



**Notley High**  
School and Sixth Form  
Enjoy, Enrich, Achieve, Aspire.

## 2026: AUTUMN TERM 1

As part of your child's education at Notley High School & Sixth Form, we are committed to supporting their personal wellbeing and development through our comprehensive Personal Development Time (PDT) programme. Each week, students take part in tutor-led sessions that cover key aspects of Personal, Social, Health and Economic (PSHE) education.

PSHE education equips young people with the knowledge, understanding, attitudes and practical skills they need to lead safe, healthy and productive lives. It helps students develop confidence, resilience and the ability to make informed decisions, enabling them to reach their full potential both in school and beyond. Below is an overview of the PDT curriculum for Autumn Term 1, highlighting the topics and themes that students will explore during their weekly sessions.

### Year 7

#### Skills for Success (Transition):

- The transition from primary to secondary school, including strategies for managing emotions and navigating changing friendship groups.
- School expectations, rules and an introduction to our key learning behaviours.
- The importance of resilience and how learning from mistakes supports personal growth and academic success.

#### Health and Wellbeing:

- Mental wellbeing and self-esteem, including how these can be influenced by factors such as social media and other external pressures.
- The similarities and differences between the online and physical world, how media images can be manipulated, and the impact this may have on body image and self-perception.
- How to recognise and report online content that causes concern, and where to seek support if needed.
- The key components of a healthy lifestyle, including balanced nutrition, physical activity and good sleep habits, and how these contribute to mental wellbeing, learning and overall happiness.
- The potential consequences of unhealthy lifestyle choices.
- How to access medical services and the healthcare rights of children and young people under the age of 16.

### Year 8

#### Health and Wellbeing:

- The key characteristics of positive mental wellbeing and how it contributes to overall health and happiness.
- Common myths, misconceptions and stigma surrounding mental health, including the importance of using respectful and appropriate language.
- Body image, advertising and how media images can be altered or manipulated to create unrealistic expectations.
- The positive and negative influences of social media on self-esteem and body image, including pressures associated with taking and sharing selfies.
- Practical ways to build resilience and maintain wellbeing through healthy sleep habits, balanced nutrition and regular physical activity.
- Coping with change and loss, including relationship breakdown, divorce, separation, grief and bereavement.
- Where and how to access support for mental health and wellbeing concerns.

#### Staying Safe (Online Safety):

- The influence of media and advertising in online spaces.
- How to critically evaluate online content and determine whether information is trustworthy.
- The difference between fact and opinion, and how to recognise each.

- How to assess the reliability of sources and identify credible information online.

#### **Health and Wellbeing:**

- The Human Papillomavirus (HPV) vaccination and its role in preventing certain diseases.
- The importance of vaccinations, including how they help protect individuals and communities through herd immunity.
- Menstrual health, including understanding the menstrual cycle and recognising common menstrual health issues.

#### **Year 9**

##### **Health and Wellbeing:**

- The qualities and characteristics of positive, healthy friendships.
- Effective strategies for resolving conflict and maintaining respectful relationships.
- The importance of sleep and its impact on physical health, emotional wellbeing and learning.
- Unhealthy coping strategies, including self-harm and eating disorders.
- Healthy coping strategies that can support emotional wellbeing and resilience.
- The Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give.
- How to recognise signs that they, or someone they know, may be struggling with an eating disorder or self-harm, and where to seek help and support.

##### **Staying safe:**

- The benefits and risks associated with internet use.
- How to stay safe and manage relationships appropriately in online environments.
- Online risks, including grooming, coercion and pressure to share nude or explicit images.
- The law relating to the creation and sharing of explicit images, and the potential consequences of these actions.
- How to keep personal information and social media profiles safe and secure.
- Factors that influence body image and how media portrayals can often be misleading or unrealistic.

##### **Living in the Wider World:**

- Recognising, challenging and responding to prejudice and discrimination.
- What misogyny is and the impact it can have on individuals and society.
- How gender stereotypes can influence attitudes, behaviours and opportunities.
- The importance of consent and understanding different forms of harassment.
- How to challenge prejudice safely and appropriately.
- What it means to be an ally and how to support others in creating inclusive environments.

#### **Year 10**

##### **Health and Wellbeing:**

- Strategies for maintaining and promoting positive mental health and wellbeing.
- The causes of emotional and mental ill-health, including anxiety, stress and depression, and how to recognise the signs and symptoms.
- Healthy coping strategies for managing change, challenges and everyday pressures, including the importance of maintaining a healthy work-life balance, balanced nutrition, regular exercise and quality sleep.
- How and where to access support for emotional and mental health concerns.
- The treatments and interventions available for a range of mental health conditions.

##### **Careers:**

- The importance of maintaining a positive online reputation and how their digital footprint may influence future education and employment opportunities.
- The ways in which social media can present both positive and negative impressions to employers.
- Expectations surrounding the safe, responsible and professional use of technology in the workplace.
- How to effectively present themselves in applications, make a positive impression and succeed in interviews.
- The importance of seeking opportunities to develop skills, interests and experiences that strengthen CVs, personal statements and covering letters.

