

futures fortnightly

EDITION 17 | 14th January 2022



Dear Parents, Carers and Students



New Year, new goals. Every January we all start with the best intentions, drink less, eat less, and exercise more. But quite often we fail within the first week and simply resort back to old habits. This isn't a reflection on our willpower but more a result of unrealistic expectations and goals. It shouldn't be about making big changes from a ground zero perspective, an all or nothing approach. It should be about shifting your perspective slowly and in small steps.

The same could be said about our jobs and making changes and having a fresh start ethos in small ways and not trying to do too much all at once. I've added 15 goals for the New Year that we can all think about dipping into day by day or week by week - not to try and achieve all 15 at once but pick out some that are achievable, each one you action, will result in an improved you. Read more -a great way to stimulate your mind and learn new things.

Take a break from social media - social media can be a distraction from work, and it can take up free time that you may want to spend in other ways.

Volunteer - volunteer work can also improve your teamwork skills, which can make you a stronger candidate during job interviews.

Practice gratitude - practicing gratitude is a great habit to form that allows you to focus on the good things in your life rather than the negative. By embracing this positive mentality, you may be inspired to appreciate your current skills and achievements or set new goals.

Practice healthy sleeping habits - getting the recommended amount of sleep boosts productivity, and can also improve your mood.



Unifrog News



As part of our upcoming Skills and Enterprise Week, we're hosting a series of webinars for students focused on boosting their employability skills:

- Staying positive Monday 31 January
- Communication and presenting skills Tuesday 1 February
- Problem-solving skills Wednesday 2 February
- Leadership skills Thursday 3 February



The New Anglia Enterprise Adviser Network



Our upcoming streams can be found live Wednesdays at 4.30 on the LEP YouTube Channel here or on Twitch here. These are some of our upcoming guests and topics, as ever if there is a career path you would like to hear about please get in touch so we can try to organise.

19th Jan
26th Jan
9th FebInsurance. You're wrong it isn't boring at all!
Civil Engineering
Apprenticeship Week Special
Inclusivity in the Workplace through the eyes of a teacher YouTube Twitch
A career for all weathers... YouTube Twitch
A career for all weathers... YouTube Twitch
You Mess'. A different perspective on careers in ConstructionPlease CLICK BELOW ON the Careers & Coffee back catalogue.

Season 1 (Summer term 19/20) Season 2 (Autumn term 20/21) Season 3 (Spring term 20/21) Season 4 (Summer term 20/21) Season 5 (Autumn term 21/22) Specials

What they used to do...

Welcome to our new feature which spotlights our current staff and where their career has led them and how they arrived at Stowmarket High School.

This week we sat down with Ms Relf to find out just 'What *She* Used To Do!'

What did you use to do before you worked at Stowmarket High School?

I left school at 17 with 9 good GCSEs, my parents wouldn't let me go to college or uni to do my A levels because they didn't think I'd stick at it (it was a different time back then!) I went to work in an accountant's office doing basic office work. The following years are full of secretarial, admin and jobs in call centres. It was not until I was made redundant in 2004 that I decided to undertake study to gain a degree. That began the meandering pathway to my teaching career.

What did 10-year-old you want to be when they grew up can you remember?

I can't remember at 10 but I know at 13 I dreamed of being a writer.

What was the best bit of advice you ever received from one of your employers?

I don't think I ever had an employer who was very inspiring (present company excepted!!) but one piece of advice I hold and use all the time is the belief that 'nothing lasts forever'.

What advice would you give your Year 7 self now?

Work hard at everything, give yourself the best opportunity you can to be able to follow your dreams. Don't be afraid to push yourself even if others don't think you can do something.

What were your favourite subjects at school and how have they helped you in your job today would you say? English and economics. English has definitely helped my love of reading which is essential in teaching history! Economics ... that's a bit random! It does help with explaining inflation and economic problems.



What is your career highlight to date? Definitely achieving my Masters in Advanced Subject teaching.

Any career low points or comedy moments that stand out?

My first interview. Epic fail! It was for a bank clerk at Midland Bank (now part of Nat West I believe). I was so shy I answered questions with barely a sentence! I certainly didn't promote any good qualities I felt I had. Needless to say I never did that again!!

CALLING ALL STUDENTS INTERESTED IN A MEDICAL CAREER



FREE MEDIC MONDAY SESSIONS with The Weekly Surgery

Every Monday evening at 7.30pm we have work experience sessions running online for students aged 14 - 18 who might be considering careers in healthcare. The sessions have proved to be very popular with over 300 students from across the UK joining in each week.

