

futures

fortnightly

EDITION 10 | 17th Sept 2021



Dear Parents, Carers and Students

A new year and a new edition packed full of useful information on how we can support our students with their next steps. For those of you who are new to our school community, we publish 'Futures Fortnightly' specifically to share news, information, events, and opportunities for all our students and parents. Our Inspirational Futures programme is at the heart of our school, and we believe that supporting all our students with inspiration, motivation, goal setting and exploration for their next steps at any age is important.

If you have any questions or suggestions as parents that can aid our programme please do get in touch. Most of us have been or are employees or employers or have experienced training or academic learning at some point in our lives beyond school. That said, if anyone can offer their expertise in any field, we would love to hear from you. Please see the Inspirational Futures/Employers section of our website.

We are very excited to launch Unifrog this year. A wonderful, informative piece of software that will enable all our students to access exciting career's information. They will be able to use this to track and record all events that they have participated in, all of their achievements and be able to track character development such as communication skills, resilience, listening skills and many more.

At the end of year 11 they will have a digital CV to use for interviews and applications to collate everything that they have achieved around their qualifications at school. We are relaunching our PiXL Edge programme as 'LORIC Plus' this year, where all of the five main skills (Leadership, Organisation, Resilience, Initiative, Communication) will be developed plus many more. It's an exciting new venture that continues to help our students become more employable. If you have more questions about 'LORIC Plus' please do get in touch, I will share more information in the next Futures Fortnightly newsletter.

We look forward to continuing our futures journey with our students and that as a pivotal part of our tripod we welcome you too. We hope that our students will be filled with joy and excitement not trepidation and pressure about what lays ahead of them.

Where are they now?

Welcome to our feature, “where are they now”. Featuring our past students, we spotlight on where their career has led them and how their time at Stowmarket High School has impacted their career journey so far.

This week we focus on James Miller who attended Stowmarket High School from 1989 to 1994.

► **Where are you working now?**

I’ve just left Google after 15 years and I’m now working for a company called Full Story inc in Atlanta, Georgia, USA. I’ve lived in California and Texas in the US before Georgia. I’m in human resources and I love the culture of tech companies.

► **What is your fondest memory of Stowmarket High School?**

I enjoyed the learning experience and the close friends I made.

► **What was the best bit of advice you ever received from one of your teachers?**

To stop trying to be funny and just focus on learning. Mr Evans, Maths.

► **What advice would you give your Year 7 self now?**

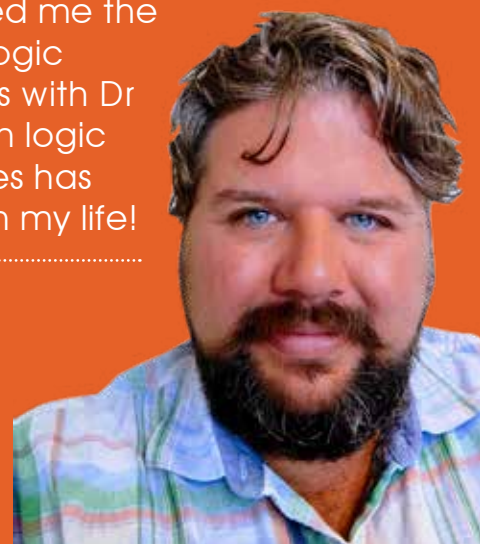
I am so old I’m not sure what year 7 is! I’m guessing I was 11. Don’t put so much pressure on yourself to be what other people expect you to be and instead try and follow the things that you’re passionate about.

► **What were your favourite subjects at school and how have they helped you in your job today would you say?**

Geography was my favourite subject but the one that had helped me the most was electronics (logic gates) classes in physics with Dr Chapman. The boolean logic I learned in those classes has become a critical skill in my life!

► **Shout out to anyone in particular?**

Anyone who remembers me.



We would love to hear from you and feature you in our ‘Where are they now?’ series, register your interest here: futures@stowhigh.com

REGISTER



YEAR 11 NEXT STEPS EVENING

Thursday, 30th
September 2021
6.00pm – 8.00pm



I am delighted to invite you our Year 11 Next Steps Evening, which marks part of the process of decision making for Year 11 students regarding their next steps after their journey with Stowmarket High School.

