

futures fortnightly

EDITION 9 | 9th July 2021





Dear Parents, Carers and Students

REFLECTING ON OUR YEAR

This is our last newsletter of the academic year 2020-2021 and what a year it has been. We have managed to navigate through the choppy waters of a global pandemic and still find the energy and motivation to ensure that our year 11's and 13's have left us with a clear future destination, after numerous 1:1 careers interviews and some wonderful support from Mel, our Futures Co-ordinator.

We have managed to still support our year 8's through option events and their big decisions and choices for next year with the help of an international female pilot and some wonderful technology transporting her virtually from America. Our year 10 students have completed a 12 week programme of virtual work experience, meeting employers from both across our local area and from further afield; listening to their career journeys, what it's like to own your own business, what skills and qualifications are needed to follow a certain goal. We know this doesn't replace the experience of visiting actual workplaces but in the current circumstances it was certainly a grand effort as a stand in.

Advice and a Slice managed to keep its momentum using virtual visiting speakers and our year 13's got some great advice on finance, personal statements and UCAS applications

and lower school were inspired by our guest speakers. In our Inspirational Futures lessons, the year 9 and 10 students have been learning about personal finance, what life is like at university and how they can prepare for interviews as well as embarking on an entrepreneurial project to design their own company.

Behind the scenes we have been planning for next year, a plan full of hope and enthusiasm. A year that, we hope, will enable us to open up more opportunities for volunteering, work place visits, careers and apprenticeship evenings, insights into industry, entrepreneur days, LORIC + skill development through our curriculum and the introduction of a new piece of software. This software will enable all our of students' efforts to be tracked and recorded for future CV's, personal statements, and job applications

to be completed. But more importantly, a chance to allow them to look back and reflect on who they have become, what skills they have excelled in, what leaps they have made in their desire to be more creative, a better leader, a skilled communicator, more independent and much more.

This month also saw the launch of our lunch time careers convention stands in the atrium where we have welcomed visits from West Suffolk College, Suffolk New College, the NHS. Abbeygate College, Suffolk One and the Police, allowing all of our students access to information on next steps and careers. How wonderful to have live interactions again in school, the chance for older students to ask important questions on next steps and pick up some resources, and for the younger years to dip their toe into the world of work and further education (whilst picking up a free pen or sticky bug which always go down well!)

So let's all head off into the summer holidays, happy with what we have achieved this year, but hopeful for an even better, brighter, more exciting future.



https://ukunisearch.vfairs.com

Where are the 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 Will Fuller who attended Stowmarket High School from 2006 to 2009.

- Where are you working now?
 I'm currently the Director
 of Student Engagement at
 Cardiff Met Students' Union
- What is your fondest memory of Stowmarket High School?
 The year nine national cup run with the school football team; I think we got to the quarter finals in the end!
- What was the best bit of advice you ever received from one of your teachers?

 Don't settle for anything other than your best.
- What advice would you give your Year 7 self now?

 Don't waste time comparing your journey to others, it's your journey so enjoy every second of it.

What were your favourite subjects at school and how have they helped you in your job today would you say? I enjoyed English and that helped me secure a place at university which lead to the job I'm in now. I also loved PE and that has allowed me to have some great experiences within

Shout out to anyone in particular?

Mr Carpenter was an inspiration whilst I was at Stow High. A great person and a brilliant teacher.

football.

We would love to hear from you and feature you in our 'Where are they now?' series, register your interest here: https://networks.futurefirst.org.uk/register/stowmarket



Learn about careers within Mental Health & Learning

& Learning Disabilities

This Academy Programme provides insight into careers and career pathways within Mental Health and Learning Disabilities, the core skills required and the opportunity to ask questions to a range of professionals working in the sector.

Book your place: www.nhstalentacademy.org.uk
The closing date to reserve a place is 17th July
Places are limited

For more information contact: ambassadors@caredevelopmenteast.co.uk









Words for Work Virtual Internship with Cleary Gottlieb





CLEARY GOTTLIEB



Cleary Gottlieb's weeklong Words for Work virtual internship will provide you with a unique insight into working in an international law firm, meeting people from across the company.

Read more about our Words for Work Internship programme here.

What you will be doing

Participants will take part in a range of sessions throughout the internship including:

INSIGHT SESSIONS - hear from employees across the firm talking about their job, career journey and about working in a large law firm.

EMPLOYABILITY SKILLS SESSIONS – learn about writing a CV, presentation skills and preparing for interview.

INDEPENDENT PROJECT
WORK — work on a mock legal
project for the firm.

THE INTERNSHIP WILL RUN 16TH-20TH AUGUST, 9.30AM – 1.30PM.

Every morning your group will meet with the Words for Work team, followed by entire group workshops with Cleary Gottlieb.