We take a different medical case each week and our doctors, with the help of the students attending, diagnose and treat the patient in the interactive 2 hour sessions.

Students are able to obtain a certificate every month for their participation in the sessions too. If you're interested in becoming a doctor or any career in healthcare, we're offering you a 1 month free subscription - all you need to do is **CLICK BELOW**

REGISTER 🥰

and use your school code: **WEEKLY90** for their 1 month free for which they will also obtain their certificates to use in their university applications. The code will be valid until the 20th January 2022.

It's usually £39 per month and you are free to cancel before your renewal and just take part in the free month no problem should they wish.



GATEWAY BUILDING AT WEST SUFFOLK COLLEGE



WSC.AC.UK/APPRENTICESHIPS







MORGAN SINDALL GROUP

Build the Future: Morgan Sindall National Apprenticeship Week 2022

Insight Experience | 7-13 February 2022



Day and Session	9:30–10:30	13:30–14:30	18:00–19:00
Monday 7 th – Introduction to Construction	Morning Session (Curry)	Afternoon Session	Evening Session
Tuesday 8 th – Meet the Trade Apprentices	Morning Session	Afternoon Session	Evening Session
Wednesday 9 th – Meet the Technical Apprentices	Morning Session	Afternoon Session	Evening Session
Thursday 10 th – What you need to know about applying for apprenticeships	Morning Session	Afternoon Session	Evening Session
Friday 11 th – University v Apprenticeships	Morning Session	Afternoon Session	Evening Session

Interested in joining?

Please register for one of the three opportunities offered each day by clicking on the links provided within the table above. Students can register as individuals or to register groups please contact Speakers for Schools.

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

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

GET SET TO EXPERIENCE #NAW22



Which apprenticeship is for me? Find out this National Apprenticeship Week with our Virtual Insights. Click on an logo to find out more and apply.



SIGN UP <u>HERE</u> FOR EVEN MORE OPPORTUNITIES.

www.speakersforschools.org

Follow us on:





Apprenticeship Opportunities

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Morgan Sindall Introduction to **Construction: Morgan Sindall National Apprenticeship Week Series**

Construction

http://www.s4snextgen.org/ Opportunities/View/id/2497 AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 07/02/2022

Morgan Sindall Introduction to **Construction: Morgan Sindall National Apprenticeship Week** Series

Construction

Construction

http://www.s4snextgen.org/ Opportunities/View/id/2496 AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 07/02/2022

Morgan Sindall Introduction to **Construction: Morgan Sindall National** Apprenticeship Week Series



http://www.s4snextgen.org/ Opportunities/View/id/2482 AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 07/02/2022

Blenheim/White Bear Tesco **Insight to CV Tips and Corporate Services** Interview Skills - 1.5 hr Step into Insurance workshop Learn about careers in the 米 Retail http://www.s4snextgen.org/ Opportunities/View/id/2487 AGE: 15; 16; 17; 18; 19 STARTS: 07/02/2022 FAR Accountancy Training and Apprenticeships NAW 2022: Insight into Accountancy Careers **Financial Services** http://www.s4snextgen.org/ Opportunities/View/id/2468 AGE: 14; 15; 16; 17; 18; 19 STARTS: 07/02/2022 **AVEVA Group plc National Apprenticeship** Week - Introduction to **Apprenticeships** 米 Technology http://www.s4snextgen.org/ Opportunities/View/id/2519 AGE: 14; 15; 16; 17; 18; 19 STARTS: 07/02/2022 **Pennine Care NHS Trust** Which Apprenticeship for **Me? - Pennine Care NHS Foundation Trust** Hospital & Health Care http://www.s4snextgen.org/

Opportunities/View/id/2373 AGE: 14; 15; 16; 17; 18 STARTS: 07/02/2022

industry! Insurance

http://www.s4snextgen.org/

- Opportunities/View/id/2080
- AGE: 16; 17; 18; 19 STARTS: 07/02/2022
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NHS Improvement

NextGen Nurse: starting as a Healthcare Support Worker

Hospital & Health Care

http://www.s4snextgen.org/ Opportunities/View/id/2424 AGE: 14; 15; 16; 17; 18; 19 STARTS: 07/02/2022



Morgan Sindall

- **Meet the Trade Apprentices**
- Panel Discussion:
- **Morgan Sindall National**
- **Apprenticeship Week Series**
- Construction
- http://www.s4snextgen.org/
- Opportunities/View/id/2500
- AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 08/02/2022