The evening will be informal and is essentially an opportunity to gather information about Colleges, Apprenticeships and Sixth Form Options.

There will be a talk in the Main Hall by Headteacher Mr Lee-Allan and myself as per the timings below, followed by an opportunity to talk to me and other senior staff.

More importantly, you will be free to walk around the various college and sixth forms stands and speak to staff to discuss courses.

Our Careers Adviser Mrs Vicky Richards will also be on hand along with our Futures Co-ordinator Mrs Mylrea to help with any advice that you need.

6.00pm Doors Open

6.15pm Welcome from Headteacher

6.30pm Overview of Next Steps from Mrs Broxton

6.45pm Refreshments will be served and a chance to talk to providers and advisers

8.00pm Event Ends

Please arrive on time as we will not be able to admit parents into the hall after 6.15pm and you will be unable to browse the providers whilst the presentations are in progress.

I look forward to seeing you and your child. Please complete this short **FORM** to indicate your attendance, it is important that we know numbers for Covid safe practices on the evening.



Whilst we fully endeavour to bring this event to you as outlined, we must always be mindful that if guidance changes the event may need to be cancelled at short notice.

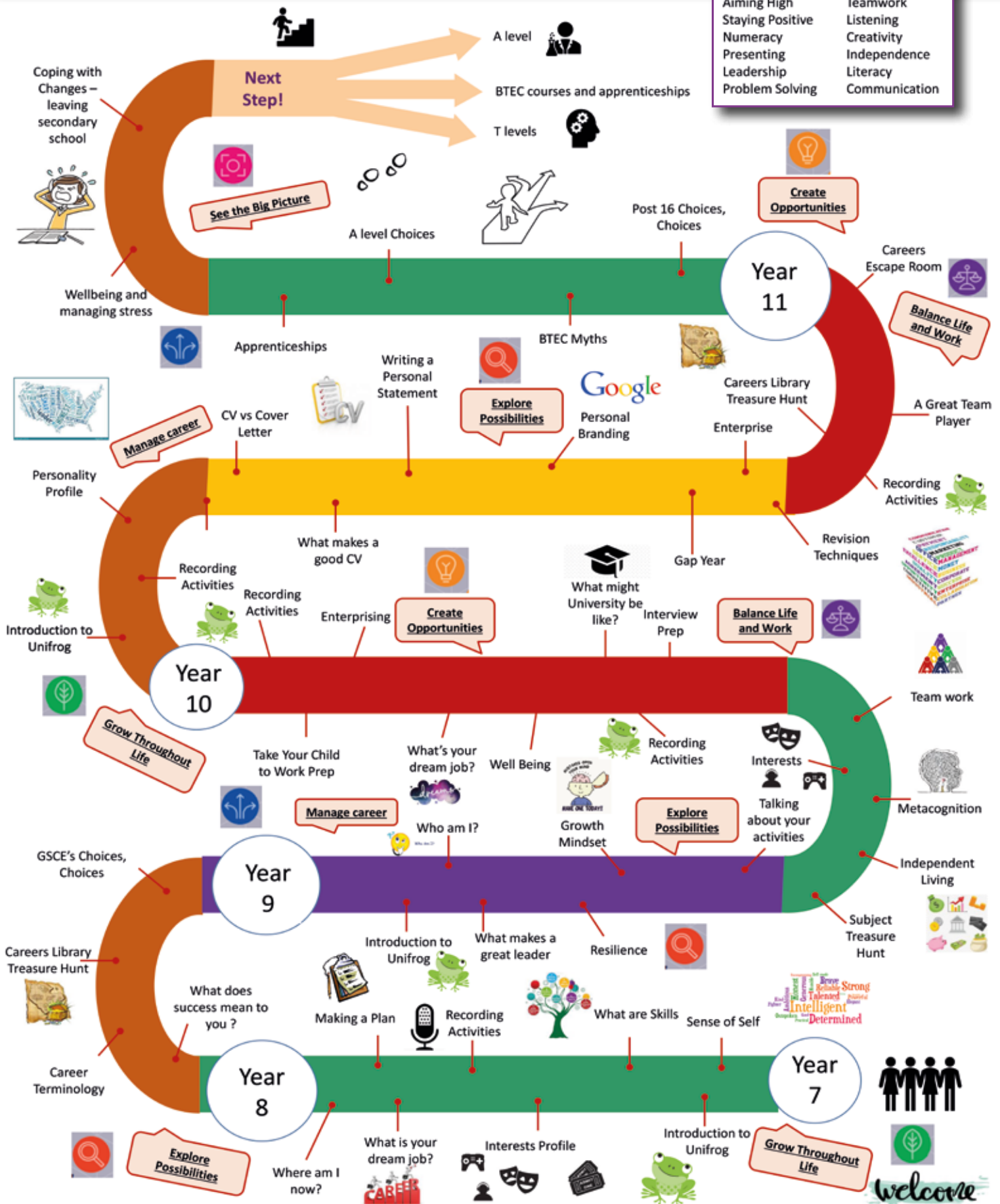
Mrs Broxton

Learning Journey

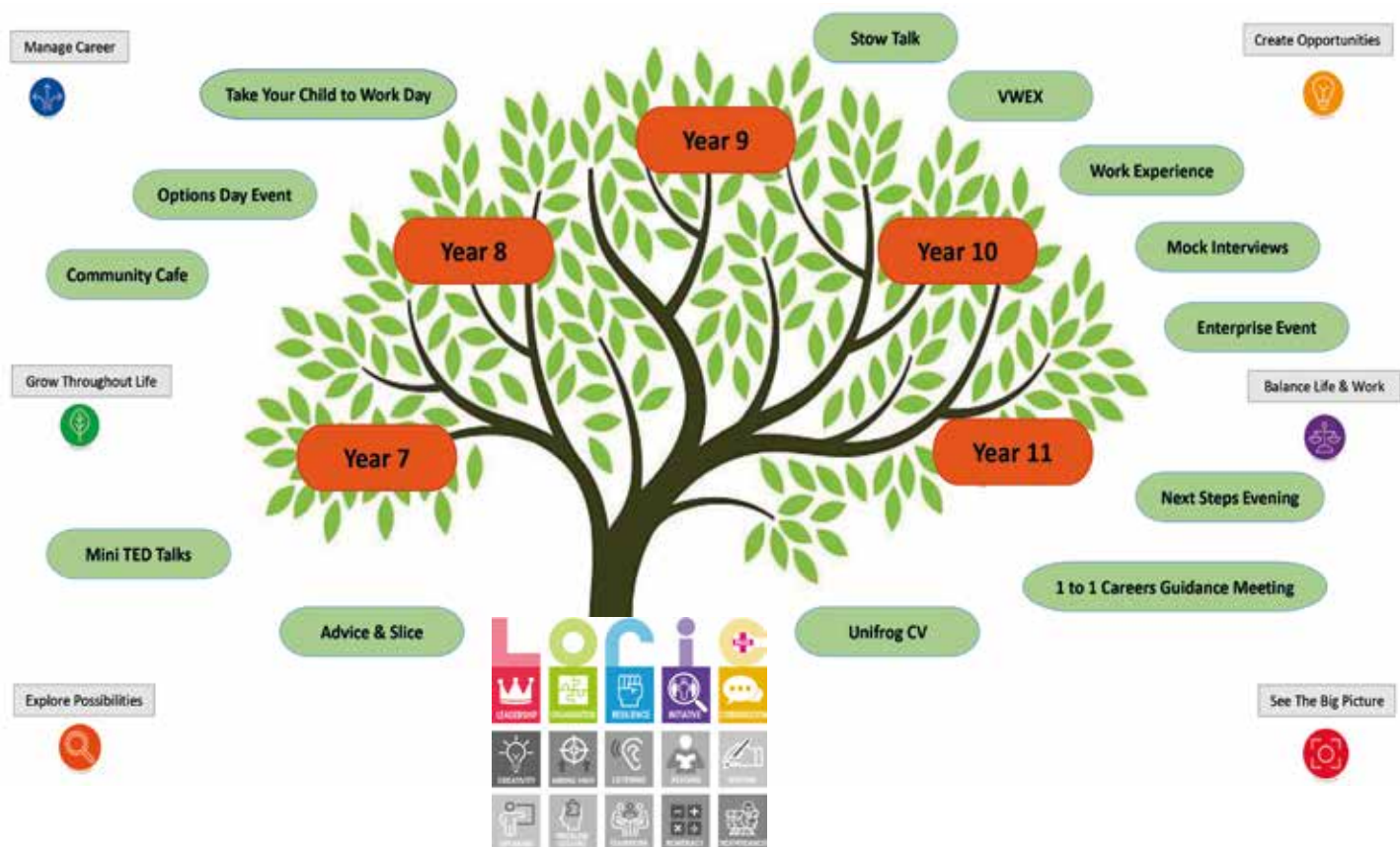
Employability Skills taught in Futures:

