

futures fortnightly

EDITION 3 | 5th March 2021

spirationa utures



Dear Parents, Carers and Students

Since our last edition we have all had to absorb and assimilate in our minds many more changes yet to come in all our lives; schools reopening, vaccines being successfully administered, testing routines, how exam results will be decided, the re-opening of our economy and society. It has been almost two academic years of living through a rollercoaster of emotion, decision and indecision.

However, we should all take a step back and reflect on what we have sustained, endured, survived, or thrived through all of this. Resilience is a key skill that we try to instil in all our students, it is a life skill that no matter what career choices you make you will return to time and time again for all manner of life's twists and turns.

Let's all reflect on how amazing our students have been in developing resilience in just being able to get out of their comfy beds and log into their lessons, coping with minimal contact with relatives and friends, not being able to compete in sports teams or attend dance lessons for

example. Despite this they will all walk into school from the 8th March and re-adjust yet again. They coped, they did it and they will do it again by dealing with the next change of coming back to us. Yet how do they do this, how do they handle these situations? They are resilient but they are also resourceful and use their initiative, they respond to support and guidance and they are busy planning and reflecting on how they can make the best of this situation.

They are not the 'lost generation'. I really take offence to that title on their behalf. They are our future, they are their future; able to face adversity and challenge with aplomb and determination, can think creatively and alternatively, can organise and manage their time and are more comfortable to say, 'I am struggling, and I need help'. They are the 'I fought and won generation', the children who took a bad situation and made it better. We celebrate you and your success, and we look forward to a future where this generation consists of creative, resilient, organised, progressive thinkers, who take the bad and make it good. I'm confident that these guys will build a better place to be not just because of this pandemic but also in spite of it.

Katlyn Lorandeau cooked spaghetti bolognaise for all her family

Petal Studd made up games for whole family to play

Oli Chaplin carried out the Scouts toilet roll throwing challenge

Alex Rodger went for a walk every day with his family to keep fit and active

Olyvia Petit prepared for an independent future by helping out with chores around the house

Caitlin Buxton learnt sign language as part of a course

Daisy Abbot communicated how pollution levels have been affected during lockdown

Harry Chaplin read newspaper articles and discussed current affairs with his family

Emma Peck designed workouts for the whole family to stay active

Adam Hooper designed three challenges for transitioning our year 6's next year – smashing down a worry wall was my personal favourite

Paige Doe learnt how to make scones



https://theedge.pixl.org.uk



YOUNG Professionals

Year 11 & Year 13 Are you interested in Law?

We have some really exciting news from Young Professionals about a brand new Law Virtual Work Experience program they are putting on in the Easter Holidays with Browne Jacobson. As many of you will know finding law work experience is really hard to come by so we are hoping this opportunity is welcome.

Browne Jacobson are a top 50 law firm with offices all over the UK and revenues of £50million. These two days in the Easter Holidays are going to provide students with a really great insight into how a law firm works and makes money, the different departments they have, and an opportunity to talk with lots of different solicitors.

Law Virtual Work Experience:

- Tuesday 6th & Wednesday 7th April, 9am - 4pm each day
- Partner welcome talk
- An insight to law, their different departments and areas of work (including non-law routes)
- Breakout rooms with solicitors in talking about different areas of law
- Workshops & interactive sessions
- Open to all Year 11 and Year 13/14
 students

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ΔΡΡΙ

University of Suffolk

I WONDER WEDNESDAY – YEARS 11 & 13

The Student Recruitment & Outreach Team at the University of Suffolk have developed a series of online taster sessions called I Wonder Wednesdays. These sessions are designed to help students explore the subjects that interest them and discover what it would be like to study them at university.

brownejacobson

Virtual Law Work Experience 6th & 7th April 2021

An insight to a top 50 law firm, 5 UK offices, 1,000+ employees, £50m turnover

Interactive workshops with real solicitors working across different areas of law

Breakout rooms and sessions covering off specific areas of law and their different departments (Legal, HR, Tech & more!)