Morgan Sindall **Meet the Trade Apprentices** - Panel Discussion: **Morgan Sindall National Apprenticeship Week Series** Construction

http://www.s4snextgen.org/ Opportunities/View/id/2499 AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 08/02/2022

Morgan Sindall **Meet the Trade Apprentices** - Panel Discussion: **Morgan Sindall National Apprenticeship Week Series**

Construction

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http://www.s4snextgen.org/ Opportunities/View/id/2483 AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 08/02/2022



Chartered Insurance Institute Finance North West (CII) Personal Finance Skills - Debit, Credit, Debt & routes into a career in personal finance

Financial Services

http://www.s4snextgen.org/ Opportunities/View/id/2446 AGE: 14; 15; 16; 17 STARTS: 08/02/2022

EDF - Sizewell C

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Calling all climate heroes! We need you to break down apprenticeship barriers.

Oil & Energy

http://www.s4snextgen.org/ Opportunities/View/id/2411 AGE: 16; 17; 18; 19 STARTS: 08/02/2022



NNL (National Nuclear Laboratory) Lancashire **NNL Which Apprenticeship** for me? We are offering students an insight in to our Apprenticeships

Oil & Energy

http://www.s4snextgen.org/ Opportunities/View/id/2388 AGE: 14; 15; 16; 17; 18; 19 STARTS: 08/02/2022



http://www.s4snextgen.org/ Opportunities/View/id/2386 AGE: 14; 15; 16; 17 STARTS: 08/02/2022

Kameo Recruitment Get CV and Interview Savvy - Top tips direct from recruiters

Professional Services http://www.s4snextgen.org/ Opportunities/View/id/2360 AGE: 14; 15; 16; 17; 18; 19 STARTS: 08/02/2022 'R

SSE Plc National Apprenticeship Π Week - Find out more about joining SSE as an apprentice! **Environmental Services;** Utilities

Opportunities/View/id/2457 AGE: 15; 16; 17; 18; 19 STARTS: 08/02/2022



- **Bentley Motors Be Extraordinary - Digital,**
 - **Business & Project**
- Management Insight Day

Automotive

- http://www.s4snextgen.org/
- Opportunities/View/id/2019
- AGE: 15; 16; 17 STARTS: 08/02/2022





- **Meet the Technical**
 - **Apprentices** Panel
- **Discussion: Morgan Sindall**
- **National Apprenticeship**
- Week Series Construction



- http://www.s4snextgen.org/
- Opportunities/View/id/2503
- AGE: 13; 14; 15; 16; 17; 18; 19
 - STARTS: 09/02/2022

Morgan Sindall

- Meet the Technical
- **Apprentices** Panel
- **Discussion: Morgan Sindall**
- **National Apprenticeship**
- Week Series Construction



http://www.s4snextgen.org/ Opportunities/View/id/2501 AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 09/02/2022

- Meet the Technical
- **Apprentices** Panel
- **Discussion: Morgan Sindall**
 - National Apprenticeship Week Series

Construction

- http://www.s4snextgen.org/
- Opportunities/View/id/2484
 - AGE: 13; 14; 15; 16; 17; 18; 19
 - STARTS: 09/02/2022



http://www.s4snextgen.org/

DMA Talent Could you be a communications designer, a social media expert or analyst in the marketing industry?

Marketing and Advertising http://www.s4snextgen.org/ Opportunities/View/id/2512 AGE: 17; 18 STARTS: 09/02/2022



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Horwich Cohen Coghlan Solicitors Which Apprenticeship for Me - Find out about our Apprenticeships in the

Legal Sector **Law Practice**

http://www.s4snextgen.org/ Opportunities/View/id/2441 AGE: 14; 15; 16; 17; 18 STARTS: 09/02/2022

NHS Improvement NextGen Nurse – We Are People: Unlock your potential in an amazing profession

Hospital & Health Care

http://www.s4snextgen.org/ Opportunities/View/id/2421

AGE: 15; 16; 17; 18 STARTS: 09/02/2022



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Kepak Kirkham Ltd Which Apprenticeship for Me - We are offering an insight in to our Apprenticeships at Kepak **Food & Beverages**

http://www.s4snextgen.org/ Opportunities/View/id/2556 AGE: 14; 15; 16; 17 09/02/2022



Willmott Dixon - West Midlands Willmott Dixon Twilight Session – Future Leaders and Careers in the **Construction Sector** Construction http://www.s4snextgen.org/

Opportunities/View/id/2536 AGE: 16; 17; 18; 19 STARTS: 10/02/2022

Indigo Greens Estate Agents Ltd NAW 2022: Insight into the highs and lows of property sales with Indigo Greens Housing

http://www.s4snextgen.org/ Opportunities/View/id/2516 AGE: 14; 15; 16; 17; 18; 19 R STARTS: 10/02/2022

