

PDT and Careers Newsletter

Summer Term 1 - 2025

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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

Skills for Success: Revision Techniques

- Identifying their personal strengths and areas for development
- How memory works and using memory techniques to improve working memory
- The importance of effective revision techniques and how to use them.

Finance

- The difference between a want and a need.
- What influences spending.
- How to create a simple budget.
- Different payment methods.
- The pros and cons of borrowing and saving.

Year 8

Relationships and Sex Education:

- Different types of relationships, including marriage, co-habiting and civil partnership
- Types of family
- The qualities and behaviours to be expected in positive, healthy relationships, off and online
- Sex and the law. Consent including choice, freedom, and capacity to consent
- Choices around sex including basic forms of contraception, i.e. the condom and pill, how they are used and their effectiveness
- The consequences of unprotected sex, including pregnancy
- Where to seek support

Skills for Success: Revision Techniques

- Planning a positive learning space and environment
- The importance of effective revision techniques and how to use them.

Year 9

Citizenship: The Law

- The job descriptions of people involved in the law.
- The difference between civil and criminal law.
- The process of how laws are made and changes in law can be influenced.
- Police powers, including the rules of stop and search, and misconceptions.
- The rights young people have within the criminal justice system.
- The different types of punishment that can be given to young offenders.

Year 10

Citizenship: British values and community cohesion

- The British Values: Democracy, Rule of law, Individual liberty, Mutual respect and Tolerance.
- How British values support community cohesion.
- Diversity and the benefits of an inclusive, diverse community.
- How discrimination can be prevented.
- Offensive behaviour and how it can be challenged.
- The risks of radicalisation and extremism.
- The recruitment techniques used by extremist groups to manipulate and persuade others.
- Group think: How other people's actions can be affected by others' influence.
- What someone should do if they were worried about themselves or a friend.
- Accessing help and support.

Year 11

Citizenship:

- History of Human Rights and the law that protects them.
- How laws are made.
- The role of parliament, government, and the justice system.
- Migration and international law.
- The law and rights people have if they choose to leave their home to migrate, or if they become a displaced person or refugee.

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.

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.

Wednesday 23 rd April	Essex County Fire and Rescue Service 'Gangs Awareness' workshops for Year 9
Thursday 24 th April	Stansted Airport College assembly for Year 10, followed by Q&A session
Monday 28 th April - Friday 2 nd May	Essex County Fire and Rescue Service 'Water Safety' assemblies for Year 7-11



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: Ms Green 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://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

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/>



Ms Green



Mrs Vickery



INTRODUCTION TO
T LEVELS



MESSAGE FROM THE ESSEX APPRENTICESHIP HUB

School leavers can register with the Apprenticeship Hub for friendly help and support in finding the right apprenticeship.

If you are in Year 11 or Year 13 email us on apprenticeship.hub@essex.gov.uk to register.

We will match you with apprenticeship opportunities and invite you to a programme of events to support your search, plus send you weekly vacancy bulletins.

Welcome to the Apprenticeship Hub

Every year we help lots of School leavers in Essex to launch their career with great apprenticeship opportunities.

THE LATEST EDITION OF THE ESSEX CAREERS MAGAZINE IS OUT NOW!

<https://www.essexopportunities.co.uk/media/4iibpdr3/sbt2625-careermap-essex-county-council-career-guide-7-digital-v5-final.pdf>

This magazine has been produced by the Essex County Council Employment & Skills team to provide a comprehensive insight into all matters relating to the Employment & Skills opportunities within Essex.



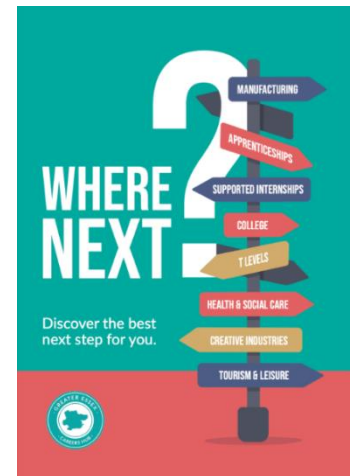
Contents

- 04 Welcome
- 05 Sector spotlight - Early years and education
- 06 Routes into early years and education
- 08 Careers in early years and education
- 10 Kickstart your career in early years education with The Skills Network
- 11 The Poppins Early Years Bursary
- 12 The many faces of teaching
- 14 Early years and education qualifications at Harlow College
- 15 Graduate opportunities in early years teaching
- 16 Apprenticeship training with Vocational Training Services (VTS)
- 18 Choose foster caring as a career
- 19 What do you know about Essex?
- 20 Finding your way in Essex
- 22 Regional focus - Mid-Essex
- 23 Mid-Essex - facts and figures
- 24 Careers in health and early years at Chelmsford College
- 25 Volunteer Essex
- 26 Discover careers in construction at Houghton and Son
- 27 Think you know construction? Think again! - Murphy
- 28 British Army Apprenticeships
- 29 Royal Signals Apprenticeships
- 30 All about apprenticeships
- 32 YMCA Essex: supporting families and changing lives
- 34 Get support and funding for apprenticeships
- 35 Career opportunities in hair and beauty
- 36 Building offshore wind careers in Essex
- 38 Myth-busting roles in the renewable energy industry
- 39 New City College launches Green Skills Centre and cutting-edge virtual reality video labs