Learn how a law firm operates, what a week in the life of a solicitor looks like, what career paths exist in law firms for those wanting to work in law but not as a solicitor

Open to all 16 - 18-year olds across the UK

DM us for your application link!

They'll get to meet one of our lecturers and have the chance to ask any questions about the subject and the University of Suffolk. Plus, they're also a great way for students to demonstrate interest in a certain subject when writing Personal Statements.

Click the link below to book onto a session:



- FREE EVENT



Following the success and popularity of their January event we are pleased to announce that UK University & Apprenticeship Search we will be running their UK University & Apprenticeship Search Virtual Fair again on Wednesday 17th March.



Students & REGISTER parents can register now here.

The event for students in Years 11 and 13, and will feature even more university exhibitors (100+) and an updated range of vital webinars. They have also now added an exciting new feature which enables users to view virtual tours of exhibitors' university campuses.

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Live Webinars

Don't miss out, sign up today!

MEET OUR CAREERS ADVISER

Mrs Sarah Pawlewski Independent Careers Adviser, Career Directions Ltd



l currently work as an independent careers adviser in a number

of schools in Suffolk and North Essex. Over the last 20 years, I have worked in careers guidance across a range of settings, including schools, colleges, universities and industry. Prior to working in careers, I worked in retail management, graduate recruitment, and in childcare in the USA. I really enjoy working with young people to help them to think about themselves in terms of their skills, interests and talents. I like to help them to see opportunities and possibilities for the future, and encourage them to aim high to do the best they can.

Universities

Colleges and Apprenticeships

I have written a couple of books about careers guidance, including "The Careers Handbook" by DK, published in 2019. I also teach and assess careers guidance training courses for Suffolk County Council.

I hold degrees in Psychology and Careers Guidance, and I am a registered professional with the Career Development Institute.

In my spare time, I like to spend time with my family, going sailing, cycling and on long walks in the countryside.