Morgan Sindall What you need to know about Applying for **Apprenticeships: Morgan** Sindall Apprenticeship Week Series T Construction

http://www.s4snextgen.org/ Opportunities/View/id/2505 AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 10/02/2022

Morgan Sindall What you need to know about Applying for **Apprenticeships: Morgan** Sindall Apprenticeship Week Series Construction

http://www.s4snextgen.org/ Opportunities/View/id/2504 AGE: 13; 14; 15; 16; 17; 18; 19 STARTS: 10/02/2022



Morgan Sindall

- What you need to know
- about Applying for
- **Apprenticeships: Morgan**
- Sindall Apprenticeship

Week Series Construction



- http://www.s4snextgen.org/ Opportunities/View/id/2485 AGE: 13; 14; 15; 16; 17; 18; 19
- STARTS: 10/02/2022

Bond Turner Solicitors Which Apprenticeship is

for Me - Bond Turner Law

Practice

Law Practice

- http://www.s4snextgen.org/ Opportunities/View/id/2406
- 13; 14; 15; 16; 18; 19
- STARTS: 10/02/2022



Regenda Homes

- Which Apprenticeship
 - for me at Regenda Homes
 - Construction and many
- more...

Housing

http://www.s4snextgen.org/ Opportunities/View/id/2426 AGE: 14; 15; 16; 17; 18; 19 STARTS: 10/02/2022



Adnams plc

Learn about the business of hospitality and brewing with Adnams

Hospitality

http://www.s4snextgen.org/ Opportunities/View/id/2294 AGE: 15; 16; 17; 18; 19 STARTS: 10/02/2022



GRAHAM Construction "Build the Future": Reach your career goals with **GRAHAM (10am-3pm)**

Construction

http://www.s4snextgen.org/ Opportunities/View/id/2562 AGE: 14 STARTS: 11/02/2022

Morgan Sindall **University vs Apprenticeship** - Question **Time: Morgan Sindall National Apprenticeship** Week Series

Construction

http://www.s4snextgen.org/ Opportunities/View/id/2507 13; 14; 15; 16; 17; 18; 19 11/02/2022



Apprenticeship Opportunities

11/02/2022

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GE GE Aviation Engineering Degree Apprenticeship

Workshop

Airlines/Aviation

http://www.s4snextgen.org/ Opportunities/View/id/2533 14; 15; 16; 17; 18 08/02/2022

Amey Future Talent at Amey - Earn and Learn, insights into apprenticeships

Railroad Manufacture

http://www.s4snextgen.org/ Opportunities/View/id/2434 16; 17; 18 09/02/2022



The Adecco Group North West Discovery Day (The Adecco Group) How to make a good application for Apprenticeship/Job **Staffing and Recruiting**

http://www.s4snextgen.org/ Opportunities/View/id/2418 14; 15; 16; 17; 18; 19 09/02/2022



Willmott Dixon - West Midlands Willmott Dixon -Discovering Careers in the

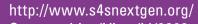
Construction Sector

Construction

http://www.s4snextgen.org/ Opportunities/View/id/2535 14; 15; 16 10/02/2022

- **DWF Discovery workshop:**
 - Social Responsibility

Law Practice



- Opportunities/View/id/2362
- 14; 15; 16; 17; 18



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Bespak (Recipharm) Find out about medical device manufacturing at Recipharm

Pharmaceuticals

http://www.s4snextgen.org/ Opportunities/View/id/1949

14; 15; 16; 17; 18; 19 10/02/2022





apprenticeships & opportunities



Suffolk

County Council

Apprenticeships

European Union European Social Fund

REVINDER 4 WEEKS UNTIL NATIONAL APPRENTICESHIP WEEK!