LABOUR MARKET INFORMATION (LMI) AND PROGRESSION ROUTES IN ESSEX

Labour Market Information (LMI) is a valuable tool for understanding the future job market, especially for young people making career decisions. It helps identify in-demand roles, required skills, and employer expectations. Key insights from LMI include:

- Jobs that are easiest and hardest to find
- Key employers and their hiring trends
- In-demand skills and skill shortages
- Salary expectations for various roles
- Working conditions
- Useful qualifications for specific careers
- Predictions about future job opportunities, including roles that may disappear



For Year 9 students choosing GCSEs, LMI is essential in making informed decisions about future careers. By considering LMI when selecting GCSEs, students can focus on developing the skills and qualifications necessary for a successful future.

The following resources offer Labour Market Information in Essex:

- **Where Next? booklet** provides information on eight key sectors in Essex and progression routes into them <https://greateressexcareershubs.co.uk/wp-content/uploads/2022/11/career-hub-lmi-booklet-final.pdf>
- **The National Careers Service** offers over 800 job profiles on its website. Under each profile you'll learn about the average salary, working hours, typical duties, and routes into the profession. <https://nationalcareers.service.gov.uk/explore-careers>
- **Unifrog**: All students have access to local labour market information via the Unifrog platform. This provides an insight into local sectors of growth, salaries and skills that employers are looking for. <https://www.unifrog.org/>
- **Job Portals and Recruitment Websites**: Websites like Indeed, Reed, and Totaljobs show job vacancies in Essex, providing insights into in-demand skills and salary ranges.

A PARENTAL GUIDE IN SUPPORTING TEENAGERS FIND A JOB

On average, adults working full time spend around 36.6 hours a week at work, so finding an environment and role that your teen is going to enjoy is important. BBC Bitesize has some top tips from career coaches Mark Anderson and Shoshanna Davis from the Bitesize Careers Podcast on how you can talk to your teenager about finding a job that brings the best out in them.

[Article](#)



Industries with growing job opportunities in Essex include technology, health and social care, and construction. These sectors are expanding, creating new roles and increasing the demand for specific skills. Staying informed through LMI ensures students are preparing for a successful career by focusing on industries with strong prospects.

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

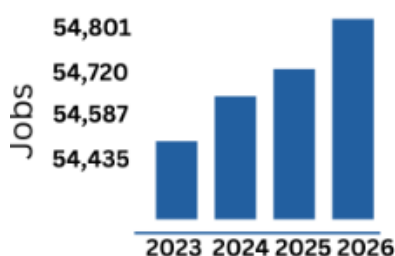
23.7% of Braintree residents have a Degree or higher (9.9% below the national average)

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

CAN YOU HELP US?

YEAR 10 WORK EXPERIENCE OPPORTUNITIES



We are excited to announce that all year 10 students will be participating in work experience from 2nd June to 6th June 2025. This invaluable opportunity allows students to gain insight into potential careers, develop their professional skills, and enhance their CVs.

As part of this process, students are responsible for securing their own placements. However, we understand that some students may not have the necessary contacts or connections, so we are looking to compile a list of local employers who would be willing to offer work experience placements to help those students.

If you are an employer who would be interested in supporting our students by offering a work experience placement, we would be extremely grateful. Please contact Michelle Robb via email at michelle.robb@notleyhigh.com to let us know if you can help.

We look forward to hearing from you and thank you for considering this opportunity to make a positive impact on the next generation.



ESSEX SEXUAL HEALTH SERVICE: PARENT AND CARERS RESOURCE HUB

The Essex Sexual Health Service Parent and Carers Resource Hub offers a wealth of resources to support parents and carers in guiding their children through understanding relationships and sexual health. The site provides resources to support in these conversations, ensuring you have access to the latest information and best practices in sexual health and education. <https://essexsexualhealthservice.org.uk/parents-and-carers/>

Period Equality for all

Our school provides free period products to any student that needs them, for whatever reason.

We have a huge selection of:

- Sanitary towels
- Tampons
- Modibodi Period Pants

Products are available from

- Mrs Simpson in the medical room
- Mrs Robb in the PDT office
- Mrs Vickery and Ms Green
- 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!

We also have free tights for anyone that needs them! See Mrs Simpson



Just ask for 'something from the white bag' 😊