Aiming High
Staying Positive
Numeracy
Presenting

- Teamwork
- Listening
- Creativity
- Independence
- Literacy
- Communication



Supporting Programme for Learning Journey



LIVE
ON AIR

StowTal

Be A Voice
Not An Echo

We are now looking for
on air talent to come and
get involved on Stowtalk,
our School's very own
Podcast Channel.

We meet in the LRC every fortnight on Wednesday
B lunchtime at 1.30pm so bring your sandwiches
and yourselves and have your say!

Upcoming Talks:

- ▶ How does banning mobile phones impact on our mental health?
Wednesday 29th September 2021 - 1.30pm in the LRC
- ▶ Is teenage mental health a phase? Is there more that needs to be done in society to change views?
Thursday 30th September 2021 - 1.30pm in the LRC

Email Mrs Taylor on k.taylor@stowhigh.com or see Mrs Mylrea in the LRC Office to sign up.

COMING SOON...

Open day events



WEST SUFFOLK COLLEGE

Saturday 6 November 9.30am - 12.30pm

Thursday 25 November 5.30pm - 7.30pm



ABBEYGATE SIXTH FORM

Thursday 21st October 5.00pm - 8.00pm

Saturday 15th January 9.00am - 2.00pm



SUFFOLK ONE SIXTH FORM

Saturday 9th October 9.30am - 12.30pm

Tuesday 14th October 5.00pm - 8.00pm

Wednesday 10th Nov 5.00pm - 8.00pm

Tuesday 8th February 6.00pm - 8.00pm



SUFFOLK NEW COLLEGE

Thursday 7th October 5.30pm - 8.00pm

SUFFOLK RURAL OTLEY

Saturday 16th October 9.30am - 12.30pm

WSC.AC.UK/JUNIORCHEF



Virtual Health and Care Academy



NHS will be holding a new Virtual Health and Care Academy starting on Saturday 2nd October for 6 weeks, the timings of these sessions will be 9:00 – 12:00.

Below is an example of a previous programme so that you can see the type of topics we cover.

Please see Mrs Mylrea in the LRC for an application form if you are interested in signing up or email futures@stowhigh.com to have one emailed to you.

	TIME	TOPIC	CONTENT
Day 1	09:30 – 10:30	Welcome	Introductions, ice breaker Programme content Decide boundaries – phones, confidentiality, respect
	10:30 – 10:45	Break	
	11:00 – 12:00	Professionalism	6 C's, NHS Values Expected behaviours – scenario's, discussion
Day 2	09:30 – 10:45	Nutrition and Hydration	Anatomy, swallowing assessment Assisting at a patient to have a meal/drink - practical
	10:45 – 11:00	Break	
	11:00 – 12:00	Vital signs	TPR, O2 sats, BP, pain – theory and practice
Day 3	09:30 – 10:30	Communication	Effective communication skills, overcoming communication barriers
	10:30 – 10:45	Break	
	10:45 – 12:00	Application and interview skills	Personal statements Top tips for interviews

Virtual Work Experience Opportunities

Speakers for Schools are working with top UK employers to offer students more meaningful work experience opportunities. We are now recruiting for several remote work experience placements and insight days that we think will be of interest to your students. **Please apply as soon as possible to have the best chance of success.**

Morgan Sindall - Construction

Dates: 4th and 22nd October 2021

Eligibility: 14- 18 year olds.