Check Out All Of Our Current Apprenticeship Vacancies

W WEST SUFFOLK COLLEGE VACANCES



Office Administrator Apprentice

Ipswich

£180 per week Closing date 31/03/2021





Bury St Edmunds

£206 per week Closing date 22/03/2021



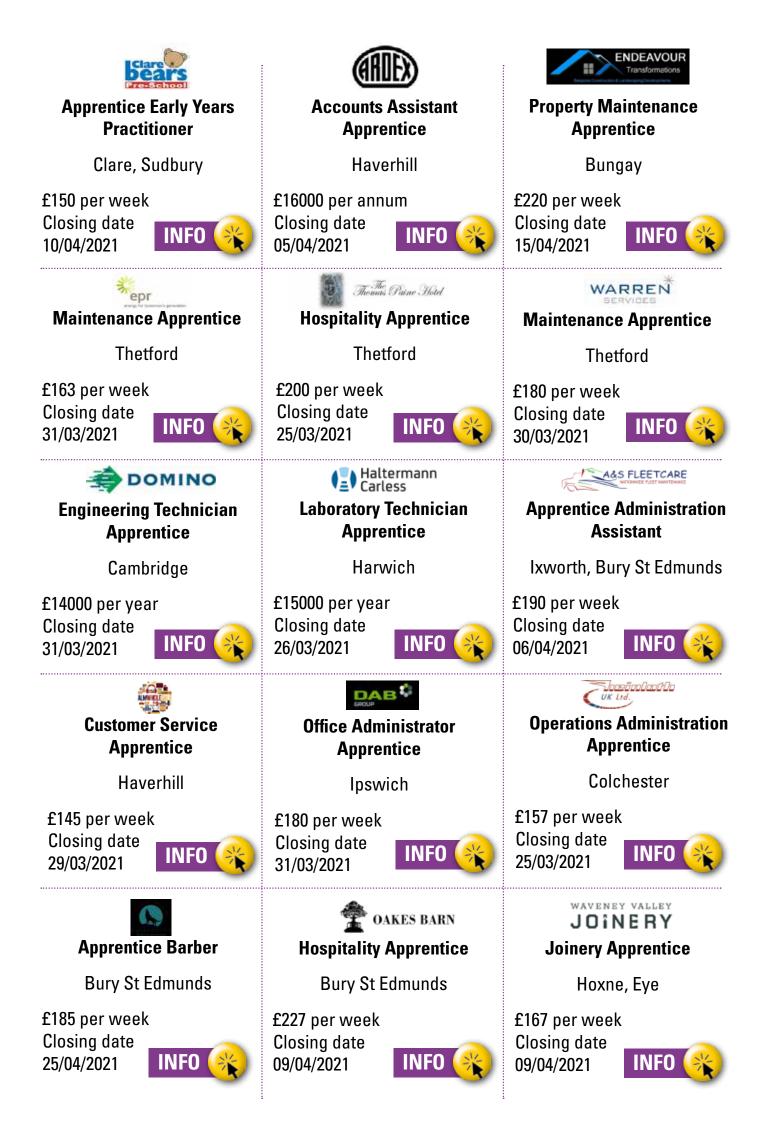


Maintenance Apprentice

Thetford

£180 per week Closing date 30/03/2021





Calling All Parents and Carers

Did you attend Stowmarket High School?

If you did, we would love you to have you back again!

There are several ways we would love for you to come and engage with our students; we are currently looking for:

Advice and a Slice Speakers

Have you got an interesting career that could inspire our young people? If so, we would love you to chat with our Year 10 and 11 students.

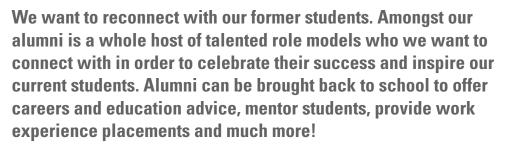
What is Advice and a Slice?

Advice and a Slice' are a chance to meet some of our students and discuss with them your own experiences and dealings within the working world after leaving school. The event is informal in nature and we also offer free Domino's pizza to all those in attendance. The aim of 'Advice and a Slice' is to give our students some ideas and knowledge about their options and future after they leave the school, and even get the chance to start to build connections to help them later.

What might be discussed?

The topics covered could be wide ranging, but primarily 'Advice and a Slice' will focus on your own background in terms of education and career experiences – how that has enabled you to get to the position you are in now, as well as any advice you can give to students who aspire to follow the same or a similar career pathway. Interested? Please email our careers coordinator Mrs Mylrea on futures@stowhigh.com to register your interest. Sessions are currently taking place virtually over Microsoft teams.

Did you or a family member attend Stowmarket High School?



Please help us reach out to our former students using your own networks. From doctors to dancers, pilots to plumbers, we need alumni from a range of careers to open our students' eyes to what is possible.

If you are a former student or know of any who would like to stay in touch and give back to their old school, ask them to sign up.

SIGN UP

https://networks.futurefirst.org.uk/register/stowmarket



Virtual Advice and a Slice Sessions



CALLING ALL YEAR 10 & 11

We will be running our **'Virtual Advice & Slice Sessions'** every Thursday during lunch in the LRC keep an eye out for the notices on SMH.

Don't miss out, links will be sent out on Wednesdays, make a note in your calendar and we will see you there!

UPCOMING MARCH TALKS

Will Fuller

Student Engagement Manager at Cardiff Metropolitan University (ex Stowmarket student)



Laura Savino

'The sky is not the limit' Come and hear this inspirational

talk from Laura and find out why STEM is for everybody!

An Aerospace Engineer Well done to all those students who attended the live sessions via Microsoft teams during lockdown. This entered them into a draw to win their "slice" as a whole pizza delivered to their door.

Who would you like to hear from? Please email suggestions to futures@stowhigh.com

Well done to our session winners from the past fortnight where we had great talks from:

- Alex Collins from Brafe Engineering: Engineering Apprenticeships – Winner – Matthew Brown
- Dan Steed Business Management ex-Stowmarket student – Winner – Ella-Rose Vertigan

Northgate High Sixth Form

Thinking of studying at Northgate High Sixth Form?

