

# PDT and Careers Newsletter

Spring Term 2 - 2023

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## PDT CURRICULUM CONTENT FOR SPRING TERM 2

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 Spring term 2 is as follows:

### Year 7

**Careers:** Students will explore the meaning of 'career'. They will investigate employment sectors, using the school library and 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.

**Staying Safe:** Students will explore the effects on people who use of alcohol, smoking and vaping, caffeine and drugs and the law regarding possession, supply, and use.

### Year 8

**Careers:** Students will explore the meaning of 'enterprise' and will develop their employability skills by working on a group project. They will consider how interests can link to our future career choices and the skills needed for these roles. Students will research different careers using the school library and Unifrog.

### Year 9

**Careers:** Students will discuss career interests and pathways, linked to their personal skills and preferences, and use Unifrog to carry out research. They will explore their future career aspirations and the changing world of work, including the ways in which a person can be employed, and their rights and responsibilities in the workplace. They will also consider ways to protect their online reputation.

### 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

**Health and Wellbeing:** Students will explore their responsibilities as they become more independent, in particular, safety, risk taking, emergency first aid and health. Students will discuss how to reduce the risk of developing many illnesses including, a number of cancers, through simple lifestyle choices and how to carry out testicular self-examination and breast self-examination.

**Finance:** Students will explore the important information contained on a payslip. They will explore different types of technology that support money management and how to choose a bank account, budget and plan for the future.

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://Young Carers (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



## 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.

Tuesday 28 <sup>th</sup> February	Performance for Year 7: Chelsea's Story Raising awareness around Child Sexual Exploitation
Thursday 2 <sup>nd</sup> March	Performance for Year 8: Invisible Raising awareness around mental health
Thursday 9 <sup>th</sup> March	Assembly for Year 7: World of Work An introduction to the world of work from the Department of Work and Pensions education team
Friday 10 <sup>th</sup> March	Assembly for Year 8: Managing social media and protecting your online reputation Department of Work and Pensions education team



## 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.robb@notleyhigh.com](mailto:michelle.robb@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:

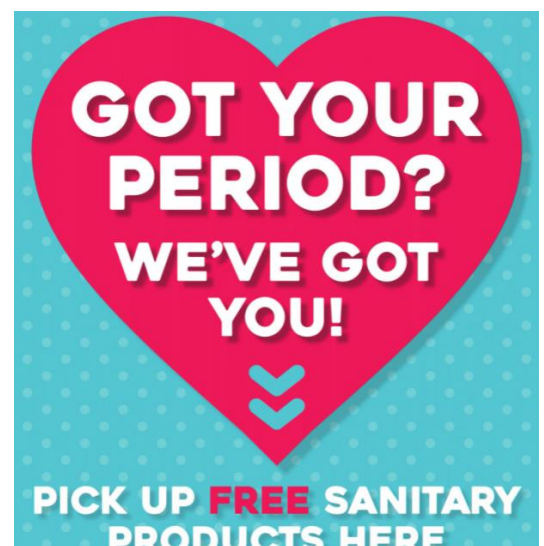
- Unable to afford them.
- Have forgotten their products at home.
- Have come on their period unexpectedly.

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!



## MESSAGE FROM ESSEX COUNTY COUNCIL

Essex County Council is doing research into vaping among young people in Essex as it is something we know little about. To find out more, we are conducting two surveys – one with young people (11 – 18 years old) and one for their parents and carers. We would like as many people as possible to complete these surveys, whether they or their children vape or not. Please complete the surveys and share them with family and friends. Your feedback will help us shape our future work around vaping in Essex.


### PARENT AND CARERS SURVEY LINK:

<https://www.smartsurvey.co.uk/s/YouthVapingParentCarerSurvey/>

YOUNG PEOPLE SURVEY LINK: <https://www.smartsurvey.co.uk/s/youthvapingessex/>

## VAPING

Are you 11-18 years old?  
We want to hear from you!

Young people in Essex, your voice matters! 

We want to hear about your experiences and views on vaping – what it means to you and how it affects your life.

Your responses are completely **confidential and anonymous** – so please share your thoughts with us by clicking on the QR below to complete a short survey.



# the apprenticeship guide

The Apprenticeship Guide is a website dedicated to the world of apprenticeships. Here you will find out all you need to know about apprenticeships, from what the different levels mean, to preparing applications and interview tips. You can also check out current vacancies and the latest news about companies hiring.

You can also research the perfect role by searching through the 18 different industry sectors, favourite school subjects, hobbies or interests, or even salary expectations.

[The Apprenticeship Guide | Home : Your online guide to apprenticeship careers and job opportunities](#)

## MESSAGE FROM THE UNIVERSITY OF ESSEX

If you are currently a student in Years 10-13, the University of Essex would love you to join our online community of young people who are impatient for change and working towards a better future.

