

# futures f o c u s



## Dear Families



The start of the term has been, to say the least, a busy one. We have had Open events, Exam preparation evenings and our Next Steps events. All really important evenings for parents and students alike.

We pride ourselves on the tripod ethos at the school and think its pivotal for our student's success to ensure that our parents are as informed as our students. Our next steps event is an annual one and gets more popular every year. This year saw record numbers of parents attend, which made it a squeeze and we apologise if you had to wait to speak to a 16+ provider.

Next year we will be more prepared for so many parents to attend. Thinking about where you want to move onto after year 11 is a daunting one, and it all seems so early as you have only just left year 10. However, preparation is

everything and as I so often say (scratched record here!) always have a plan A, B and C. You never know what those results will lead to. After talking to people from colleges, apprenticeship providers, T levels, Football academies, leave no stone unturned. Next Steps for all of you, visit the colleges, go to their open events, and get a feel for the place. See if you like it and think you could study there.

**GOOD LUCK ALL!**

*The Futures Team*

## October 2022

### 5th

Years 9 – 11 – Young Professionals Careers in Finance & Investments Event

5.00pm – 6.00pm

<https://www.surveymonkey.co.uk/r/Fidelity-International-Event>

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### 11th

Years 9 – 11 – Young Professionals Routes into Law with Charles Russell Speechlys

5.00pm – 6.00pm

<https://www.surveymonkey.com/r/73Z9QJN>

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### 12th

Years 9 – 11 - Insight into Business and Finance with CIMA, IBM, Amey & Network Rail

5.00pm – 6.00pm

<https://www.surveymonkey.co.uk/r/Business-Event-CIMA>

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### 18th

Advice & Slice – LRC – Open to All Years

Sign up with Mrs Mylrea in the Inspirational Futures Centre

James Kimpton, SHS Student Alumni - BT Software Engineering Apprenticeships & Career Path

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### 25th

Years 9 - 11 - Browne Jacobson Half Term Law Work Experience

9.00am – 4.00pm – Students / 6.00pm – 7.00pm – Families

<https://www.surveymonkey.co.uk/r/Browne-Jacobson-Law-Work-Experience>

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### 24th – 28th

Year 11 - Words for Work Virtual Internship with international law firm, Cleary Gottlieb

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

## November 2022

**1st**

**Advice & Slice – LRC – Open to All Years**

Sign up with Mrs Mylrea in the Inspirational Futures Centre  
Joshua Ward, SHS Student Alumni – Archaeology

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**15th**

**Advice & Slice – LRC – Open to All Years**

Sign up with Mrs Mylrea in the Inspirational Futures Centre  
Mr David White, Environment Agency - Environmental Careers

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**29th**

**Advice & Slice – LRC – Open to All Years**

Sign up with Mrs Mylrea in the Inspirational Futures Centre  
Mr Chris Perry - Timberwolf - Local Careers Available and Apprenticeships

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## December 2022

**6th**

**Advice & Slice – LRC – Open to All Years**

Sign up with Mrs Mylrea in the Inspirational Futures Centre  
Ms Annabel Orton, University of Suffolk - Creative Careers Workshop



**October** – The Mix Career Mentoring Service

**October** – The Army Skills Workshops

**3rd November** - Work Experience Networking Breakfast – Hall

**December** – Year 10 Work Experience Parents Evening

**July 2023** – Year 10 Work Experience

# Where are they now?

Our popular Alumni Feature Where are They Now returns this year, in our first issue we sit down with former student James Kimpton, currently working as a Software Engineer with BT. James attended Stowmarket High School between 2014 and 2019 and will also be hosting our Advice & Slice Session next week, so be sure to sign up on the sheet on the door of the new Inspirational Futures Centre or email Mrs Mylrea on [m.mylrea@stowhigh.com](mailto:m.mylrea@stowhigh.com) to secure your place.



## ▶ What have you done since leaving Stow High and where are you working now?

Since leaving Stow High, I am currently doing a Software Engineering degree apprenticeship with BT. As a software engineer, I write code, develop websites, work across numerous time zones with international colleagues and help support systems that are a fundamental part of the UK's infrastructure. In fact, 99% of the UK's internet traffic goes through my site of work and is a global technology hub for BT.

## ▶ What is your fondest memory of Stowmarket High School?

My fondest memory of Stowmarket High School is the results days, both GCSE + A-Level. After all these years - I still remember the buzz, I got getting the results that helped define my future – It is a day where it truly reflects the effort and work you have put in for the last couple of years.

