

PDT and Careers Newsletter

Autumn Term 1: 2022

Contact: Mrs Robb, Head of PDT and Careers

michelle.robb@notleyhigh.com

PDT CURRICULUM CONTENT FOR AUTUMN 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 Autumn term 1 is as follows:

Year 7

Transition to secondary school and friendships. Understanding the importance of school rules.

Health and Wellbeing: Students will explore what makes a healthy lifestyle, including healthy eating, physical exercise, and sleep, and how these can affect our mental wellbeing, ability to learn and happiness.

Living in the Wider World: Students will explore the meaning of diversity and discrimination. They will discuss what it means to be empathetic and how our actions can have both positive and negative consequences for others. Students will learn what bullying is, including online, and strategies to use if they experience it.

Year 8

Skills for Success: Growth and fixed mindsets, mindset triggers and the power of practice.

Citizenship: Students will explore how government works. They will investigate the terms 'manifesto', 'policy' and 'political party' and develop an understanding of the electoral system in the UK.

Staying Safe: Students will explore reasons why young people might use legal and illegal drugs. They will investigate the consequences of being found in possession of, using, selling or supplying different classes of drugs. They will learn what support is available to people. They will also learn about the law in relation to carrying a knife, knife crime and joint enterprise and evaluate why some young people may choose to carry a knife and how risky this choice is.

Year 9

Citizenship: Students will explore how laws are made and the powers that police have (e.g. the rules of stop and search). They will discuss any potential misconceptions that they may have of sentencing and the rights young people have within the criminal justice system.

Health and Wellbeing: First aid, including how to perform CPR and use a defibrillator. Vaccinations.

Year 10

Transition to Key Stage 4: Resilience and strategies to cope with change. Study and learning habits.

Health and Wellbeing: Students will consider how to promote their emotional health and wellbeing when faced with challenges. They will also learn about mental health and ways to tackle stigma.

Careers: Students will identify and learn the skills required to present themselves in the best possible way and make a good impression at an interview. All students will complete a virtual mock interview with a member of the local business community during Autumn term 2.

Year 11

Option choices post 16: Introduction to post 16 options and how to access labour market information (LIM). Preparing for a career guidance interview. The application process. Exploring careers using Unifrog software.

Skills for Success: Students will explore ways to maximise success, including time management, organisation, and revision strategies.

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.

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://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/>



Mrs Turner



Mrs Glynn



Mrs Vickery



STUDY AND CAREERS OPPORTUNITIES AND USEFUL LINKS

- **Message from Braintree Sixth Form: Applications for September 2023**
We will be holding our Open Evening for Braintree Sixth Form on Wednesday 9th November from 5pm until 8pm. This will be a chance for students and families to look around the sixth form building, speak to students and teachers about the courses available and hear from prefects and the Head of Sixth Form about what is on offer at Braintree Sixth Form. Applications to study here from September 2023 will open on the 9th November and close on Friday 20th January.
- **A reminder that all students have access to Unifrog, an award-winning online platform providing careers information and advice.** (<https://www.unifrog.org/>). Log in details will shortly be shared with students in years 7 and 8. Please encourage your child to explore this website with you.
- **Message from Colchester Institute: Autumn Open Event**
We'll soon be opening our doors once again to many young people and their families as they begin to explore the exciting opportunities available to them post-16. The October/November Open Events are perfect for year 11 students although year 10s are of course very welcome to attend if they wish to begin researching their opportunities early.
Bookings can be made by following: [Open Events | Events | Open Days & Evenings - Colchester Institute](#)
- **Supporting Academic Success – For parents/carers of students in Years 7 – 11**
Thursday 29 September 6 – 7pm. Online, via Zoom.
Made Training will introduce you to a range of techniques that will help you adopt an encouraging way of monitoring and celebrating your young person's commitment to achieving well in school. For more information and to register your interest – please click on the following link: <https://www.makehappen.org/event/supportingstudentsuccess/>
- **From university and apprenticeships to work experience, Success at School's 2022/2023 careers guides are packed full of advice to help support your child in making the best career choices for them.**
Download available here: <https://mc.successatschool.org/guides22>
- **The latest issue of Careermag for Parents is here to help parents and carers to support their young people. This issue covers lots of tips for post 16 and 18 options, the UCAS application key dates, talking careers with your children and much more!**
Download available here: <https://careemap.co.uk/careermag-parents-carers-guardians/>
- **The Essex University Further Studies Preparation Programme for Years 10 and 11, covers six exciting topics to give students the confidence they need to succeed. The course provides information and tips to consider when making future study choices.**
Register here: <https://www.essex.ac.uk/short-courses/further-studies-preparation-programme>



Topics include:

- Guidance on the transition from school to sixth form/college
- Communication and socialising skills
- How to study and revise independently
- Planning for your future and employability tips
- Finance and budgeting help
- Useful life skills for now and in the future

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)
- [Virtual work experience - Get Career Confident](#)
- [Free Virtual Work Experience Programs from Top Companies - Forage \(theforage.com\)](https://theforage.com)
- [Virtual work experience opportunities - Future First](#)

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 21 st September	Year 11 visit to the Careers Fair
Wednesday 28 th September	Year 11 assembly from Colchester Institute
Friday 30 th September	Year 7 road safety play
Thursday 6 October, 6pm	KS5 Options Information Evening for Parents. If you wish to attend, could you please register for the event, using this form: https://forms.office.com/Pages/ResponsePage.aspx?id=Yds-38ML6E-gVwR-3Zfy4KQYYGlpDLNGsbP51sh0R5tUMjNSUUEyWk43MFpZUU5KWjkzODZUMVpWVy4u
Friday 7 th October	Year 8 county lines awareness assembly



CAN YOU HELP? MOCK INTERVIEWS

As Careers Leader, I am organising a virtual mock interview for all year 10 and 13 students, as part of their careers' education programme. I am looking for members of the local business community, that can give some of their time voluntarily, to interview students and provide them with feedback.

