

# PDT and Careers Newsletter

Summer Term 1 - 2024

Contact: Mrs Robb, Head of PDT and Careers

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## 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 Summer term 1 is as follows:

### Year 7

**Careers:** Students will explore the meaning of 'career'. They will investigate employment sectors, explore the online platform 'Unifrog' and identify some of the skills and qualities that would make someone suited to work in them. They will also explore how stereotyping can limit aspirations.

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

### Year 8

**Relationships and Sex Education:** Students will discuss different types of relationships. They will explore the qualities and behaviours to be expected in positive, healthy relationships, including online. 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.

**Relationships and staying safe:** Students will discuss unhealthy relationships including within families and gangs. They will talk about county lines and knife crime, grooming, exploitation, and coercion, abuse, and harassment. They will discuss how and where to seek support.

### Year 9

**Health and Wellbeing:** Students will learn first aid skills, including how to perform CPR and use a defibrillator.

**Relationships:** Students will discuss prejudice and misogyny

### Year 10

**Relationships and Sex Education 1:** Students will explore the options available to people who wish to make a long-term commitment, including their legal rights. Students will discuss the different options for people wishing to start a family and identify the skills needed for successful parenting. Students will explore the options available in the event of an unintended pregnancy and the legal status of abortion.

**Relationships and Sex Education 2:** Students will explore the common myths and assumptions regarding sex and how these are perpetuated by pornography.

### Year 11

**Citizenship:** Students will examine Human Rights, The rule of law, migration and international law. They will debate '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.

## 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 \(tlevelinfo.org.uk\)](https://www.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 2024.

## 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 15 <sup>th</sup> April	NACT performance 'Shadow' for Year 9
Thursday 18 <sup>th</sup> April	Stansted Airport College assembly for Year 10
Wednesday 24 <sup>th</sup> April	Essex County Fire and Rescue Service 'Gangs Awareness' workshops for Year 9
Wednesday 24 <sup>th</sup> April – Tuesday 30 <sup>th</sup> April	Essex County Fire and Rescue Service 'Water Safety' assemblies for Year 7-11
Wednesday 15 <sup>th</sup> May	Careers Insight Day with Essex County Council for Year 8
Wednesday 8 <sup>th</sup> February	NCS assembly for Year 11



## 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.robbs@notleyhigh.com](mailto:michelle.robbs@notleyhigh.com)

## PERIOD EQUALITY FOR ALL

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

This could be for several reasons including:

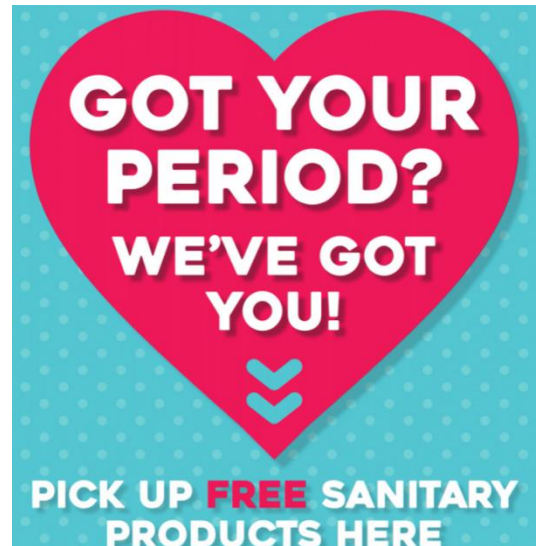
- Unable to afford them.
- Have forgotten their products at home.
- Have come on their period unexpectedly.

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!



