

# PDT and Careers Newsletter

Summer Term 1 - 2023

Contact: Mrs Robb, Head of PDT and Careers

[michelle.robb@notleyhigh.com](mailto:michelle.robb@notleyhigh.com)

## PDT CURRICULUM CONTENT FOR SUMMER 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 2 is as follows:

### Year 7

**Finance:** Financial decision making including discussions around wants and needs, what influences spending, payment methods, saving and borrowing and budgeting

**Citizenship:** Introduction to Human Rights and Children's rights.

### Year 8

**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)

**Emotional wellbeing and Digital literacy:** Issues around mental health and emotional wellbeing, including body image, coping strategies, and coping with change and loss. Online safety including media reliability.

### Year 9

**Relationships:** The Equality Act 2010 and the protected characteristics. Tackling homophobia and transphobia.

**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

**Relationships:** Negotiating contraceptive use and STIs. Recognising unhealthy relationships and managing breakups.

**Finance:** The impact, causes, effects and risks of financial decisions, including debt and gambling.

### Year 11

**Citizenship :** Human Rights, The rule of law, migration and international law, is citizenship a privilege or a right?

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.

## THE GATSBY BENCHMARKS

The eight benchmarks are a framework for good career guidance developed to support secondary schools and colleges in providing students with the best possible careers education, information, advice, and guidance. Notley High School and Braintree Sixth Form use Compass+ to plan our careers program and track student attendance at careers events and activities. Students, parents and carers can request a copy of their record of attendance by emailing

[michelle.robb@notleyhigh.com](mailto:michelle.robb@notleyhigh.com)

## 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](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 Turner



Mrs Glynn



Mrs Vickery



## INTRODUCTION TO T LEVELS

# T-LEVELS

T-levels are new, government-backed, career focused qualifications for 16 to 19 year olds. They are equivalent to three A-levels and are backed by hundreds of British businesses, who helped to design the courses.

T-levels are offered by many schools and colleges across England and offer your child an ideal first step into their future career. As of September 2022, there are 16 different T-levels to choose from, with even more being made available from September 2023.

Each two-year course has been designed with employers from multiple sectors and combines classroom study with a 45-day industry placement to prepare your child for the world of work, or further study like a higher level apprenticeship or university.

Information for parents about T Levels can be found here: [T-levels Parents' Guide | A new post-16 alternative to A-levels \(tlevelinfo.org.uk\)](#)

To find a T Level course, use this search: [Find a T Level | T Levels](#)

Local T level providers include:

- Hedingham School and Sixth Form - Digital Business Services
- Writtle University College - Agriculture, Land Management and Production
- Chelmsford College - Education and Early Years and Design, Surveying and Planning for Construction

These providers and others will be increasing the range of courses they offer from September 2023 and September 2024.

## MESSAGE FROM COLCHESTER INSTITUTE: UPCOMING OPEN EVENTS

### Braintree Campus Open Event, Thursday 11th May 2023, 5pm - 7pm

This Open Event is especially recommended for students in years 10 and 11, but anyone can come along to discuss our other provision, giving you the chance to talk to our course tutors about your options and find the right course for you.

At the event you'll be able to:

- see our fantastic study spaces;
- find out about student life;
- meet students currently studying at the college;
- speak to subject tutors and assessors;
- make an application;
- learn about the pathways that are available to you.

Book your space here: [Open Events | Open Days & Evenings - Colchester Institute](#)



### Apprenticeship Information Evening, Colchester Campus, CO3 3LL, Thursday 25th May 2023, 5pm - 7pm

At this event you'll have the opportunity to talk directly with employers, current apprentices and our expert trainers and assessors to find out more about the apprenticeship pathways and how being an apprentice can benefit you.

If you would like to find out more and see some case studies from current apprenticeship students, please visit the link to our apprenticeship page on our website: [Apprenticeships | Apprenticeship Training - Colchester Institute](#)

## PDT AND CAREERS CALENDAR:

On Monday 24<sup>th</sup> April, year 10 students will have an assembly with Stansted Airport College. If you have any questions about the college that you would like answered during the assembly, please contact Mrs Robb and we will direct these to the college for you.

Information about the college can be found here: [Stansted Airport College - Home](#)

On Wednesday 10<sup>th</sup> May, we will be hosting a 'Careers Insight Day' with Essex County Council, giving all year 8 students an understanding of the world of work. More information will be shared with parents nearer the time.



