

futures

fortnightly

EDITION 8 | 18th June 2021



Dear Parents, Carers and Students

NEXT STEPS It can be extremely difficult to navigate the next steps for your teenager as they reach school leaving age. At a time of great disruption and uncertainty surrounding the pandemic it will appear even harder. Those of you nurturing recently departed year 11's waiting for their results or those who have a child in year 10 who are still unsure what to do or where to start, I hope this blog will help you.

In order to make the whole process of next steps easier and simpler to digest I have broken it down into three key questions, with the advice we would give students:

1 Which is better? Studying A levels, BTEC or equivalent qualifications, or Apprenticeships?

There is no real right or wrong answer to this question. It is simply a matter of what is right for you as an individual. Remember that A levels are assessed with terminal exam papers and often have higher entry requirements from your GCSE grades. BTEC or equivalent have an equal weighing to A levels if you study single (1 A level equivalent), double (two A level equivalent) or triple (3 A level equivalent) award. By equivalent I mean they hold the same UCAS points for University. BTEC's are often

more career topic specific such as Engineering or Health and Social care and A levels tend be subject centred such as Maths or Biology. Apprenticeships are an alternative to academic study and will be linked directly to the employer you are working for. They will pay for your studies alongside working and will also pay you a working wage. Do your research and find what is best for you.

2 When do I have to decide?

There are specific deadlines for college or sixth form places and these are generally around October to February time. Although places are limited and so we recommend you apply as early as you can to avoid disappointment. We will be publishing all post 16 application opening dates as well as open days and events at each institution. Apprenticeships always

offer places across the year and it is important to keep all your options open. You are not limited to one place or one route, apply for both if you want to. You only make your final decision once you get your results so apply and accept offers for plan A-D if you can. It is always good to have a back-up!

3 What should I be doing now?

THREE STEPS

ONE

Now is a time for young people to start reflecting on what their interests, skill sets and passions are. What really interests them? What kind of jobs will enable them to make full use of those? We want them to find a career that they will really enjoy and find fulfilling. Everyone has different strengths and there is not a one size fits all route.

TWO

Do as much research as possible, look at online videos, explore websites of different companies, sixth forms, colleges, and universities. Look at what they have to offer and what the entrance requirements are. Ask Mrs Mylrea for a careers appointment (you will see her and the team anyway in year 11 but there's no harm in taking initiative). Use your PSHE lesson to full effect in September, here you will have time and support to research.

THREE

Always keep a record of what you research, use it to make a shortlist or form questions to ask employers or colleges when you apply to them. We will help you with this in September too.

The important thing to remember is to enjoy this journey. Find what ignites your flame and find a way to achieve it. We are here, beside you all the way.



We had a great turnout for last weeks session on

Why do we need school uniform?

It is being edited as we speak and we will get it up on our channel soon. In the meantime, click [HERE](#) to hear what current Year 7's thought about their transition to Stowmarket High School.

Don't be shy

Calling all budding podcasters, come and get involved every Wednesday B lunchtime in the LRC

Please email Mrs Taylor k.taylor@stowhigh.com or Mrs Mylrea m.mylrea@stowhigh.com to sign up. Or alternatively pop along on one of the following dates:

Upcoming Talks:

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

**Wednesday
23rd June**

How can we improve our extra curriculum activities?
(Year 8 Students)

**Wednesday
7th July**

What makes a great Teacher?
(Year 10 Students)

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

CONGRATULATIONS

Huge congratulations to Year 11 student Aidan Taylor who beat off some stiff competition from both Stowmarket High School and other local schools to gain an apprenticeship with Taylor Made Joinery

We sat down with Aidan to ask him all about it.



Where are you starting your apprenticeship?

I am starting my apprenticeship at Taylor Made Joinery sometime in July/August this year.

What was the interview like?

I was nervous at first but it was fine when I was there. They were really friendly and gave me a tour of the building.

What is your fondest memory of Stowmarket High School?

My after school and lunch times in the design room making my projects.

What was the best bit of advice you every received from one of your teachers?