## ▶ What was the best bit of advice you ever received from one of your teachers?

The best advice I got in school is to ask for help when you need it and don't bottle it up – you're not going to know everything straight away and in the working world, the only way to improve and grow as a professional is

to seek support from people who are more experienced and know what they're talking about.

## ▶ What advice would you give your Year 7 self now?

To my year 7 self, I would say begin pursuing your passion as soon as possible and find out what you enjoy doing. I have found personally that it will ground you in terms of wellbeing and happiness and more recently than ever, this has been a massive motivational factor for me putting 100% effort into everything I do in the hope that I get better at what I do and thrive.

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

My favourite subjects at school were unsurprisingly IT and Maths as a lifelong techie. They have helped me develop good problem-solving skills with a good foundation in tackling complex concepts and breaking them down into easier chunks. The soft skills and technical skills I picked up in IT and Maths have carried over even to my current day-to-day job 6 years later.

## ▶ Shout out to anyone in particular?

Shout out to Mr Wright and Mr Blewitt! For me, they were both influential for my personal development and I hope they continue inspiring the next generation and wish them (and the other teachers I had) all the best!

# What they used to do

Our regular feature on Staff at Stowmarket High School and their previous career journeys. This month we sit down with our very own mMr Blewitt, Teacher of Philosophy and Ethics.



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

I was a Head of Year for 2 years in a school in Northamptonshire and before that I was a teacher of RE in a school in St Neots, Cambridgeshire.

When I graduated from Lancaster University in 1995, I spent five years working on a Mushroom farm. Initially as a quality control manager and later as assistant production manager. Among the student population I have taught since arriving in 2006, this whole episode has moved into legend!

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

I have had a life-long love of cars which came from my grandfather who was an incredible motor engineer. Legend has it that whilst working for a Ford main agent in Grantham, he was once visited by a Texan gentlemen from Ford headquarters who invited him to join their F1 team in the 1960s - needless to say that this didn't happen, as my Grandmother didn't like the idea of him being away from home for such long periods. Because of his skills and knowledge, I desperately wanted to work with cars.

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

Try to do something you love as you'll never work a day in your life. The large part, being part of the Stowmarket High School family for the last 16+ years, this has proven to be sound advice!

## What advice would you give your Year 7 self now?

Work hard. Dig deep and never, ever give up on understanding maths! Because I didn't have the resilience to dig deep and ask for help when I didn't understand I didn't become a teacher until I was nearly 27! Never, ever let this happen to you. There is always a way, you just need to find it.

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

English, RE and History. I did all of them at A-level and they have provided me with a life-long love of all three subjects

## What is your career highlight to date?

I had the honour and privilege of being Head of Sixth Form for 4 years and this was a wonderful period. I loved working with students and helping them through the process of applying to university. It was a magical time.

## Any career low points or comedy moments that stand out?

As many of my current and past students will tell you, I have had so many comedic incidents throughout my career - if I was honest, I would struggle to pick just one. But if I were pushed, I remember about 10 years ago I had a wonderful Year 11 group that when it came to their last lesson with me, they organised afternoon tea. We sat in my old classroom in B1 eating crumpets and drinking tea. The reason they did this, was because a famous story of mine I share with students that during my first year of teaching I became addicted to crumpets - a fact I am sure you'll find hard to believe due to my incredibly sporty physique!

# Take Your Child to Work Day Success

Congratulations to Year 10 student Daniel Calver who had a highly successful first experience of the world of work.

Daniel took part in the Year 9 take your child to work day at the very end of last term, he spent his day in the Design Department of Suffolk New College.

Daniel spent the day designing a front cover for the new college prospectus amongst other tasks. The Marketing Manager was so impressed with his design, that they choose it for the cover of their 2023/2024 prospectus which is now lining the shelves in the Inspirational Futures Centre, with a named credit for both Daniel and the school in the back of the prospectus.

Here Daniel shares the experience of his day:

“When I got to the college I was shown around. I also got to see the animals, gardens, and farms that the students took care of. I was introduced to the people my mum works with and got to try the finishing equipment. I tried a comb binder, folding machine and A2 guillotine. I tried using the different printers and illustrator and other software to make designs like the prospectus.”

Well done, Daniel, what a fantastic achievement, we look forward to hearing all about what Year 10 work experience will bring.



# SMEEnterprise day

On Wednesday 21st September Mrs Mylrea, Futures Coordinator and Mrs Rudlings, Head of Year 10 took a group of students to an event hosted by the New Anglia Career Hub, at Wherstead Park.

