



Notley High School & Braintree Sixth Form

Headteacher: David Conway MA MBA



September 2019

Dear Parents/Carers

Year 9 Autumn Term PDT Lesson Curriculum Overview

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.

I am writing to let you know the curriculum overview for PDT lessons in Year 9 during the Autumn term as follows:

Autumn 1 Health & Wellbeing	Autumn 2 Living in the Wider World
<p>Making Healthy Choices: Work-life balance, emotional and physical wellbeing. The importance of sleep. Body image and social media, unhealthy (including eating disorders and self-harm) and healthy coping strategies.</p> <p>First aid and personal safety.</p> <p>Internet Safety: staying safe and managing relationships online (including issues around grooming, sexting, and explicit images).</p>	<p>Careers: Understanding careers and links with future aspirations. What employers want: Skills for the 21st century and recognising own skills and values. How to access labour market information (LMI). Legal limits and rights at work. Responsibilities at work. Online reputation.</p> <p>Preparing for GCSEs: Identifying learning strengths and setting goals as part of the GCSE options process.</p>

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body.

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.

Our Relationships and Sex Education School Policy is on the school website.

Yours faithfully

Mrs M Robb

Head of Faculty: PDT, Resilience and Careers

"Working together, achieving together"

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