Level 2 Customer Service Practitioner Felixtowe





Level 2 Recruitment Resourcer Ipswich





Level 2 Commis Chef Halesworth





Level 2 Customer Service Practitioner Felixstowe





Level 2 Customer Service Practitioner Felixtowe



Treadfirst

Level 2 Autocare Technician Sudbury



INFO



Level 2 Customer Service Practitioner Mildenhall





Level 3 Maintenance and Operations Engineer Ipswich







Level 3 Heavy Vehicle Service and Maintenance Technician Felixtowe



Treadfirst

Level 2 Autocare Technician Stowmarket





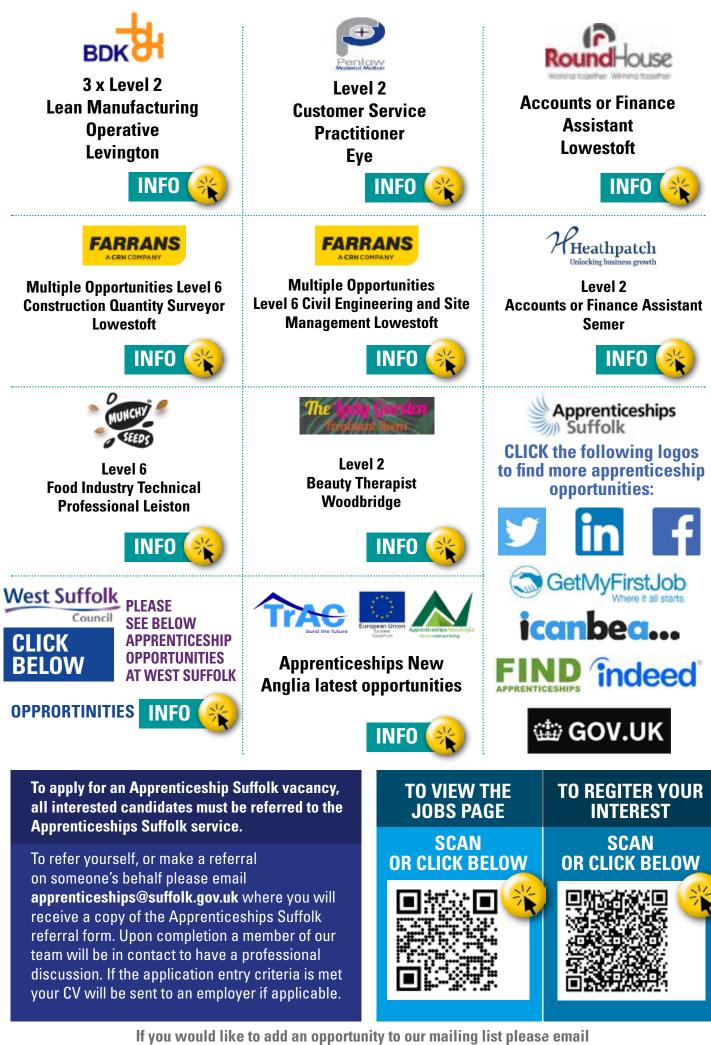
Level 3 Business Administrator Martlesham Heath





Level 2 Commis Chef Framlingham





apprenticeships@suffolk.gov.uk with details by mid-day Tuesday.



section which shows current vacancies

For more details about the Yojo App visit

based on the persons interests.

www.yojoapp.co.uk

GOVERNMENT UPDATE - ENHANCED INCENTIVES

From 11th January 2022 employers can apply and receive a payment of £3,000 for taking on new apprentices with a start date from 1st October 2021 - 31st January 2022.





Allied Health Professionals Masterclasses

Six Saturday morning Masterclasses for Year 9 Students Saturday 5th March - Saturday 9th April 2022 10am - 12.30pm Occupational Orthoptist Paramedic Therapist Operating Music Department Dietitian Practitioner Therapist **Prosthetics &** Osteopath Orthotist Art Therapist Speech & Language **Physiotherapist** Therapist Drama Therapist Chiropodist/ PLUS - Career advice on how to Radiographer Podiatrist become an AHP



Like us on Facebook.com/ICENICentre

FREE TO ALL STUDENTS

Venue: ICENI Centre, Colchester General Hospital, Turner Road, Colchester, Essex, CO4 5JL For more information contact: Amy.Sinclair@esneft.nhs.uk

LET'S TALK ABOUT

FREE HEALTH & CARE CAREER SESSIONS VIRTUAL WORK EXPERIENCE



Find out more about E-Placements and apply for the opportunity to speak to a professional about your Health and Care aspirations **Register and apply now!**

www.nhstalentacademy.org.uk







Let's Talk About ... Midwifery Tuesday 18th January Wednesday 9th March

Let's Talk About ... Nursing

Thursday 20th January Wednesday 16th February Wednesday 16th March

Let's Talk About ... Physiotherapy Friday 28th January Friday 25th February Monday 21st March

Let's Talk About ... Learning Disability Support Tuesday 25th January Tuesday 8th March

Let's Talk About ... Learning Disability Nursing Thursday 27th January Thursday 10th February Wednesday 23rd February

All sessions run from 4-5pm.

futures fortnightly





Please visit www.stowhigh.com to see our school

Part of