Depending on your age, we have a range of *free* courses to choose from, each designed to prepare you for the next stage of your education, whether that's sixth form or college, or university. You'll learn new ways to tackle your studies, navigate your future choices and master useful life skills like money management, making friends and getting a job. What's more, each course is packed full of tips you can start using right away and take with you for life!

Further information can be found here: <https://www.essex.ac.uk/schools-and-colleges/student-resources/online-courses>

## NATIONAL CAREERS SERVICE

The National Careers Service has produced a fantastic resource to enable careers research related to career sectors. Each sector details the range of roles available, with [job profiles](#) giving information on expected salary, what qualifications are needed and what the role involves.

[Explore careers | National Careers Service](#)

## GET THE JUMP: HELPING STUDENTS TO MAKE INFORMED CHOICES ABOUT THEIR FUTURE

For young people, choosing what to do next can be daunting and many aren't aware of the different options open to them when they leave school or college.

The '[Get the Jump' Skills for Life content hub](#) on the National Careers Service website has been designed to help young people to understand their post 16 and post 18 education and training choices.



## LABOUR MARKET INFORMATION (LMI) AND PROGRESSION ROUTES IN ESSEX

### THE GREATER ESSEX CAREERS HUB HAS PRODUCED A FANTASTIC RESOURCE TO SUPPORT LMI...

#### WHERE NEXT? DISCOVER THE BEST NEXT STEP FOR YOU

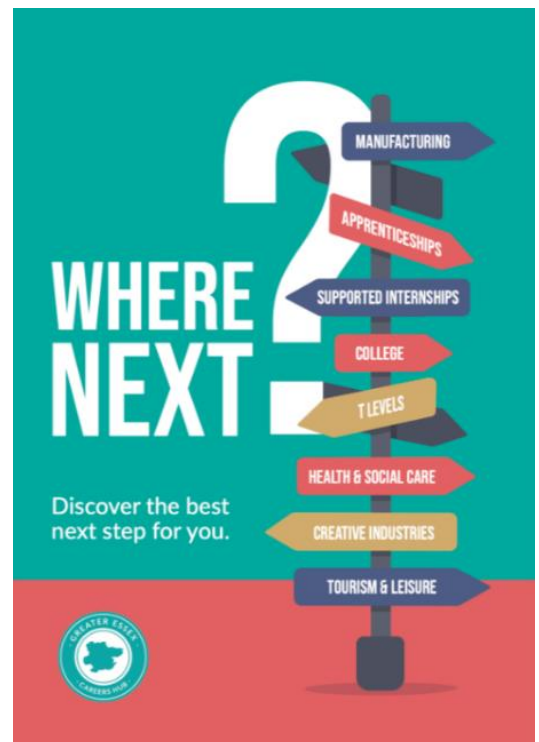
Not everyone knows what they want to do when they finish school and even if you do, do you know how to get started or what training you need to get the job you want?

We are here to help! This is our guide to everything you need to know about getting ready for a job or training you would like to do.

We will show you eight different industries that you could think about for your future jobs. These are all popular and growing in Essex and are important for bringing money and new skills to Essex. Each of these industries have different starting points no matter what your qualifications, skills or experience. There is something for everyone!

We have also included information about the different types of learning and training courses available to you after finishing school or college. These are things like on-the-job training for beginners, how to combine work and study, and options to continue your education at a university or elsewhere.

[Where next? Discover the best next step for you - Greater Essex Careers Hub](#)



#### OTHER SOURCES OF INFORMATION:

##### From the Editor

Welcome to Issue 5 of Make the Future Yours! This summer will bring lots of big decisions, potentially for Year 11s! In this edition we have articles about how to choose your A Levels, what to do if your exam results aren't what you expected and T Levels.



We learn about what it's really like being a Lab Technician, a Conservation Biologist, and a Landscaper, from Ryan, Tolga and Ann. As always, we hope to bring you new inspiration, information and ideas about what you can be doing after school or college finishes.

*Clare*

Follow us on our social media and visit our website for all of our past issues of Make the Future Yours! and any new updates.

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- MAKE THE FUTURE YOURS! ISSUE 5 is now available and can access here: <https://www.makethefutureyours.uk/issue-5>

- Take a look at Essex employers in these growing industries: <https://www.essexopportunities.co.uk/employer-showcase/>

- Careers Directory  
Use the careers directory to research different sectors, understand the main tasks within job roles and average salaries, learn about which qualifications you should consider studying and explore the current job and apprenticeship vacancies in Essex and Southend.

<https://www.essexopportunities.co.uk/explore-careers-pages/careers-directory/>

