse and how to seek help for themselves and others. Students will explore the term 'honour' based violence and who is most at risk. They will identify what a forced marriage is and how it is distinguished from an arranged marriage or other form of legal marriage. They will discuss where and how to seek support if they are concerned about themselves or someone they know.

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. 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.

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.



Mrs Turner



Mrs Glynn



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/>



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 6 th January	Eyes on the Prize – Visit to ARU Chelmsford for all year 9 students
Thursday 17 th January	Year 11 Road Safety Play – <i>Dead End</i>
Friday 27 th January	Colchester Institute assembly for Year 8
Monday 30 th January	Aim Apprenticeships assembly for Year 10
Wednesday 1 st February	Apprenticeship Fair – Visit to Colchester Institute, Braintree Campus for Year 10
Wednesday 8 th February	NCS assembly for Year 11



NATIONAL APPRENTICESHIP WEEK 2023

The 16th annual National Apprenticeship Week will take place from 6th to 12th February 2023.

National Apprenticeship Week (NAW) 2023 aims to shine a light on the amazing work being done by apprentices, employers, and their training providers across the country.

The theme for National Apprenticeship Week 2023 is 'Skills for Life'.

The annual week-long celebration of apprenticeships, taking place across England, will reflect on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and businesses to develop a talented workforce that is equipped with future-ready skills.

To find out more about NAW 2023, please visit:

<https://naw.appawards.co.uk/>

[Resources for parents and guardians \(apprenticeships.gov.uk\)](https://www.apprenticeships.gov.uk/)



MAKE HAPPEN ACADEMY

MESSAGE FROM THE MAKE HAPPEN ACADEMY

Welcome to the Make Happen Academy! The Academy is a free digital site with instant access to over 60 videos on apprenticeships, study skills, going to university, careers and more! Whether you're a student, parent/carer or teacher, the Academy will ensure you have the information you need when it comes to making choices about education or careers. To access, simply login or register using this link: [Academy - Make Happen](#)

MESSAGE FROM THE UNIVERSITY OF ESSEX

Here at Essex, we've been finding ways to help students bounce back from home-schooling mode, hours of watching #BoredInTheHouse videos, and days of complete isolation. We get it - going back to 'normal' can feel a little daunting, especially when you have big life choices on the horizon.

If you are currently a student in Years 10-13, the University of Essex would love you to join our online community of young people who are impatient for change and working towards a better future.

Depending on your age, we have courses to choose from that are optional but extremely useful (and fun). What's more, they're completely free of charge. There's no pressure, no tests – just tons of interactive activities, videos, blogs and tips to help you on your educational journey.

Each one is designed to prepare you for the next stage of your education, whether that's sixth form or college, or university. You'll learn new ways to tackle your studies, navigate your future choices and master useful life skills like money management, making friends and getting a job. What's more, each course is packed full of tips you can start using right away and take with you for life!

Further information can be found here: <https://www.essex.ac.uk/schools-and-colleges/student-resources/online-courses>

LABOUR MARKET INFORMATION (LMI) AND PROGRESSION ROUTES IN ESSEX

Labour Market Information (LMI) is a useful tool to help research future jobs in the local area, understand the skills needed for certain roles and the demand for future employment.

LMI helps to break down the complex 'world of work'. Crucially for young people, LMI covers future demand – what kinds of jobs will be in demand after leaving school and what kinds of skills will be needed. Labour market information tells you:

- Which jobs are likely to be easiest or hardest to find in your area
- Which are the big employers in different areas and which ones have jobs on offer
- What skills employers are looking for and which are in short supply
- How much you can expect to be paid in specific jobs
- What working conditions are like
- What qualifications will be most helpful if you want a certain career
- What the jobs of the future might look like and which jobs might disappear

All of these factors can help young people make a more informed decision about what career path to take.



THE GREATER ESSEX CAREERS HUB HAS PRODUCED A FANTASTIC RESOURCE TO SUPPORT LMI...

WHERE NEXT? DISCOVER THE BEST NEXT STEP FOR YOU

Not everyone knows what they want to do when they finish school and even if you do, do you know how to get started or what training you need to get the job you want?

We are here to help! This is our guide to everything you need to know about getting ready for a job or training you would like to do.

