

PDT and Careers Newsletter

Summer Term 2 - 2023

Contact: Mrs Robb, Head of PDT and Careers

michelle.robb@notleyhigh.com

PDT CURRICULUM CONTENT FOR SUMMER 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.

The curriculum overview for PDT lessons during Summer term 2 is as follows:

Year 7

Citizenship: Migration and immigration, including refugees and asylum seekers.

Skills for Success: Reflection of year 7 and preparing for year 8.

Relationships and staying safe: Managing changing friendship groups. Personal safety when becoming more independent.

Year 8

Relationships and staying safe: Unhealthy relationships including within families and gangs. County lines, grooming, exploitation, and coercion, abuse, and harassment. Where to access support.

Citizenship: The work of charities and the role of volunteers.

Skills for Success: Reflection of year 8 and preparing for year 9.

Year 9

Relationships: Prejudice and misogyny

Finance: What an economy is and how it influences financial decision making. Ethical consumerism.

Skills for Success: Reflection of year 9 and preparing for year 10.

Year 10

Physical Health and Mental Wellbeing: Managing change, and coping with loss, grief and Bereavement. Organ and tissue donation.

Staying safe: The effect of alcohol and drugs on the individual, community, and society. Managing peer influence in increasingly independent contexts. Where to access support.

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

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://Young Carers (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



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.

Monday 3 rd July	<p>Year 10 workshop <i>Working Wonders</i> with 'Performance in Education'</p> <p>The workshop will:</p> <ul style="list-style-type: none">• Explore dealing with challenges and plans that don't work out in an unpredictable job market• Reinforce the importance of qualifications to help future-proof careers in a changing job market• Emphasise the importance of all exam subjects not just the lessons that will most obviously feed into a chosen career path• Raise aspirations
Monday 10 th July	<p>Year 9 workshop <i>Future Forward</i> with 'Performance in Education'</p> <p>The workshop will:</p> <ul style="list-style-type: none">• Challenge perceptions, preconceptions and myths surrounding F.E and H.E.• Demonstrate the importance of lifelong learning• Increase understanding of the options available to students post 16 and post 18.• Explore different learning styles and different ways of learning.• Encourage students to plan for a successful future starting with their GCSEs.• Motivate students to fulfil their potential in education and training.

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!



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)
- [Virtual Work Experience – Online Work Experience UK \(barclayslifeskills.com\)](https://barclayslifeskills.com)
- [Free Virtual Work Experience Programs from Top Companies - Forage \(theforage.com\)](https://theforage.com)
- [Virtual work experience opportunities - Future First](#)

GET THE JUMP

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](#)

ROUTES THROUGH TECHNICAL TRAINING

Technical training gives employees the skills to complete their daily jobs and tasks at work. The technical education system in England offers a range of exciting opportunities, but sometimes it can be tricky to work out which might be the right option to progress your learning and career.

AELP (Association of employment and learning providers) and The Careers and Enterprise Company have created a guide to help find out about the different choices available:

- Find the best option for you using easy-to-follow graphics
- Show how qualifications sit together
- Get advice from those who have studied or are studying a qualification that interests you
- Get a clear concept of a job that interests you, what it involves, and how to get there
- Find all the links to where you and your family can find all the information you need

[Your-Options-2022-v21B - FINAL.pdf \(careersandenterprise.co.uk\)](#)



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.robb@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