Application Deadlines: 17th September and 1st October

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2074>

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2030>

British Army

Dates: 20th, 21st and 22nd October 2021

Eligibility: 14 – 19 year olds.

Application Deadlines: 23rd September – 1st October 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2062>

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2063>

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2064>

DSTL

Date: 19th October 2021

Eligibility: 14 – 18 year olds.

Application Deadline: 24th September 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1982>

GE

Date: 13th October 2021

Eligibility: 14 – 19 year olds.

Application Deadline: 24th September 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2052>

PwC UK

Date: 13th October 2021

Eligibility: 16 -18 year olds.

Application Deadline: 24th September 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2033>



SPEAKERS
for schools

Kainos

Dates: 5th, 12th and 19th October 2021
Eligibility: 14 -17 year olds.
Application Deadlines: 30th September – 9th October 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2032>

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2031>

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2029>

Amey

Date: 20th October 2021
Eligibility: 14 -18 year olds.
Application Deadline: 6th September 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1969>

Royal Air Force

Dates: 11th, 12th and 13th October 2021
Eligibility: 14 -19 year olds.
Application Deadlines: 11th – 13th September 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1490>

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1489>

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1488>

Thames Water

Date: 15th October 2021
Eligibility: 14 -19 year olds.
Application Deadline: 22nd September 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1942>

ReedSmith

Date: 28th October 2021
Eligibility: 14 -19 year olds.
Application Deadline: 17th September 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/2065>

CLICK <https://www.s4snextgen.org/Opportunities/View/id/2075>

For a full list of placements sign in here to search and apply. Please encourage your students to apply as soon as possible to have the best chance of success. Opportunities may close early if many applications are received.



**SIGN
IN**

www.s4snextgen.org



Stowmarket
High School

THE FUTURE · OUR BUSINESS



inspirational
futures

**EXPLORE
INSPIRE
evolve**



Apprenticeships New Anglia is an innovative 3 year ESF-funded project, designed to connect young people and businesses across Norfolk and Suffolk.



We aim to support young people who are leaving education and successfully transition them into an Apprenticeship.



Your education provider or anyone supporting you can refer you onto the project, or you can apply directly by visiting our website and registering.

www.apprenticeshipsnewanglia.co.uk 



Apply to www.apprenticeshipsnewanglia.co.uk



A member of our team will speak to you



We help you explore your options



We support you to get work-ready



We match you to our current vacancies



We actively look for Apprenticeships for you



You become an Apprentice



You gain a nationally recognised qualification

For more information, contact:



01603 737739



contactus@apprenticeshipsnewanglia.co.uk



www.apprenticeshipsnewanglia.co.uk



**ATTENTION
-YEAR 11s-
YEAR 10s ALSO WELCOME!**



REGISTER NOW
WWW.LONGROAD.AC.UK

DISCOVER YOUR ROAD AHEAD

Navigate YOUR future after Year 11.

Come and explore, in person, our friendly sixth form college. Talk to our dedicated teachers about our 48 courses (A Levels, Diplomas, GCSE re-sits) that we can offer and discover how we can tailor a study programme that is just right for you.

**OPEN EVENINGS
21ST & 22ND
SEPTEMBER 2021**

#ROADAHEAD



**LONG
ROAD**

**SIXTH FORM
COLLEGE
CAMBRIDGE**



Ipswich

Courses

For 16-18 year olds

Transforming
passions into
future careers

ymca.co.uk



ncfe.

YMCA

Registered charity no. 213121



Study Programme

This is the first step for school leavers and a great alternative to college and sixth form.

Our Study Programmes are designed around you, to fit your interests. You'll study for a vocational (practical) qualification and gain work experience. You'll also build on your employability skills, get personal and professional development and achieve the level of Maths and English required.



Childcare

If you dream of a career working with children and contributing to their early development, you can get off to the best possible start with our Childcare Study Programme.

Fitness Training Academy – Powered by Nike

Become an Advanced Personal Trainer with this incredible fully-funded two-year course for 16-18 year olds. FTA is a direct route to a successful Personal Training career.

Employability

This qualification will equip you with the necessary skills, experience, knowledge, confidence and motivation required to enter and succeed in the world of work.

