



# Notley High School & Braintree Sixth Form

Mr R James, Deputy CEO & Executive Headteacher  
Dr C Cusick, Head of School



January 2022

Dear Parents/Carers

## Year 8 Spring 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 8 during Spring term 1 is as follows:

### Spring 1

**Health and Wellbeing:** Students will explore the characteristics of mental wellbeing and the stigma sometimes attached to mental illness. They will learn to identify ways to promote their own emotional wellbeing and evaluate the positive and negative impact of social media on self-esteem and body image.

**Relationships and Sex Education:** Students will explore the thoughts, feelings and emotions a person might have when dealing with a loss such as a relationship breakdown or bereavement. They will learn about sources of support and ways to help a friend who is dealing with a loss.

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 Policy is on the school website.

Yours faithfully

Mrs M Robb  
Head of Faculty: PDT, Resilience and Careers

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