It was an SME Enterprise Day on Sustainability around the following workshops:

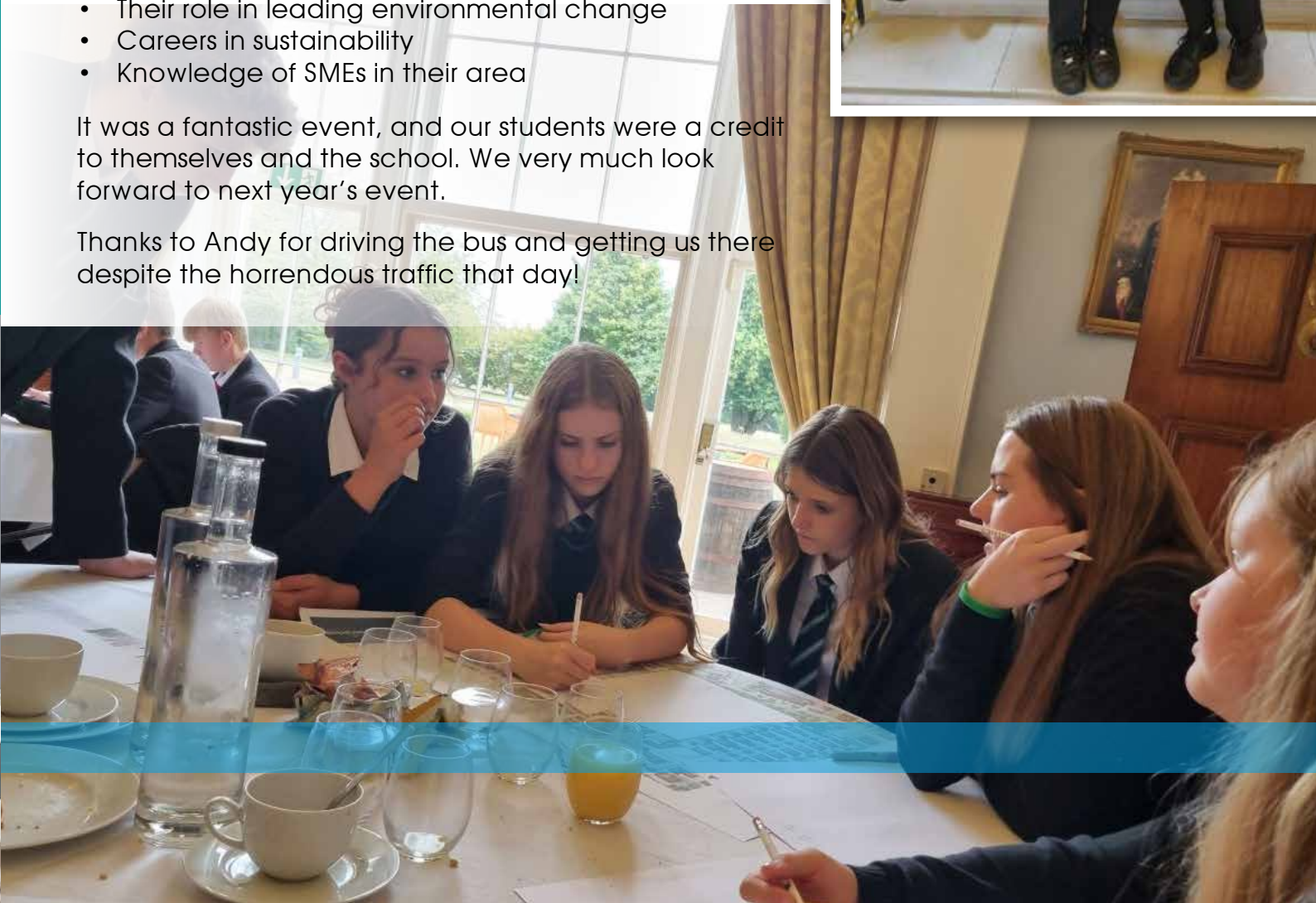
- Developing a sustainable town with Ipswich Central
- Creating a sustainable School with Barnes Construction & Concertus
- Recycling & climate change with Sackers Waste Management & Recycling

The learning objectives for the day were:

- Students to understand the meaning of sustainability across different industries
- Their role in leading environmental change
- Careers in sustainability
- Knowledge of SMEs in their area

It was a fantastic event, and our students were a credit to themselves and the school. We very much look forward to next year's event.

Thanks to Andy for driving the bus and getting us there despite the horrendous traffic that day!