ELIGIBILITY

To be eligible for the internship you must be:

- between 15-19 years old.
- living in the UK.
- available to take part in the programme 16th-20th August, 9.30am-1.30pm.

HOW TO APPLY

To apply for the virtual internship, download and complete the application form. Please return your completed application form to **wfw@literacytrust.org.uk**

Shortlisted applicants will be invited to meet a member of Words for Work team for a short discussion on your application.

HAVE QUESTIONS? Get in touch with our Words for Work team: wfw@literacytrust.org.uk

To find out more about Cleary Gottlieb, visit the website and follow the company on Twitter.

APPLY https://wordsforlife.org.uk/zone-in/activities/virtual-internship-with-cleary-gottlieb/

WEBSITE https://www.clearygottlieb.com/

TWITTER https://twitter.com/clearygottlieb











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

Fullyfunded virtual sessions

Want to know more about careers in Health and Care?

16th to 20th AugustPlus an online workshop with **Medic Mentor** on 28th August.

Apply and register: www.nhstalentacademy.org.uk

For more information contact: ambassadors@caredevelopmenteast.co.uk













This is a FREE resource pack to help you enhance your employability We are delighted to share with you our FREE of charge Summer Success Journal

This journal will take you on a step-by-step journey to improve your employabilist skills over the holidays. It is packed full or expert tips, structired guidance, enrichment examples, exercises, key resources and much more.

You can email your completed journal to **info@investin.org** to be in with a chance of winning an Amazon voucher and a place on one of our 'Live Online' programmes in the autumn term.

Download our journal below today!

Did you or a family member attend Stowmarket High School?





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

NEW Virtual Work Experience Sessions



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.

Creative Portal

Build a portfolio and gain an insight into the visual and expressive arts

Date: 21st July

Eligibility: 14 -19 year olds Application deadline: 11th July

CLICK http://www.s4snextgen.org/ Opportunities/View/id/1913

Humankind Research

Date: 18th August

Eligibility: 16 - 18 year olds Application deadline: 19th July

CLICK http://www.s4snextgen.org/ Opportunities/View/id/1980

Royal Air Force

Date: 23rd August

Eligibility:14 - 19 year olds Application deadline: 23rd July

CLICK http://www.s4snextgen.org/ Opportunities/View/id/1482

Santander

Date:13th August

Eligibility: 14 - 16 year olds

Application deadline: 9th July

CLICK http:// www.s4snextgen.org/ Opportunities/View/id/1937

Amey

Date: 9th August

Eligibility: 14 - 18 year olds Application deadline: 11th July

CLICK http://www.s4snextgen.org/ Opportunities/View/id/1625

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.



www.s4snextgen.org





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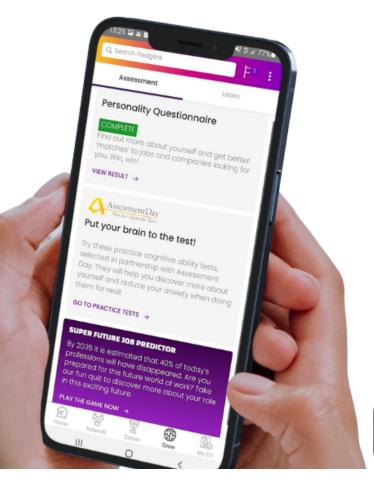




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WEST APPRENTICESHIP SUFFOLK VACANCIES COLLEGE VACANCIES

HOW DO I APPLY?

You apply for an Apprenticeship in the same way you would apply for a job, find a vacancy, submit an application/CV and await a possible interview. Apply using the links listed below, or search for an Apprenticeship Vacancy on our website: https://www.wsc.ac.uk/find-a-course/apprenticeships/vacancies

Not finding a vacancy that suits you?

Why not try approaching companies local to you with an updated CV/cover letter to enquire if they will be looking to take on an Apprentice. This method sometimes works better with smaller businesses.

Our Talent Coaches are available to work with you to get the best out of your application or CV, and they can guide you further by completing practice online interviews. Please email the One Step Closer team to ask for support.

Please contact onestepcloser@wsc.ac.uk

You can apply using the links listed, or search for an Apprenticeship Vacancy on our website:

https://www.wsc.ac.uk/find-a-course/ apprenticeships/vacancies

West Suffolk College email addresses are reviewed regularly and you will receive a response within 48 hours.