## 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...

# Labour Market Information

Greater Essex  
CAREERS HUB

THE CAREERS &  
ENTERPRISE  
COMPANY

## Braintree

### Employment

78.3% of people are employed. Higher than the national average of 75.5%



### Unemployment

2.7% of people are unemployed. Lower than the national average of 3.6%

### Salary



The average income is £28,200 per year

### Qualifications

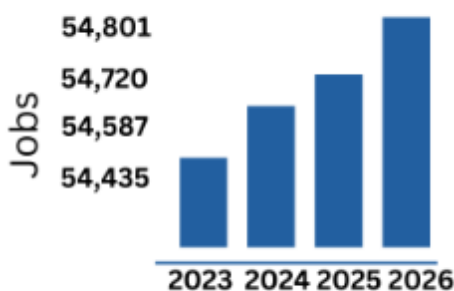
23.7% of Braintree residents have a Degree or higher (9.9% below the national average)

### In Demand Skills

- Marketing
- Warehousing
- Invoicing
- Engineering Drawings
- Power Tool Operations



### Predicted Job Growth



The current top paid industry in Braintree is Information and Communication, exceeding £40,000 per year

### Sectors set to grow

- Construction
- Education
- Health and Social work
- Wholesale and Retail trade

### Where are most the jobs now?



Repair of Motor Vehicles and Motorcycles

Education



Manufacturing

Construction



Health and Social Care



# Labour Market Information

Greater Essex  
CAREERS HUB

THE CAREERS &  
ENTERPRISE  
COMPANY

## Chelmsford

### Employment

77% of people are employed. Higher than the national average of 75.5%



### Unemployment

2.6% of people are unemployed. Lower than the national average of 3.6%

### Salary



The average income is £28,200 per year

### Qualifications

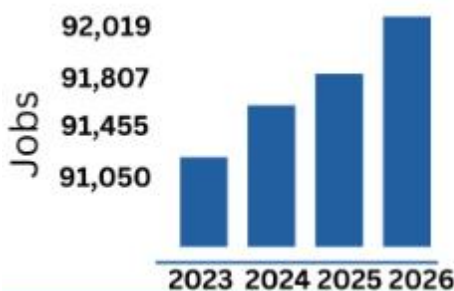
31.5% of Chelmsford residents have a Degree or higher (2.1% below the national average)

### In Demand Skills

- Marketing
- Finance
- Auditing
- Accounting
- Project Management



### Predicted Job Growth



From 2016 to 2021, jobs increased by 5.7% in Chelmsford from 85,115 to 89,996.

### Sectors set to grow

- Construction
- Administrative and Support Services
- Information and Communication

### Where are most the jobs now?



Repair of Motor Vehicles and Motorcycles

Education



Health and Social Care

Construction



Professional, Scientific and Technical Activities

# Labour Market Information

Greater Essex  
CAREERS HUB

THE CAREERS &  
ENTERPRISE  
COMPANY

## Colchester

### Employment

77.9% of people are employed. Higher than the national average of 75.5%



### Unemployment

2.7% of people are unemployed. Lower than the national average of 3.6%

### Salary



The average income is £27,500 per year

### Qualifications

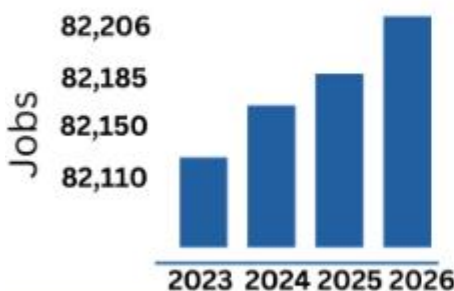
31.2% of Colchester residents have a Degree or higher (2.4% below the national average)

### In Demand Skills

- Marketing
- Finance
- Auditing
- Nursing
- Project Management



### Predicted Job Growth



From 2016 to 2021, jobs increased by 0.2% in Colchester from 81,803 to 82,005.

### Sectors set to grow

- Construction
- Real Estate
- Accommodation and Food Services
- Health and Social Care

### Where are most the jobs now?



Repair of Motor Vehicles and Motorcycles

Education



Health and Social Care

Accommodation and Food Services



Professional, Scientific and Technical Activities