# Inspirational Futures Centre

**Tuesday 20th of September saw the second of our Advice and a Slice Sessions in the new Inspirational Futures Centre.**

A great turnout of over 14 students came along to listen to Charlotte Reason, Alumni and Solicitor from Atwell's Solicitors in Ipswich to learn all about The World of Law.

Charlotte discussed her career path and explained that you can also earn your law degree via a higher degree apprenticeship as well as the traditional university route.

Our students asked lots of engaging questions and were rewarded with not only pizza but also a goody bag from Atwell's.

We are delighted that Charlotte will be returning via our Year 10 Inspirational Futures lessons to host some Law activity sessions.







# Sessions

**Tuesday 18th October 2022**

James Kimpton, SHS Student Alumni -  
BT Software Engineering Apprenticeships & Career Path

**Tuesday 1st November 2022**

Joshua Ward, SHS Student Alumni - Archaeology

**Tuesday 15th November 2022**

Mr David White, Environment Agency - Environmental Careers

**Tuesday 29th November 2022**

Mr Chris Perry - Timberwolf - Local Careers Available and  
Apprenticeships

**Tuesday 6th December 2022**

Ms Annabel Orton, University of Suffolk - Creative  
Careers Workshop

All in the LRC at lunchtime please let Mrs. Mylrea know  
via email on [m.mylrea@stowhigh.com](mailto:m.mylrea@stowhigh.com) to make sure  
that we have enough Dominos Pizza.

Sign up sheet can also be found on the door of the  
Inspirational Futures Centre.

# Next Steps Evening

What a great turnout we had for our Year 11 Next Steps Evening on 22nd September.

We had attendance from all the following providers who spent time engaging with our parents and students, with over 75% of Year 11 parents in attendance - Amazing!

- West Suffolk College
- Abbeygate Sixth Form College
- Suffolk One
- Suffolk New College
- Suffolk Rural College
- University of Suffolk
- Neaco Apprenticeships
- Thurston Sixth Form
- Stowupland Sixth Form
- Northgate Sixth Form
- ITFC Community Trust
- Needham Market Football Academy
- Seven Resourcing Recruitment
- Stowmarket High School, Futures Coordinator

Both Students and Families got the chance to talk to all these providers, and Mrs Broxton and Mrs Mylrea were on hand to talk to families about Post 16 transition, next steps and booking in for one-to-one careers advice and guidance meetings for those that wanted one.

A great evening, and we very much look forward to working with Year 11 over the coming weeks to get those college courses, sixth form places and apprenticeships applied for.

For anyone still wanting a one-to-one meeting, please email our Futures Coordinator Mrs Mylrea on [m.mylrea@stowhigh.com](mailto:m.mylrea@stowhigh.com)



# SUFFOLK LAW CLUB

For post-16-year-old students that are interested in pursuing a Law (or related) undergraduate degree in the future. The club will be run by University of Suffolk Law academics with some student and practitioner led sessions.

University of Suffolk, Waterfront Building

## Dates:

- 18 October — 4.00pm–6.00pm
- 15 November — 4.00pm–6.00pm
- 13 December — 4.00pm–6.00pm
- 13 December — 4.00pm–6.00pm
- 17 January — 4.00pm–6.00pm
- 21 February — 4.00pm–6.00pm
- 21 March — 4.00pm–6.00pm
- 18 April — 4.00pm–6.00pm
- 16 May — 4.00pm–6.00pm

**INFO**

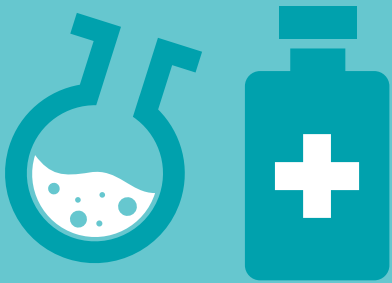


Come and learn about the topics such as those listed below to enhance your understanding of the Law and prepare for the first steps of your legal career:

- Criminal Law and Evidence
- Mock Trials
- Police Powers
- Human Rights
- Intellectual Property

Light refreshments will be provided during each session.

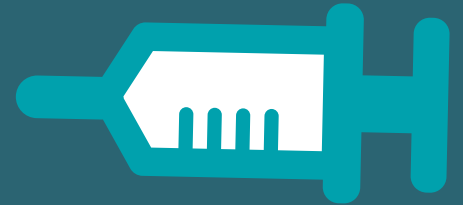




# Are you interested in Medicine?



The Next Generation Project are holding an event on Saturday 25th March 2023 in Ipswich for anyone aspiring to work in Medicine and would appreciate it if you could please circulate this information to your Year 9 – 13 Students.