The interviews will take place on Thursday 1 December and Friday 2 December 2022. All interviews will take place online, via Teams.

Each interview will last for around 15 minutes, plus 5 mins feedback and students will have completed some preparation work for this.

If you can help, I would be grateful if you could please complete this form, indicating on which days and times, you are available. Any time that you confirm will be used.

<https://forms.office.com/Pages/ResponsePage.aspx?id=Yds-38ML6E-gVwR-3Zfy4KQYYGlpDLNGsbP51sh0R5tURVMzT1QzNDVWNVJGMk1YRVo1RDQ4RIIYVC4u>

If you have colleagues that might be able to help, please share the form with them also.

If you have any questions, please do email me michelle.robbs@notleyhigh.com

College & Sixth Form Open Events 2022-2023

You may also need to register your attendance online in advance.

<p>Braintree Sixth Form</p> <p>www.braintreesixthform.com</p> <p>Wednesday 9th November 2022 – 6.00pm to 8.00pm Applications will open online from 10th November 2022 and will close on the 23rd January 2023</p>	<p>Chelmsford College</p> <p>www.chelmsford.ac.uk</p> <p>Monday 10th October 2022 – 6.00pm to 8.30pm Monday 14th November 2022 – 6.00pm to 8.30pm Monday 6th February 2023 - 6.00pm to 8.30pm Monday 19th June 2023 – 6.00pm to 8.30pm</p>
<p>Colchester Institute</p> <p>www.colchester.ac.uk</p> <p><u>Colchester Campus:</u> Saturday 15th October 2022 – 10.00am to 1.00pm Tuesday 18th October 2022 – 5.00pm to 8.00pm Thursday 20th October 2022 – 5.00pm to 8.00pm Thursday 19th January 2023 – 5.00pm to 8.00pm</p> <p><u>Braintree Campus:</u> Monday 17th October 2022 – 5.00pm to 8.00pm Saturday 5th November 2022 – 10.00am to 1.00pm Tuesday 17th January 2023 – 5.00pm to 8.00pm Thursday 11th May 2023 – 5.00pm to 7.00pm</p>	<p>The Sixth Form College, Colchester</p> <p>www.colchsfc.ac.uk</p> <p>Wednesday 19th October 2022 - 6.00pm to 9.00pm Thursday 20th October 2022 – 6.00pm to 9.00pm</p> <p>Applications will open online from 21st October 2022 and will close on the 31st January 2023</p>
<p>Writtle University College</p> <p>www.writtle.ac.uk</p> <p>Saturday 15th October 2022 – 10.00am to 3.00pm Saturday 14th January 2023 – 10.00am to 3.00pm Saturday 4th March 2023 – 10.00am to 3.00pm Saturday 6th May 2023 – 10.00am to 3.00pm Saturday 17th June 2023 – 10.00am to 3.00pm</p>	<p>Stansted Airport College</p> <p>www.stanstedairportcollege.ac.uk</p> <p>Saturday 15th October 2022 - 10.00am to 2.00pm Wednesday 11th January 2023 – 5.00pm to 8.00pm Thursday 20th April 2023 – 5.30pm to 8.00pm</p> <p>Harlow College</p> <p>www.harlow-college.ac.uk</p> <p>Thursday 20th October 2022 - 5.00pm to 8.00pm Wednesday 25th January 2023 -5.00pm to 8.00pm Tuesday 28th March 2023 – 5.00pm to 8.00pm</p>

Impact of 2021's survey results

In 2021, Essex County Council's Public Health Team and Essex Youth Service worked with young people to design a survey for 16-25 year olds reflecting on the Relationships and Sex Education (RSE) that they experienced at school, and their awareness and experience of local sexual health services. This has helped us to understand the needs of young people and ensure that they are supported to have healthy relationships.



You said



We did

You look online (including social media) for information on most topics



Essex Sexual Health Service has developed a new [website](#) which includes information for young people. The service is exploring a variety of social media platforms (including TikTok) to use in the future.



You turn to family/friends for information on healthy relationships and menstruation



Provide training sessions for parents/carers on how to help you with these topics.



You prefer to access contraception from your GP and pharmacy



Essex Sexual Health Service is increasing the number of pharmacies able to provide you with contraception for when you need it.



You would like to know more about steps to take after unprotected sex.



Information on emergency contraception and steps to take are on the Essex Sexual Health Service [website](#). We're working with schools to make sure staff know how to support you.



You would like more information and support around LGBTQ+



Essex Youth Service currently run 3 LGBTQ+ groups and are looking to run more. Essex County Council and the [Essex Youth Service](#) are working with schools to provide further information/support for young people.