Never give up - Mr Burgess.

What advice would you give your Year 7 self now?

Read more!

What were your favourite subjects at school and how have they helped you would you say?

Resistant materials, Construction, Engineering and Math's.

Shout out to anyone in particular?

Mr Burgess, Mr Hawkins, Mr Andrews, Mr Duszynski and Mr Hullett. I've had so much help and support from them.

Cheryl Hardacre from Taylor Made Joinery said "We are delighted to offer Aidan Taylor a Bench Joinery Apprenticeship. As part of the interview process, Aidan was asked to upload a short video and CV. Aidan was then invited to TMJ Interiors for a tour of our facilities with our workshop manager, where he completed a task and was interviewed.

There was strong competition in this round of cohorts, but Aidan stood out; he will begin his journey as an apprentice this summer, learning and developing his skills under the watchful eye of our experienced joiners while on the bench in our Apprentice and Technology Centre.

Aidan will be assigned tasks, but he will also have the opportunity to work on some of our prestigious "live" projects. In addition, he will be attending college for 24 months to complete his Level 2 Carpentry & Joinery, Pathway 2 Architectural Joinery Apprenticeship. This includes completing practical tasks along the way, demonstrating skills, compiling evidence and written documents, and working toward the end point assessment, which includes a theory test, a 7-hour practical exam, and a professional conversation about the task.

Aidan will be a valuable addition to our team".



Health Care Opportunity

We would like to bring to your attention another Health and Care Academy opportunity, this will provide career insight sessions focussing on different careers available in health and care. These sessions will take place on Saturdays for 6 weeks between 19th June and 24th July from 9.30am to 12pm, and are available to any student aged 14-18 looking to find out more about careers in this sector. Students must be living or educated within Suffolk or North East Essex in order to access this opportunity.

As with our previous Academies, the sessions will be delivered virtually via Microsoft Teams by frontline professionals working in the health and care sector and will provide information on career pathways, rewards and challenges of the professions, different specialisms etc. Students will also have the opportunity to ask questions.

Places are again very limited. For more information and to book a place, please visit:

INFO



<https://nhstalentacademy.org.uk/event/suffolk-and-north-east-essex-health-and-care-academy-virtual-careers-course/>

The closing date to reserve a place is 17th June 2021.



Are you aged 14-18 living or studying in Suffolk or North East Essex?

Fully-funded

Want to know more about careers in Health and Care?

Take part in virtual sessions delivered over 6 weeks from **Saturday 19th June to Saturday 24th July** 9.30am-12 midday

For more information or to register contact ambassadors@caredevelopmenteast.co.uk



YOUNG VIRTUAL
PROFESSIONALS WORK
EXPERIENCE

Tech^{the}Future
Virtual Work Experience!

Join us for the largest technology event this summer!
Open to all our students in school & college nationwide

5TH, 6TH, 7TH JULY

We have an amazing technology Virtual Work Experience event happening on 5th, 6th & 7th July that we wanted to let you know about. We are putting together the biggest Technology event of the year in collaboration with PwC, IBM, HSBC, Capgemini, VMware, CGI, Sky, EY and many others!

We'll be sharing information on how the technology industry is evolving and discussing what life is like working for world-leading international technology firms! For the first time since lockdown we will also be doing a live stream from some of the offices at the employer's place of work we have involved!

We'll also be giving away iPad's, VR Headsets, in-person experience days (when it's safe to do so) and much more!



spectris



vmware

Capgemini



EY



World Wide Technology

sky

Key Details:

The online work experience is open to all 15-22 year olds and a certificate of completion will be given out with a digital registration that you'll need to complete.

TechTheFuture Virtual Work Experience

- 5th, 6th & 7th July - 9:00 - 16:00 each day
- Hear from over 10+ multinational technology employers
- AI, Virtual Reality, Robotics, Cyber and more! + Interactive Workshops & Live Demonstrations!
- Opportunity to ask questions and take part in real work projects!
- Certificate of attendance to be awarded (great for CV)
- FREE event (limited places)

CLICK HERE
TO APPLY

<https://www.research.net/r/Tech-Work-Experience>



Helping Students Get into Medicine

Calling all Aspiring Medics

With the summer holidays fast approaching, your aspiring healthcare students can now arrange their medical summer work experience before all the spaces fill up.