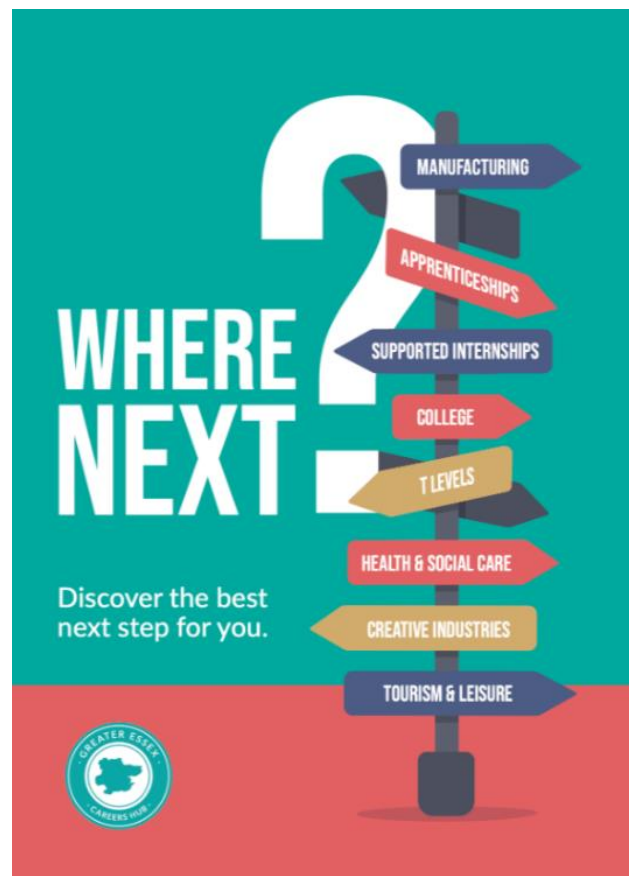
We will show you eight different industries that you could think about for your future jobs. These are all popular and growing in Essex and are important for bringing money and new skills to Essex. Each of these industries have different starting points no matter what your qualifications, skills or experience. There is something for everyone!

We have also included information about the different types of learning and training courses available to you after finishing school or college. These are things like on-the-job training for beginners, how to combine work and study, and options to continue your education at a university or elsewhere.

[Where next? Discover the best next step for you - Greater Essex Careers Hub](#)

Other sources of information:

- Take a look at Essex employers in these growing industries:
<https://www.essexopportunities.co.uk/employer-showcase/>
- Careers Directory
Use the careers directory to research different sectors, understand the main tasks within job roles and average salaries, learn about which qualifications you should consider studying and explore the current job and apprenticeship vacancies in Essex and Southend.
<https://www.essexopportunities.co.uk/explore-careers-pages/careers-directory/>



CAREEROMETER / SKILLSOMETER (LMI FOR ALL)

Careerometer can be used to explore and compare key information about occupations, help young people learn about different occupations and identify potential careers. It provides access to a selection of UK headline data relating to pay, weekly hours of work and future employment prospects for different occupations, as well as description of the occupation. Simply type in the title of the job you are interested in and the widget provides a series of options from which you can select the most relevant to you. You can then look up another two occupations and compare.

[Careerometer on icanbea...](#)



If you're not sure which jobs to look at, you might want to try the Skills-o-meter first, to get an idea of what you might like to do.

Instructions

Hit 'Start Quiz' and you will be presented with a series of statements. Select the emoji that shows how you feel about each statement. Once you run out of cards on all of the panels, you will be given suggestions of jobs linked to what you most enjoy doing

<https://www.icanbea.org.uk/skills-o-meter/>

Welcome!

This is a quiz that can help you figure out what you want to do in the future. After you start the quiz, you will be shown a series of cards with statements.

For each statement, please think about whether you would like or have an interest in doing this in a future job. Select the emoji that represents what you think. At the end, you will be given some ideas about jobs linked to what you would like to do.

[Start Quiz](#)

This quiz uses information from [O*NET](#) and [LMI For All](#). Click the links to learn more.

Choose your path.