## MESSAGE FROM ESSEX COUNTY COUNCIL

Essex County Council is doing research into vaping among young people in Essex as it is something we know little about. To find out more, we are conducting two surveys – one with young people (11 – 18 years old) and one for their parents and carers. We would like as many people as possible to complete these surveys, whether they or their children vape or not. Please complete the surveys and share them with family and friends. Your feedback will help us shape our future work around vaping in Essex.

### PARENT AND CARERS SURVEY LINK:

<https://www.smartsurvey.co.uk/s/YouthVapingParentCarerSurvey/>

### YOUNG PEOPLE SURVEY LINK:

<https://www.smartsurvey.co.uk/s/youthvapingessex/>

**VAPING**  
Are you 11-18 years old?  
We want to hear from you!

Young people in Essex, your voice matters! 🗣️  
We want to hear about your experiences and views on vaping – what it means to you and how it affects your life.  
Your responses are completely **confidential and anonymous** – so please share your thoughts with us by clicking on the QR below to complete a short survey.



## PERIOD EQUALITY FOR ALL

Our school provides free period products to any student that needs them.

This could be for several reasons including:

- Unable to afford them.
- Have forgotten their products at home.
- Have come on their period unexpectedly.


This is part of a government scheme to reduce stigma surrounding periods and to make sure no student misses their education because they have their period.

Both sanitary towels and tampons are available from all members of staff, including:

- Mrs Simpson in the medical room
- Mrs Robb in the PDT office
- Mrs Glynn, Mrs Vickery and Mrs Turner in Pastoral support
- 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!

**GOT YOUR PERIOD?  
WE'VE GOT YOU!**



**PICK UP FREE SANITARY PRODUCTS HERE**

Send me a pic?



## INFORMATION FOR PARENTS AND CARERS: WHAT IS NUDE IMAGE SHARING?

'Nude image sharing' is a term used to describe naked or semi-naked photographs or videos taken on an electronic device and shared online. Young people often refer to nude images as either 'nudes' or simply 'pics'. Digital Romance (2017), a research report by NCA-CEOP and Brook, told us that 26% of the 14-17-year olds surveyed had sent a nude or sexual selfie to someone they were interested in.

The research found there are many reasons young people share nude images, which include:

- With a trusted boyfriend/girlfriend within a relationship
- Flirtation with someone they are interested in
- Fun with friends
- Because they are confident in their body and want to show it
- Looking for reassurance about body image
- Pressure from a friend or a partner
- Sharing someone else's nude in revenge

There are situations where nude images of others are shared without their consent. Sometimes young people share nude images of other people because they're shocked by it, or because it seems like everyone is sharing it. They share it with more people without stopping to think of the harm it will cause. In other cases, images are shared in large group chats, either as a joke or to cause the person harm.

### How do I talk to my child about this?

Sending nudes is a way for young people to explore their sexuality and relationships. Talking to your child about relationships, sex and nude images is the best thing that you can do to help keep them safe.

### Key messages about nude images to share with your child

- Young people often think once they've sent an image, they're powerless to prevent anything bad from happening. If your child is worried about an image they've shared, there are things they can do about the situation (see advice in the box below).
- It's abusive to pressure someone into sharing an image if they don't want to. If someone says no to sending one this decision should be respected.
- If someone is pressuring or manipulating a young person to share a nude image, they should speak to someone they know and trust, or they can call Childline on 0800 1111.
- Sharing nude images without someone's consent is wrong and it's ok to tell someone. Tell your child about reporting to CEOP ([www.ceop.police.uk](http://www.ceop.police.uk)) if images are being shared.
- Sharing nude images of someone else is not 'just a joke'. Non-consensual image sharing can have a devastating impact on the person in the image.

### My child has shared a nude – where can I get help?

If your child has shared a nude image and is worried, there are several steps that can be taken to help them.

1. Ask them to delete it. Your child may have shared a nude image of themselves with a friend or a partner. Often, the person an image has been sent to will not want to share it any further. Advise your child to have an honest conversation with them and ask them to delete it.
2. Report the image. Social networks don't allow naked images of those under 18. If the image has been posted online, a report can be made on most popular sites and the image should be taken down. If the site doesn't have any way to report the image, you can report it to [IWF - Welcome to the IWF](http://www.iwf.org.uk) (Internet Watch Foundation). They should be able to assist with getting it removed from the internet.
3. Report to CEOP. If your child shared a picture or video because they were threatened, pressured, or forced to, report to CEOP. CEOP can help protect your child. It's never too late to get help.