We have increased the number of spaces on our Ward Round Live course so as many students as possible can get some amazing work experience this summer. They will be able to speak to patients, learn from NHS Doctors, experience a wide range of medical cases and make a head start on their university applications on our Ward Round Live course this summer.

The next available date is: 15th July 2021
Please note there is a charge of £159 for this course.

Registration link: www.educationprojects.co.uk/medical-projects/ward-round-live/

REGISTER



Did you or a family member attend Stowmarket High School?



Future First



We want to reconnect with our former students. Amongst our alumni is a whole host of talented role models who we want to connect with in order to celebrate their success and inspire our current students. Alumni can be brought back to school to offer careers and education advice, mentor students, provide work experience placements and much more!

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.

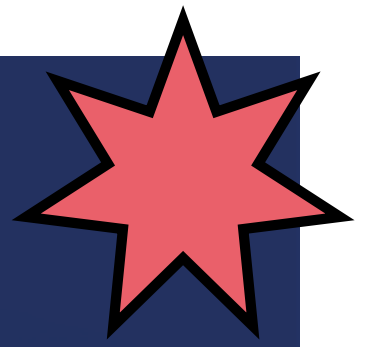
If you are a former student or know of any who would like to stay in touch and give back to their old school, ask them to sign up.

SIGN UP

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

Your
Game
Plan

The _____
SIDE HUSTLE
Initiative
YourGamePlan



Are you 14-18 years old?
Do you have a side hustle?
Or the next big business idea?

Apply for a chance to win mentoring
and investment to grow your
business



Nominations open 15th to 29th June
Voting opens 1st to 15th July

For more information please click here

<https://yourgameplan.co.uk/side-hustle/>

INFO

#TakeYourPrideHE
**PRIDE IN HIGHER
ASPIRATIONS**
PRIDE MONTH 2021

neaco TAKE
takeyourplace.ac.uk YOUR
PLACE

For Pride Month 2021, (June 1st - 30th) we are helping raise aspirations towards Further and Higher Education (FE/HE) amongst LGBTQ+ youth in the East Anglia region. We have gathered together a range of pre-recorded chats, video clips, written case studies, quotes from LGBTQ+ individuals who are in, or have been in, FE/HE. We want youngsters to look at individuals who have obtained a career or job through FE/HE and see themselves, thinking 'if they can thrive, so can I!'

So bookmark bit.ly/TakeYourPrideHE, and from the 1st June, visit the page often and keep tabs on the #TakeYourPrideHE hashtag via the Take Your Place accounts on [Instagram](#), [Twitter](#) and [YouTube](#).

CLICK

With support and allyship from:



bit.ly/TakeYourPrideHE



<https://neaco.eprospectus.co.uk/resources/pages/pride-in-higher-aspirations/>



LIFE AS A DOCTOR

virtual care experience

Get insight into the roles and responsibilities of one of the most rewarding careers.
Hear from London-based NHS junior doctors and participate in a Q&A session following the webinar.

With COVID-19 making it difficult to access clinical shadowing and work experience, this webinar will give students the opportunity to get experience and a better understanding of 'life as a doctor' from the comfort of your own home.

Topics covered:

- Medicine
- Surgery
- Specialities
- Night shifts
- Work-life balance
- Hot topics
- Question & Answers

Skills we will introduce:

- History taking
- Clinical examination
- The secrets of the Stethoscope
- ECG interpretation
- Chest x-ray
- Blood sampling
- Intravenous cannulation

When: 19th July 2021 (6:00pm - 8:00pm UK time)

Cost: £25 per person
(includes certificate of attendance and dedicated WhatsApp group for ongoing support)

BOOK NOW



<https://www.doctorjakes.com/mbbs>

For further queries about our webinars, please contact: adam@doctorjakes.com

We also offer a 'LIFE AS A DENTIST' webinar: www.DoctorJakes.com/dentist

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.