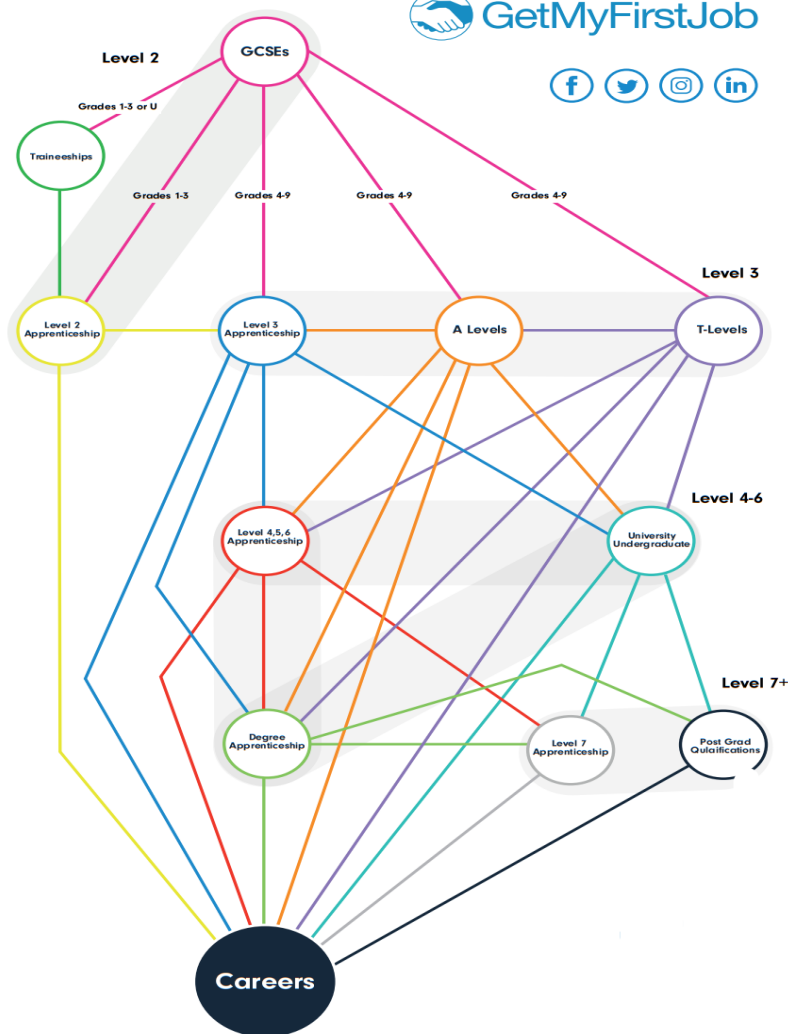
GetMyFirstJob gives you the latest opportunities, information, advice and resources for everything after school or college. From work experience, entry-level roles, traineeships and apprenticeships to gap years and graduate programmes.

Register on www.getmyfirstjob.co.uk to find opportunities near you.

There are many routes to your dream career. Whether you choose to do an apprenticeship, study part-time or become a full-time University student, the most important thing is choosing what is right for you.



You need to stay on in some kind of education or training until the age of 18, this could be going to college full-time, part-time or doing an apprenticeship.



Traineeships



Traineeships are short-term opportunities, lasting between six weeks to six months. It's a chance to get a high-quality work placement with flexible training. To get onto a traineeship, you need to be aged 16-24, unemployed or working less than 16 hours a week, have no Level 3 qualifications (those from college or sixth form), but most importantly be eager to work.

Apprenticeship levels explained

Apprenticeships give you practical on-the-job experience, essential learning tools and all-important qualifications that will last you a lifetime, wherever tomorrow takes you. An apprenticeship is a real job.

Higher & degree apprenticeship listings

There are hundreds of apprenticeships across the UK and it can be difficult to know what is available as they're not all in one place. That's why in January 2022, we'll be releasing our higher and degree apprenticeship listings to showcase hundreds of opportunities across the UK.



Level 2 (Intermediate)

Entry Requirements: Formal qualifications aren't needed
Duration: 12 months - 18 months
Qualifications you'll gain: The equivalent to 5 GCSEs at 4 to 9. Level 2 NVQ or BTEC Diploma and Certificate.

Level 3 (Advanced)

Entry Requirements: An intermediate apprenticeship or Level 2 qualifications like GCSEs
Duration: 12 months - 2 years
Qualifications you'll gain: The equivalent to 2 A-Level passes. Level 3 NVQ or BTEC Diploma and Certificate.

Level 4 (Higher)

Entry Requirements: An advanced apprenticeship or other Level 3 qualifications such as A-Levels or BTECS
Duration: 12 months - 2 years
Qualifications you'll gain: The equivalent to first year of Uni. You could get a HNC, CertHE, Level 4 NVQ or Level 4 BTEC.