Check out the useful links below. They have extended their deadline day so it is not too late to apply. Introduction to Northgate High video: https://youtu.be/c16F7S0VTA8

Every subject on offer has a leaflet and video which goes into more detail about what their course covers and careers links. These videos can be found here: https://www.northgatesixthform.co.uk/subjects/

An introduction to A Level qualifications from Mrs Calder, our Careers Leader:

https://www.youtube.com/watch?v=VXaQnanw5g&feature=youtu.be

Our promotional video shows the Northgate site via drone footage and also contains student profiles: https://www.northgatesixthform.co.uk/about-us/whynorthgate/

The assembly video may still be useful for students that haven't applied yet or as a refresher to students that have already applied. The Chantry assembly can be viewed here: https://youtu.be/N6SAcSqtxVg

GCSE Revision advice from students

At this time of year, our Sixth Form Ambassadors often visit their old schools to support current Year 11 students with revision advice. In place of this, we are making videos available that our Ambassadors have made to support GCSE students.

Using the mocks as a springboard for success: https://youtu.be/JtJSh3V9oUo

What methods and resources really worked: https://youtu.be/r6zAythwE14

Making the most of GCSE Pod: https://youtu.be/ WJB2FyEcwwY



FINBOROUGH SIXTH FORM

The best preparation for life













Berryn Bentaud Sniw

"Life isn't about finding-yourself. Life is about creating-yourself"

Finborough Sixth Form is a thriving and growing community with a rich curriculum and wealth of opportunities.

We offer an unrivalled level of support and challenge, with close academic and pastoral care made possible by small classes, excellent teaching and an exceptional attention to detail.

All of our students enjoy an individualised programme built around both academic success and the best preparation for life. We focus intently on their progress and the requisite learning skills required both for their A level studies and going forward to university and beyond.

Developing well rounded young adults who have the aspiration and confidence for success is achieved through our "Seven Habits of Highly Effective Teenagers" programme. This dovetails heautifully with a plethora of experiences on offer that make our students stand out from the crowd.

We have enjoyed major developments to our facilities, including a state of the art Sporting Complex and the development of a new Science and Art Building, alongside a sturning new Sixth Form Study Centre.

For elite sportsmen and women, our 'Sports Professionals Programme' enables outstanding achievement and progress towards your performance and career goals. Sport is a central part of life at Finborough. Whatever your sporting aptitude or prowess, we will tailor an athletic programme, including opportunities to develop as a coach, to inspire you.

> Contact us for more information on 01449 773600 kwalmsley@finboroughschool.co.uk www.finboroughschool.co.uk

NEW Virtual Work Experience Sessions



Green Skill Week Virtual Work Experience Opportunities:

Speakers for Schools is now working with top UK employers on a Green Skills work experience week that offers Stowmarket High School students meaningful virtual work experience opportunities that will provide them with insight into skills needed in the green economy and career pathways in these organisations.

Anglian Water 'App in a Day' Insight Day - 7 April 2021 Eligibility: Year 10 students interested in a career in creative design,IT and innovation. Application Deadline: 8 March 2021

CLICK BELOW

https://www.s4snextgen.org/Opportunities/View/id/1221

Anglian Water 'App in a Day' Insight Day - 9 April 2021 Eligibility: Year 12 students interested in a career in creative design, IT and innovation. Application Deadline: 10 March 2021

CLICK BELOW

https://www.s4snextgen.org/Opportunities/View/id/1221

Be Part of a Smart Future - Energy Industry Insight Day - 7 April 2021 Eligibility: 14 – 19 year olds based in Norfolk, Suffolk, and Essex. Application Deadline: 8 March 2021

CLICK BELOW

https://www.s4snextgen.org/Opportunities/View/id/1161

Engineering Green Skills Insight Day - Sir Robert McAlpine - 9 April 2021 Eligibility: 14 – 19 year olds interested in sustainability and the engineering sector. Application Deadline: 12 March 2021 https://www.s4snextgen.org/0pportunities/View/id/1199



Architecture + Design Work Placement – Carmody Groarke - 12 – 16 April 2021 Eligibility: 16 -19 year olds who are keen to gain insight into architecture and design. **CLICK BELOW Application Deadline: 12 March 2021** https://www.s4snextgen.org/Opportunities/View/id/1191