BAM Great Yarmouth – What is Sustainability?

Dates: 7th January 2021 Time: 9.30-3pm
Eligibility: Age 14+
Priority given to students from Charter Academy, Ormiston Venture Academy and Lynn Grove Academy
Application Deadline: 20th June 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1888>

EKFB – A different look at the construction industry

Dates: 12th-16th July 2021
Eligibility: Age 14+
Priority given to students from the areas of Hillingdon, Buckinghamshire, Milton Keynes, Oxfordshire, Coventry, Warwickshire, Hertfordshire and Northamptonshire
Application Deadline: 2nd July 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1923>

IEMA – Learn how to save the planet

Dates: 12th July 2021 Time: 10-3pm
Eligibility: Age 15-17
Application Deadline: 28th June 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1532>

MIRA Technology Institute – The Future of Automotive Engineering

Dates: 9th July 2021 Time: 10-12noon
Eligibility: Age 14+
Application Deadline: 25th June 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1634>

Hibiscus – part of T.H.E Hospitality Ltd – An insight into the Catering industry

Dates: 7th July 2021 Time: 10-2pm
Eligibility: Age 14+
Application Deadline: 25th June 2021

CLICK <http://www.s4snextgen.org/Opportunities/View/id/1769>

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

Boost your skills & find the best opportunities



Download the free Fledglink app!



In-app games & tests to grow confidence and improve your skills



Digital CV that does the hard work of job searching for you



Apprenticeships, Internships, Entry Level jobs and more.

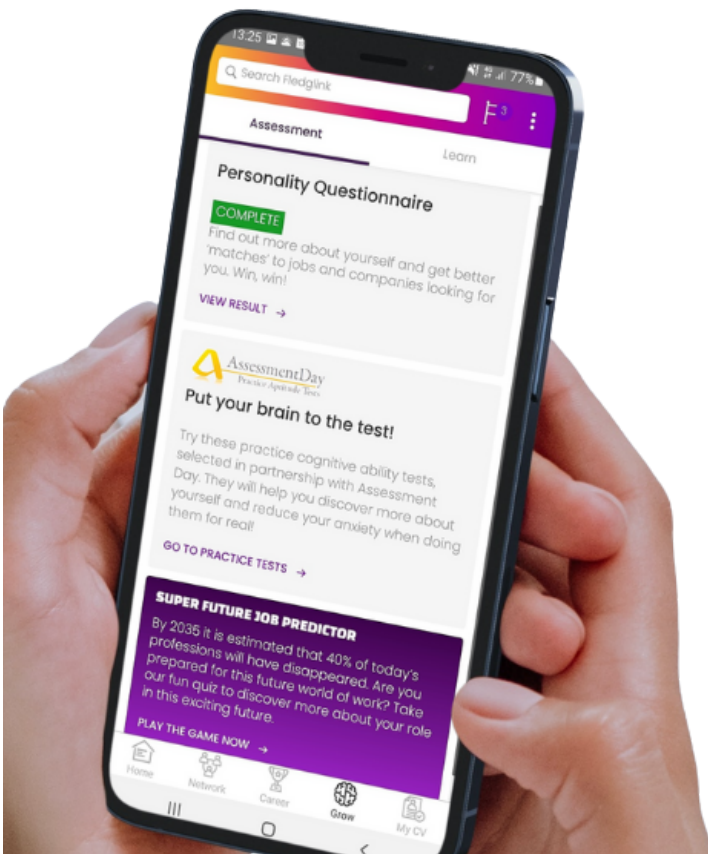
CLICK



Connect with like-minded students like yourselves & boost your profiles



<https://fledglink.com/>



Download the Fledglink app by scanning the QR code



PROCESS ENGINEERING APPRENTICESHIPS

We are the leading producer of sugar for the British and Irish food and beverage markets, processing around eight million tonnes of sugar beet and producing up to 1.4 million tonnes of sugar each year.