Apprentice Reliability Engineer

Norwich





High School

Laboratory Technician Apprentice

Ipswich





Digital Marketer Apprentice

Diss





Payroll Administrator Apprentice

Sudbury





Administrator Apprentice

Sudbury





Apprentice Teaching Assistant

Felixstowe





Welding and Fabrication Apprentice

Bury St Edmunds





IT Technician Apprentice

Bury St Edmunds





Support Worker Apprentice







Apprentice Early Years Assistant

Felixstowe





Maintenance Apprentice

Bury St Edmunds



Mundesley Medical Centre

Apprentice Dispenser

Norwich





Welder and Fabricator
Apprentice

Mildenhall





Apprentice Control Systems Engineer

Ipswich





Stowmarket





Welding and Assembly Apprentice

Thetford



Wedgwood House Dental Practice

Wedgwood House Dental Practice Apprentice Dental Nurse





Hairdressing Apprentice

Haverhill





Warehouse Operative Apprentice

Stowmarket



Heraeus

Customer Service & Logistics Apprentice

Cambridge





Electronics Manufacturing Apprentice

St Ives





Business Administration Apprentice

Bury St Edmunds





Apprentice Pipe Fitter/ Welder

Bury St Edmunds



Prime Dental Service Ltd

Apprentice Dental Nurse / Receptionist

Ipswich





Quality Technician
Apprentice

Thetford





Product Design and Development Technician Apprentice

Bury St Edmunds





Apprentice Dental Nurse / Receptionist

Ipswich





Transport Planner Apprentice

Ipswich





Business Administration Apprentice

Thetford





Apprentice Engineer

Bury St Edmunds





Teaching Assistant Apprentice

Ringshall, Stowmarket





Apprentice Painter and Decorator

Norwich





Apprentice Electrician

Norwich





Apprentice Property Maintenance Operative

Norwich





Apprentice Business Support Co-Ordinator

Norwich





Office Administrator Apprentice

Sudbury





Support Worker Apprentice

Ipswich





Warehouse Operative
Apprentice

Colchester





Customer Service Advisor
Apprentice

Bury St Edmunds





Customer Service Apprentice

Ipswich





Hospitality Assistant Apprentice

Hadleigh





Chefs
Apprentice

Hadleigh







Business Administration Apprentice



Haverhill





Apprentice Supply Chain Warehouse Operative

Bury St Edmunds







Bury St Edmunds





Electro-Mechanical Engineering Apprentice

Woolpit, Bury St Edmunds



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apprenticeships & opportunities











Level 3
Marketing Assistant
Martlesham





Level 3
Business Administrator
Melton





Accounts or FinanceAssistant Lowestoft





Level 2
PropertyMaintenance
Operative Ipswich





Level 3
Business Administrator
Martlesham





3 x
Level 2 Lean
ManufacturingOperative
Levington





Level 3
Digital Support Technician
Martlesham





Level 3
BusinessAdministrator
Brightwell Barns Ipswich





Level 2 CustomerService Practitioner Eye





Level 3 Installation
Electrician and
Maintenance Electrician
Swaffham Bullbeck





Level 6
Food Industry
Technical Professional
Leiston





Level 2 BeautyTherapist Woodbridge





Multiple Opportunities Level 6 Civil Engineering and Site Management Lowestoft





Multiple Opportunities Level 6 Construction Quantity Surveyor Lowestoft





Level 2 **Customer Service**



TYSONCOOPER

Level 2 Retailer Brightwell Barns Ipswich





Level 3 **Digital Marketer Brightwell Barns Ipswich**





Level 2 **Bicvcle Mechanic** Lowestoft





Level 2 **Autocare Technician Ipswich**





Level 2 Commis Chef Witnesham





Level 2 Supply Chain Operative Felixstowe





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







Apprenticeships New Anglia latest opportunities







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



TO REGITER 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



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/

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Families & Young **People**

During our fun 10week course. OneLife **Suffolk Kids Clubs will** help the whole family develop long-term healthy habits.

We encourage small changes that the whole family can make;

A completely free, 10-week programme that the whole family can get involved in!

Designed to help your family make simple, realistic healthy changes that last a lifetime.

Fun, interactive sessions including cookery sessions, physical challenges, games and quizzes

Learn about what a healthy lifestyle really means, such as looking after your mental health and wellbeing, balanced meals, good quality sleep, portion sizes, physically active, healthy snack ideas, and more!

What can I expect?

A safe, friendly and non-judgmental environment for you and your family to learn about how to live a healthier, happier lifestyle.

Weekly group sessions that cover; how to develop good sleep habits, understanding healthy eating, goal setting, increasing joyful movement and understanding what goes into our food and drink!

An opportunity for children to meet new people, learn new skills and increase their confidence.

Physical activity sessions led by our expert practitioners, helping your child to try new things and enjoy becoming more active

Parent/guardian sessions to learn about how to sustain behaviour changes and long-term lifestyle goals.





www.wholehograces.co.uk









derign Cresign.co.uk





Charity partner



East Anglia's Children's Hospices



Please visit www.stowhigh.com to see our school