Green Careers in the Build Environment – Morgan Sindall - 6-9 April 2021, 9.30am-5pm Eligibility: 16 – 19 year olds interested in a career in environmentally friendly engineering. **CLICK BELOW** Application Deadline: 15 March 2021 https://www.s4snextgen.org/Opportunities/View/id/1110

Build Yourself with Wates – Sustainability Insight Day - 6 April 2021, 10am – 3pm Eligibility: 16 – 19 year olds interested in a career in engineering and sustainability. Application Deadline: 6 March 2021 **CLICK BELOW**

https://www.s4snextgen.org/Opportunities/View/id/1229

Santander and sustainability - 8 April 2021, 10am – 3pm. Eligibility: 14 – 19 year olds interested in financial inclusion and the environment. Application Deadline: 8 March 2021

Being Green Insight Day – Thames Water - 7 April 2021, 10am – 1pm Eligibility: 14 – 19 year olds interested in financial inclusion and the environment. Application Deadline: 7 March 2021

https://www.s4snextgen.org/Opportunities/View/id/1176

Sustainability and achieving Net-Zero by 2030 with SSE - 6 April 2021. Eligibility: 14 – 19 year olds interested in sustainability and city planning. Application Deadline: 6 March 2021 **CLICK BELOW**

https://www.s4snextgen.org/Opportunities/View/id/1163

Green Skills with GTR (Govia Thameslink Railway) - 7 April 2021, 10am – 1pm Eligibility: 14 – 19 year olds interested in climate change **CLICK BELOW** and the railway industry. Application Deadline: 6 March 2021

https://www.s4snextgen.org/Opportunities/View/id/1167

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.





CLICK BELOW

CLICK BELOW https://www.s4snextgen.org/Oppor<u>tunities/View/id/1235</u>

We're Staying Connected Mon 22 - 25 March



Live Presentation Week for pupils and schools

The Schools Engagement team are hosting four days of live virtual presentations for Years 9 - 13 at the end of March, to ensure pupils and school groups can still access information that will help to support their choices at 16 and 18.

The live presentations will take place at set times, either morning, lunchtime or after-school. Each talk will cover a specific topic and be delivered by our expert staff, with a Q&A Chat option at the end to ask any questions.

Individual pupils or whole classes can sign-up for each talk; tutor groups can take part in morning registration, you could facilitate a lunch-time drop in with pupils, or sign-post them to individually register for an after-school session.

Details

- Presentations will be delivered Live, via Teams or Zoom and hosted by our Schools Engagement team
- Once registered online, you will be sent a link via email to access each session
- Presentation topics include;
 - WSC Schools Talk Let's Talk T Levels Choosing a College Course How to Make and Online Application Exploring Higher Education with University Studies at WSC SEND Talk Apprenticeships

To register, visit the Events page of the WSC website

We're Staying Connected Mon 22 - 25 March



Live Presentation Week for pupils and schools

Times	Mon 22 March	Tues 23 March	Wed 24 March	Thurs 25 March
8.50 - 9.05	Let's Talk T Levels with Q&A Target Year Groups; 9, 10, 11	How To Make An Online Application with Q&A Target Year Groups; 11	SEND Talk with Q&A Target Year Groups; 10, 11	WSC Schools Talk with Q&A Target Year Groups; 10, 11
13.00 - 13.15	WSC Schools Talk with Q&A Target Year Groups; 10, 11	х	How To Make An Online Application with Q&A Target Year Groups; 11	x
13.30 - 13.45	x	Choosing a College Course with Q&A Target Year Groups; 10, 11	x	Let's Talk T Levels with Q&A Target Year Groups; 9, 10, 11
16.30 - 16.50	Choosing a College Course with Q&A Target Year Groups; 10, 11	Exploring HE at USWSC with Q&A Target Year Groups; 12, 13	Exploring HE at USWSC with Q&A Target Year Groups; 12, 13	Apprenticeships Talk with Q&A Target Year Groups; 9, 10, 11

Register by visiting wsc.ac.uk/schools



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IMMERSIVE WORK EXPERIENCES

FOR AGES 12 - 18

Programmes Available: Live Online & In-Person

Architecture | Art | Computer Science | Dentistry | Engineering | Entrepreneurship | Fashion Design | Filmmaking | International Development | Investment Banking | Journalism | Law | Management Consultancy | Marketing | Medicine | Music | Politics | Psychology | Publishing | Veterinary Science

InvestIN Education offers interactive and immersive career experiences in some of the most prestigious and desirable industries. Spring and Summer Term programmes are available to book now, but be quick as spaces are very limited!