Level 5 (Higher)

Entry Requirements: An advanced apprenticeship or other Level 3 qualifications such as A-Levels or BTECS
Duration: 12 months - 2 years
Qualifications you'll gain: The equivalent to second year of Uni. You could get a DipHE, HND, Level 5 NVQ or Level 5 BTEC.

Level 6 (Higher)

Entry Requirements: An advanced apprenticeship or other Level 3 qualifications such as A-Levels or BTECS
Duration: 12 months - 2 years
Qualifications you'll gain: The equivalent to a Bachelors degree. You could get a Graduate Certificate, Level 6 NVQ or Level 6 BTEC.

Level 6 (Degree)

Entry Requirements: An advanced apprenticeship or other Level 3 qualifications such as good A-Levels or BTECS
Duration: 3 years - 4 years
Qualifications you'll gain: You will graduate with a BA or BSc Degree.

Level 7 (Higher)

Entry Requirements: A bachelor's degree or relevant level 4, 5 or 6 qualification
Duration: Up to 6 years
Qualifications you'll gain: You will gain a MA, MSc, Level 7 NVQ, PGCE or Postgraduate Certificate

Quick guide to relationships and sex education:

What it is, what it aims to achieve, what the research says

What is relationships and sex education?

Relationships and sex education is learning about the emotional, social and physical aspects of human development, relationships, sexuality, wellbeing and sexual health.

What does relationships and sex education (RSE) aim to achieve?

Developmentally appropriate RSE aims to:

- Help children and young people to understand and take care of their physical health;
- Improve children and young people's emotional well-being and mental health;
- Safeguard children and young people by supporting them to report harmful behaviour, including online;
- Inform children and young people of their rights and responsibilities in society, leading to greater community cohesion and appreciation of independence and interdependence within relationships;
- Develop emotional intelligence and critical thinking skills, including around gender equity and power dynamics in relationships;
- Reduce harmful behaviour, including sexual violence and relationship abuse, stigma and discrimination;
- Help children and young people to develop positive relationships with themselves and others, based on respect and equality.

What does the research evidence say?

Independent and published research from a wide range of academic and credible sources in the UK and internationally demonstrate that RSE contributes to improved physical and mental health for children and young people.

When they have received RSE, young people are:

- More likely to seek help or speak out;
- More likely to practice safe sex and have improved health outcomes;
- More likely to have consented to first sex, and for first sex to happen at an older age;
- More likely to have an understanding of digital safety in regard to relationships and sex;
- More knowledgeable and aware of discrimination, gender equity and sexual rights;
- Less likely to be a victim or perpetrator of sexual violence.

COUNTY LINES: WHAT YOU NEED TO KNOW

You may be aware that students in years 8, 9 and 10 recently took part in an assembly led by Essex Police to discuss issues around criminal gangs, exploitation, and county lines.

Children of all ages and backgrounds are at risk of being exploited by criminal gangs who will use them to transport drugs and money around the country.

What is county lines?

- A child is 'groomed' by a criminal gang, then exploited to transport drugs and money from one area (county) to another – usually from an urban location to a rural or coastal one. Grooming can happen in person, or online on social media apps like Snapchat.
- The child may be trafficked to the gang's 'trap house' or 'bandos' miles away from home, to find 'customers', deal with rival gangs, and sell drugs.
- The child is likely to face violence and sexual exploitation
- The 'lines' refer to the dedicated mobile phone lines that gangs use for selling drugs.

Is my child at risk?

Criminal gangs are known to target:

- Children with vulnerabilities, such as poverty, family breakdown, exclusion from school – because they are more likely to respond to manipulation and coercion.
- Children from stable and affluent families – because they are less likely to be known to the police and may blend in better in the town the gang sends them to.
- Girls and young children – children as young as 7 are being groomed by gangs, and girls are often groomed into relationships with gang members or used to transport drugs as they are less likely to be stopped by the police.

However, any child is vulnerable to exploitation.

What signs should I look out for?

Potential signs that a child is involved in county lines include:

- Leaving home with explanation
- Returning home late, staying out all night or going missing
- Being found in areas away from home
- Being secretive about who they are talking to and where they are going
- Persistently going missing from school or college
- Receiving unexplained money, phone(s), clothes or jewellery
- Receiving excessive texts/phone calls and/or owning multiple handsets



A REMINDER ABOUT ONLINE SAFETY

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

[CEOP Safety Centre](#)

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.



What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.



How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.



[Make a report](#) 