Our innovative approach to manufacturing also enables us to create a range of co-products from power generation and bioethanol, to animal feed and much more.

We have an exciting opportunity to join our business in September on our Process Engineering Apprenticeship at our Bury St Edmunds site, where you will learn how to control and monitor a process plant and its equipment and understand the science behind how we make sugar.

Join us on our process engineering apprenticeship programme and you will have a crucial role to play in shaping the future of our business as we work towards a digitally enabled, connected future.

Our 26-month programme, following the Science Manufacturing Technician Standard will give you a combination of college study and professional, on the job training. You will complete a mixture of theory based and practical qualifications to provide you

with underpinning knowledge resulting in a Level 3 Process Diploma qualification.

Process Engineering Apprenticeship programme

- Starting salary £18,600
- Location – Bury St Edmunds, Suffolk
- Working Week - will include working 12-hour shift patterns and some regular day shifts
- September 2021 start
- Scheme Duration - 26 months

You will need a minimum of five GCSE's including Maths, English and a Science at level 5, C+ or above (or equivalent). However, it is not just about academic grades; we are looking for people who are enthusiastic, committed and driven to succeed.

What will you do in your role?

A typical day on site starts with a shift handover and briefing to bring you up to speed with your priorities for the day. You will have the opportunity to work across various areas of the factory monitoring plant equipment, reviewing laboratory data and making adjustments to the process, as required. You will also be roving the factory to conduct inspections whilst ensuring you are working safely and looking out for the safety of others. With the support of your manager, you will use your technical knowledge gained at college to identify potential issues, make decisions and solve problems to ensure continued production of the plant.

You will have the opportunity to gain various British Sugar internal and industry related courses to help you with your development i.e. Entry into Confined Spaces, Food Safety and Environmental awareness. We will develop your communication skills, problem solving and team working skills throughout the scheme using coaches and mentoring sessions, as well as through an Outward Bound programme in the Lake District.

What is the expected career progression after this apprenticeship?

Upon successful completion of the apprenticeship scheme you will have all the skills needed to become a qualified shift Technician where you will work both individually and as part of a manufacturing team. The factory operations are large-scale fast-moving process plants where every day is different, they operate 24/7 and are controlled by the very latest sophisticated control systems.

APPLY



APPLY NOW on our website www.britishsugar.com or find the advert for our Bury St Edmunds factory using the link:

<https://www.britishsugar.co.uk/careers/vacancies/current>

CLOSING DATE: 9TH July 2021

MULTI-SKILLED ENGINEERING APPRENTICESHIPS

We are the leading producer of sugar for the British and Irish food and beverage markets, processing around eight million tonnes of sugar beet and producing up to 1.4 million tonnes of sugar each year.

Our innovative approach to manufacturing also enables us to create a range of co-products from power generation and bioethanol, to animal feed and much more.

We have an exciting opportunity to join our business in September on our multi-skilled Maintenance Engineering Apprenticeship at our Bury St Edmunds site where you will work with mechanical and electrical equipment plus highly automated programmable control systems.

Join us on our engineering apprenticeship programme and you will have a crucial role to play in shaping the future of our business as we work towards a digitally enabled, connected future.

Our four-year programme, following the Food and Drink Maintenance Engineering Standard will give you a combination of college study and professional, on the job training. You will complete a mixture of theory based and practical qualifications to provide you with underpinning

knowledge resulting in a BTEC or EAL Level 3 Diploma in Food and Drink Engineering Maintenance.

Engineering Apprenticeship programme

- Starting salary £18,600
- Location - Bury St Edmunds, Suffolk
- Working Week - will include working regular day shifts and some 12-hour shift patterns
- September 2021 start
- Scheme Duration - 48 months

You will need a minimum of five GCSE's including Maths, English and a Science at level 5, C+ or above (or equivalent). However, it is not just about academic grades; we are looking for people who are enthusiastic, committed and driven to succeed.

What will you do in your role?