Pick a
course that's
designed
around you

Traineeships

Our Traineeship courses are a great way for 16-24 year olds to develop first-hand experience of the workplace. You'll also get essential work preparation training and work on your Maths and English if required.



Contact us
01473 855 704
ymca.co.uk/apply

TASTER EVENTS 2022/23



WWW.SUFFOLK.AC.UK/TASTEREVENTS
TO BOOK YOUR PLACE!



Suffolk
New
College

THURS 7 OCT, 17:30 - 20:00

IPSWICH CAMPUS

SAT 16 OCT, 09:30 - 12:00

SUFFOLK RURAL; OTLEY

SAT 16 OCT, 09:30 - 12:00

ON THE COAST; HALESWORTH

ARE YOU A
FUTURE DR?



DR.EAM
Senior

Virtual Year 13 Medicine Admissions Conference

A **free** national event for state school pupils.

Application support, interview advice talks from doctors,
life as a medical student, Q&A panels and MORE!

Saturday 25th September 2021

9am to 3pm



BWAMS

Birmingham Widening Access to Medical
Sciences



<https://forms.office.com/r/zXXfyvdx98>

What can you expect?

The day will consist of inspiring talks, and panels made up of doctors and medical students from around the country.

Day in the Life

Learn all about the typical working day as a medical student, and hear from doctors about their experiences working on the NHS frontlines.



Introduction to Medical Ethics

We aim to give you a glimpse into the foundations of medical ethics and some common themes that come up throughout the application process, medical school, and a career in medicine!



Application Crash Course

Want some last minute personal statement tips? Does the BMAT have you a bit confused? Wondering what interviews are all about?

Join us for three short talks running through essential tips on tackling important next steps in your application process.



Debating and Hot Topics

Being aware of important issues in medical practice and research is an important asset in your application and interviews, and it's always helpful to be aware of both sides of the conversation.

We hope to point you to some helpful resources in keeping up to date with everything happening in the world of medicine and equip you with some techniques to be able to think about them critically.



Strategic Applications

We cannot stress enough how important it is to play to your strengths when applying to do medicine. Join the **We Are Medics** team in this talk to learn all about maximising your chances of getting interviews and offers from the moment you choose which medical schools to apply to.



Dealing with Rejection

Because we know things unfortunately do not always go to plan, we also want you to know that a rejection now does not mean the end of the road for your journey into medicine, but rather show you all the other doors that open up if this one closes.





Level 2
Supply Chain Operative
Ipswich

INFO



Level 3
Maintenance and Operations
Engineer
Ipswich

INFO



Level 2
Commis Chef
Framlingham

INFO



Multiple Opportunities
Level 6
Construction
Quantity Surveyor
Lowestoft

INFO



Multiple Opportunities
Level 6
Civil Engineering and
Site Management
Lowestoft

INFO



Level 3
Business Administrator
Ipswich

INFO



Level 3
Business Administrator
Ipswich

INFO



20 x Level 2
Heavy Good Vehicles
Driver
Newmarket

INFO



2X
Level 2
Joinery Apprentice
Martlesham

INFO



3 x Level 2 Lean
Manufacturing Operative
Levington

INFO



Level 2 Customer Service
Practitioner
Eye

INFO



Level 2 Commis Chef
Witnesham

INFO





**Accounts or Finance
Assistant Lowestoft**

INFO



**Level 6
Food Industry Technical
Professional Leiston**

INFO



**Level 2
Beauty Therapist
Woodbridge**

INFO



**Level 2
Accounts or Finance
Assistant - Semer**

INFO



**Level 2 Customer Service
Ipswich**

INFO



**Level 2 Supply Chain
Operative Felixstowe**

INFO



**Level 2
Autocare Technician
Ipswich**

INFO



**Level 3
Business Administrator
Melton**

INFO



**Apprentice Coach
within our Work Well
Suffolk Coaching team**

INFO



**Apprenticeships New
Anglia latest opportunities**

INFO



**To apply for an Apprenticeship Suffolk vacancy,
all interested candidates must be referred to the
Apprenticeships Suffolk service.**

To refer yourself, or make a referral
on someone's behalf please email
apprenticeships@suffolk.gov.uk where you will
receive a copy of the Apprenticeships Suffolk
referral form. Upon completion a member of our
team will be in contact to have a professional
discussion. If the application entry criteria is met
your CV will be sent to an employer if applicable.