## Year 11

### Careers:

- The range of post-16 pathways available, including A Levels, BTECs, T Levels and apprenticeships.
- The application process for further education and training opportunities, including writing effective personal statements.
- How to research career pathways and use labour market information (LMI) to make informed decisions, including the use of the Unifrog platform.
- How to prepare for interviews and present themselves confidently and professionally.
- Strategies for effectively showcasing their skills, experiences and achievements in applications.

### Skills for Success

- The purpose and value of mock examinations in preparing for final assessments.
- Practical strategies for maximising success, including time management, organisation and effective revision techniques.
- A range of revision methods and online tools to support independent study.
- How to create realistic and effective revision and study timetables.
- Strategies for managing exam stress and anxiety and maintaining wellbeing during assessment periods.
- When and how to access additional support if they are struggling with exam preparation or wellbeing concerns.

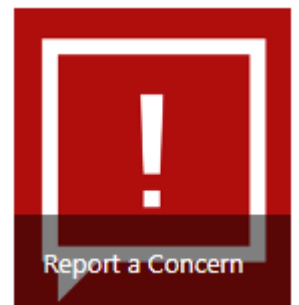
As a school community, we are committed to working in partnership with parents and carers and welcome any feedback you may have. If you would like to find out more about what your child will be learning or would like to view the materials and resources used during PDT lessons, please do not hesitate to contact your child's tutor or Mrs Robb. For further information, our Relationships and Sex Education (RSE) Policy is available on the school website: [Notley High School & Sixth Form - Policies](#)

We value your support in helping to extend and enrich these important learning opportunities and look forward to continuing to work together to support your child's personal development and wellbeing.

## SOURCES OF SUPPORT IN SCHOOL

We would like to remind all students that they should never feel they are alone with a problem. There is always someone who can support them and help find a way forward. Everyone needs someone to listen to them sometimes and we encourage all students to speak to any trusted adult in school, such as their RSL, tutor, a subject teacher, learning mentor etc.

Students are also able to access support via MyConcern. They will find the button on their homepage, once logged into SharePoint.



## MENTAL HEALTH AND WELLBEING – SOURCES OF SUPPORT

**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/>

## PDT AND CAREERS CALENDAR:

A list of the events taking place this half term can be found below. You will receive letters giving further information when necessary.

|                                         |                                                        |
|-----------------------------------------|--------------------------------------------------------|
| Tuesday 15 <sup>th</sup><br>September   | Year 9 Assembly – Introduction to Work Experience Day  |
| Thursday 17 <sup>th</sup><br>September  | Year 11 Notley Sixth Form awareness assembly           |
| Wednesday 23 <sup>rd</sup><br>September | Year 11 Careers Fair                                   |
| Wednesday 30 <sup>th</sup><br>September | Year 7 Road Safety Play                                |
| Friday 9 <sup>th</sup> October          | Year 7 Firework, Bonfire and Halloween safety assembly |
| Thursday 22 <sup>nd</sup><br>October    | Year 11 Colchester Institute awareness assembly        |
| Friday 23 <sup>rd</sup><br>October      | Year 11 Road Safety Play                               |



## UNIFROG

A reminder that all students have access to Unifrog, an award-winning online platform that provides careers information, guidance, and support for exploring future education and career pathways.

Students can access Unifrog at <https://www.unifrog.org/> and log in using the 'Sign in with Microsoft' option linked to their school email account.

We encourage all students to make regular use of this valuable resource when researching courses, apprenticeships, university options, and career opportunities.



## PLANNING FOR LIFE AFTER YEAR 11

As your child begins Year 11, it is important to start considering their next steps after GCSEs. There are a range of post-16 pathways available, including sixth forms, colleges and apprenticeships, and now is an ideal time to begin exploring the options.

Many providers are already advertising their open evenings and open days, which will take place throughout this term. These events offer an excellent opportunity for students and parents to find out more about courses, entry requirements, facilities and future progression routes.

We encourage all families to research the opportunities available and attend open events where possible. For details of dates, times and booking arrangements, please visit the websites of the providers you are interested in, for example:

- Notley Sixth Form: [Notley High School & Sixth Form - Application to join our Sixth Form](#)
- Colchester Institute: <https://www.colchester.ac.uk/events/>
- Chelmsford College: <https://www.chelmsford.ac.uk>
- Stansted Airport College (Harlow College Group): <https://www.harlow-college.ac.uk/stansted-airport-college>
- Writtle College: <https://www.aru.ac.uk/writtle-college>
- MPCT (Military Preparation College for Training), Colchester: <https://mpct.co.uk/colleges/colchester/>

Taking the time to explore options now will help ensure that your child is well informed and prepared to make the right decision about their post-16 education and training pathway.

### NOTLEY HIGH SCHOOL & SIXTH FORM: APPLICATIONS FOR SEPTEMBER 2027

We are delighted to invite prospective students and their families to our Notley Sixth Form Open Evening, taking place on Thursday 12 November, from 5.30pm to 7.30pm.

This is an excellent opportunity to explore our Sixth Form facilities, meet current students and teachers, learn more about the courses on offer, and hear from our Prefect Team and Head of Sixth Form about life at Notley Sixth Form and the opportunities available to students.



If you have any questions, please email [sixthform@notleyhigh.com](mailto:sixthform@notleyhigh.com).

For further information about our curriculum and courses, please visit the Our Courses page on our website: [Notley High School & Sixth Form - Our Courses](#)