A typical day on site starts with a shift handover and briefing to bring you up to speed with your priorities for the day. You will have the opportunity to work across various areas of the factory monitoring plant equipment, carrying out engineering activities, such as routine maintenance, fault finding and diagnosis, testing and commissioning. You will also be performing first line electrical maintenance, including testing, repairing and replacing components. With the support of your manager, you will use your technical knowledge gained at college to make decisions, solve

problems and carry out routine inspections and maintenance tasks.

You will have the opportunity to gain various British Sugar internal and industry related courses to help you with your development ie Entry into Confined Spaces, Food Safety and Environmental awareness. We will develop your communication skills, problem solving and team working skills throughout the scheme using coaches and mentoring sessions, as well as through an Outward Bound programme in the Lake District.

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<https://www.britishsugar.co.uk/careers/vacancies/current>

CLOSING DATE: 9TH July 2021

apprenticeships & opportunities

around suffolk



**3 x
Level 2 Lean
Manufacturing Operative
Levington**

INFO



**Level 2
Beauty Therapist
Woodbridge**

INFO



TYSON COOPER

**Level 3 Business
Administrator
Brightwell Barns
Ipswich**

INFO



**Accounts or
Finance Assistant
Lowestoft**

INFO



**Level 2
Customer Service
Practitioner
Eye**

INFO



**Level 3 Installation
Electrician and
Maintenance Electrician
Swaffham Bullbeck**

INFO



**Level 2 Property
Maintenance Operative
Ipswich**

INFO



**Level 2
Finance Assistant
Woodbridge**

INFO



**Level 2
Customer Service
Ipswich**

INFO





Multiple Opportunities
Level 6
Civil Engineering & Site Management
Lowestoft



Multiple Opportunities
Level 6
Construction
Quantity Surveyor
Lowestoft



Level 6
Food Industry
Technical Professional
Leiston



Level 2 Retailer
Brightwell Barns
Ipswich



Level 3
Digital Marketer
Brightwell Barns
Ipswich



Level 2
Bicycle Mechanic
Lowestoft



Level 2
Autocare Technician
Ipswich



Level 2
Commis Chef
Witnesham



Level 2
Supply Chain Operative
Felixstowe



Blue Sky Assessing
are looking to recruit a
Business Administrator at
their Earl Soham base.

Supply Chain
Operator



Business
Admin 2 Posts



Sales Level 4



Customer
Service



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.

Apprenticeships for the school workforce
Click here to find out more

FIND OUT MORE



<https://www.gov.uk/government/publications/a-guide-to-apprenticeships-for-the-school-workforce/apprenticeships-for-the-school-workforce>



even more apprenticeships & opportunities

CLICK ON LINK

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

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

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

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

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



Jackson Civil Engineering
21st June | 23rd June | 25th June

Morgan Sindall
22nd June

EDF Sizewell C – A chance to meet some top female engineers in celebration of International Women in Engineering Day
23rd June

Cranfield University – Offering the chance to participate in a mini digital investigation to examine digital crime and discover digital bias
23rd June

Fusion – An evening insight session delivering insights from female experts in the construction industry
22nd June

Flagship Housing – Find out more about solving the housing crisis in the East of England
8th July

REGISTER



<https://www.speakersforschools.org/experience-2/>



Nothing is more important than your family's health

One Life KIDS



Join us today to start your healthy lifestyle journey!

Through interactive family sessions and physical activity, we cover topics such as sleep, healthy eating, being active and the importance of looking after your wellbeing.

Our 10-week club comes with a full 12 months of support!

Eligibility Criteria:

- Children between 5 – 18 years who have a BMI > 91st centile on the growth chart
- The child, young person and family must live in Suffolk



FUN, FRIENDLY and FREE!

FREE water bottle and bag for all kids!



SCAN ME

Call us on 01473 718193
Visit us at onelifesuffolk.co.uk



CLICK HERE TO FIND OUT MORE ABOUT ONE LIFE SUFFOLK

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





Please visit www.stowhigh.com to see our school

Part of