**TO VIEW THE
JOBS PAGE**

**SCAN
OR CLICK BELOW**



**TO REGISTER YOUR
INTEREST**

**SCAN
OR CLICK BELOW**



**If you would like to add an opportunity to our mailing list please email
apprenticeships@suffolk.gov.uk with details by mid-day Tuesday.**



even more apprenticeships & opportunities

**CLICK
ON LINK**

<https://www.gov.uk/apply-apprenticeship>

<https://www.findapprenticeships.co.uk>

<https://www.icanbea.org.uk/app/my-feed/>

<https://www.indeed.co.uk/Apprenticeships-jobs>

<https://www.getmyfirstjob.co.uk/>



icanbea...



European Union
European
Social Fund



Suffolk
County Council

Youth Pledge for Employers

The Norfolk and Suffolk Business Connectors have been creating inspirational opportunities for 16-24 year olds with a wide range of industry sectors.

If you are supporting a young person to become closer to the labour market, here is the Youth Pledge for Employers page on icanbea...

INFO



https://www.icanbea.org.uk/app/explore/organisations/?filter_type=all§or=&org_type=all&tags=4&show_jobs=1&q=

For more information on The Youth Pledge please email
**youthpledgeforemployers@
norfolk.gov.uk**

The Suffolk County Council Into Work Team, including Work Well Suffolk, Apprenticeships Suffolk, Adult Learning Service and Youth Pledge for Employers are hosting a **Networking Event in November**, we would like to extend the invite to your teams.

Please
register your
place here:



<https://www.eventbrite.co.uk/e/skills-marketplace-event-tickets-166149119489>

Morgan Sindall

VIRTUAL WORK EXPERIENCE

2021/2022



500
STUDENTS
HAVE TAKEN
PART SO FAR

95% would
recommend
us to a friend

Following the success of our 2020/21 VWEX Programme Morgan Sindall Construction are continuing to offer Virtual work experience nationally to students from Y10–13.

Student engagement was amazing, with students maximising the chat function with guest speakers being asked more quality questions than in previous in person events.

The programme is inclusive of all abilities and we are encouraging students from all demographics to take part.

The dates for 2021/22 are:

4th–8th October 2021	9.30am – 3pm
14th–18th March 2022	9.30am – 5pm
23rd–27th May 2022	9.30am – 5pm
13th–17th June 2022	9.30am – 5pm
11th–15th July 2022	9.30am – 5pm



What does the week involve?

The experience is delivered using Google Classrooms in partnership with Speakers for Schools. Students will work in virtual offices in teams. Each team member will have a job role to deliver the project

- Obtain a project brief
- Virtually meet job role experts
- Virtual site tour
- CV & Interview technique workshop
- #IamRemarkable workshop
- Presentations on the last day
- A packed week Mon - Fri

Interested?

To be ready to for your students, please register via the following links:

Register as an Educator user: <https://www.s4snextgen.org/Sign-Up/Schools>

Register as a Young Person user: <https://www.s4snextgen.org/students/Take-Part>

We will send out information approx. 8 weeks prior to your chosen week

**MORGAN
SINDALL**
CONSTRUCTION



EST. 1981



Scan the QR codes to see what happens behind the scenes at TMJ Interiors, which were both filmed to commemorate our 40th anniversary!



Did you know?

We are looking for 2022 apprentices... Apprenticeships are a great way of starting a career, working alongside experienced professionals whilst training at the same time.

Please contact:



Cheryl Hardacre, Training and Development Manager
Chardacre@tmjinteriors.com | 07887 737819



01449 740518



info@tmjinteriors.com



www.tmjinteriors.com



WHOLE



HOG



10 OCT 2021

OBSTACLE COURSE & MUD RUN

WATCH THE EVENT



www.wholehograces.co.uk

mayday
• integrated office systems •



design **cresign**.co.uk



Rushmere Physio
www.ipswichphysio.com

liability & general
insurance brokers

Charity partner



East Anglia's
Children's Hospices



Please visit www.stowhigh.com to see our school

Part of