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Please visit our website or email info@investin.org for more information





VIRTUAL INSIGHT SESSIONS WITH THE NHS AND DELL!

NOW BOOKING FOR ALL STUDENTS IN KS4 AND KS5



NextGen Nurse Insight Sessions

A series of virtual insight sessions focused on introducing Year 10-13 students to the four fields of nursing, and the pathways into nursing. Students will hear from a range of nurses at different points of their career and be able to ask any questions they have about this exciting career in a live Q&A.

Sessions will begin on 21st April 2pm - 3pm, taking place weekly at the same time before concluding on International Nurses Day (12th May 2021).

Book student places <u>here</u>.

D&LLTechnologies

Powering Potential Insight Sessions

The Powering Potential: Virtual Insight Sessions are a series of inspiring live, virtual events covering all things technology and careers in partnership with Dell EMC and UK universities. Students in Year 10-13 will be able to hear from expert speakers on a range of contemporary and engaging topics

Sessions will begin on 27th April and run weekly concluding at the end of the Summer Term.

Book student places here.

For more information and any questions, please contact Kieran and Maddie: kieran.proctor@talentfoundry.org.uk maddie.hayden@talentfoundry.org.uk

Spotlight Talks Inspiring careers excellence



9am-12pm 24 & 25 March

Our **Spotlight Talks** inspire young people of all backgrounds to consider technical and vocational routes, highlighting the opportunities and career pathways available.







Science Council

Hear from, and pitch questions to, our role models and apprentices at:



The NHS The British Science Council Royal Navy ...and many more

worldskillsuk.org/spotlight-talks





Access from home or in the classroom



DANCE TRAINING FOR YOUNG PEOPLE AGED 10 – 18 YEARS FOR ENTRY SEPTEMBER 2021

CENTRE FOR ADVANCED TRAINING

FIND OUT MORE

ATTEND A TASTER DAY AND AN OPEN DAY

AUDITION APPLICATIONS NOW OPEN

> JERWOOD DANCEHOUSE IPSWICH

> FIND OUT MORE 01473 295234 DANCEEAST.CO.UK/CAT CAT@DANCEEAST.CO.UK

Search 'DanceEast CAT'

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Supported by

for Education

Alicia Clarke





For our 11th broadcast, we are hosting an exciting episode full of excitement, inspiration and SPARKS, all while giving you a unique opportunity to interact with our role model speakers. Plus, get ready to experience hands-on STEM with our g4g experiment!

8 MARCH 2021 • 4:30 PM (GMT)

Our online broadcast will last 1h15 and will include a hands-on experiment that you can replicate at home!



<u>More info and Registration:</u> greenlightforgirls.org/calendar



IPSWICH | LEISTON | OTLEY | HALESWORTH



01473 382200 | INFO@SUFFOLK.AC.UK | > f .



IT'S NOT TOO LATE TO APPLY

VISIT WWW.SUFFOLK.AC.UK



Agriculture Animal Care Apprenticeships Art & Design Automotive **Beauty Therapy** Bricklaying **Business Carpentry & Joinery Catering & Hospitality** Childcare Construction **Electrical Installation** Electronics Engineering **Equine Studies** E-sports Fabrication & Welding Floristry Forestry & Arboriculture

Foundation Learning **Games Design** Hairdressing Health & Social Care Horticulture Information Technology Land-based Studies Media Music Performance Music Technology Painting & Decorating Performing Arts Photography Plastering Plumbing **Public Services** Science Sport Surveying & Planning Supported Learning

futures fortnightly





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