This opportunity will include;

- Talking to recently qualified Doctors who have been through the Medical School Application Process
- Signing up for Work Experience and Mentoring at Ipswich or Colchester Hospitals
- Taking part in workshops about writing personal statements, interview techniques and other skills needed in medical careers
- Getting involved with hands on activities
- The opportunity to ask questions and find out more

The event is designed for Students aged 14 – 18 who would like to discover more about a career in Medicine.



To register their interest in this event,  
students should email – [andrea.chambers@nhs.net](mailto:andrea.chambers@nhs.net)  
by Friday 28 October 2022.

INFO



# COMING SOON ...

## Open day events



### WEST SUFFOLK COLLEGE

Saturday 15 October 2022, 9.30am to 12.30pm  
Thursday 10 November 2022, 5:30pm to 7:30pm  
Thursday 2 February 2023, 5:30pm to 7:30pm



### ABBEYGATE SIXTH FORM

Thursday 20 October 2022, 5pm to 7.30pm  
Saturday 4 March 2023, 9.30am to 12.30pm



### SUFFOLK ONE SIXTH FORM

Thursday 13 October 2022, 5pm to 7.30pm  
Saturday 5 November 2022, 9.30am to 12.30pm  
Tuesday 22 November 2022, 5pm to 7.30pm  
Tuesday 7 February 2023, 5pm to 7.30pm



### SUFFOLK NEW COLLEGE

Thursday 6 October 2022, 5.30pm to 8.00pm

### SUFFOLK RURAL

Saturday 15 October 2022, 9.30am to 12.00pm

### ON THE COAST

Saturday 15 October 2022, 9.30am to 12.00pm

# OPEN EVENTS

## AT WEST SUFFOLK COLLEGE



**SATURDAY**  
**15 OCT 2022**  
**9.30AM - 12.30PM**

**THURSDAY**  
**10 NOV 2022**  
**5.30 - 7.30PM**

**THURSDAY**  
**2 FEB 2023**  
**5.30 - 7.30PM**

VISIT THE WEBSITE OR USE THE  
QR CODE TO REGISTER:  
[WWW.WSC.AC.UK/ABOUT-THE-COLLEGE/OPEN-EVENTS](http://WWW.WSC.AC.UK/ABOUT-THE-COLLEGE/OPEN-EVENTS)



**INFO**



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**WEST  
SUFFOLK  
COLLEGE**  
SIXTH FORM

**FRAME  
YOUR  
FUTURE**



FOR PARENTS,  
CARERS & GUARDIANS

**Flick through and discover:**

- Helping your child
- Apprenticeship Myths
- Get the Jump
- Careers of the Future
- UCAS Application Key Dates
- Talking careers with your teenager
- The Apprenticeship Application Process

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**Helping you to help them**

SECTOR SPOTLIGHTS

Rail | Hospitality | Green Careers

Supported by:



Careermag for Parents,  
Carers & Guardians

Issue 9 | September 2022

## Careers support from HSBC UK

### A session to support you in your journey to the perfect career

Join us for our careers support session, helping you with CV writing, interview skills, question types and elevator pitches to give you the very best opportunity to succeed in your chosen career. We will also cover careers in HSBC Wealth and Personal Banking, with generalist, specialist and managerial roles available at all levels.

The employees who work in our network of branches and contact centres are the face of HSBC. They play a vital part in ensuring that we provide a high-quality service to millions of customers worldwide. Roles vary from helping customers carry out day-to-day banking, to offering tailored support to people with complex, long-term financial needs, such as business owners and internationally mobile customers.

Our purpose – Opening up a world of opportunity – explains why we exist. We're here to use our unique expertise, capabilities, breadth and perspectives to open up new kinds of opportunity for our customers. We're bringing together the people, ideas and capital that nurture progress and growth, helping to create a better world – for our customers, our people, our investors, our communities and the planet we all share.

[www.hsbc.co.uk](http://www.hsbc.co.uk)

**HADLEIGH TOWN HALL,  
THE GUILD ROOM  
WEDNESDAY OCTOBER 26TH  
10am-12pm**

FOR YOUNG PEOPLE AGE 13 - 24  
BOOK YOUR FREE PLACE AT  
[tinyurl.com/careeriosity](http://tinyurl.com/careeriosity)



# HSBC UK



CAREERIOSITY

For further details and to book a free place  
Visit <https://msha.ke/careeriosity/>  
Email [careeriosity@baberghmidsuffolk.gov.uk](mailto:careeriosity@baberghmidsuffolk.gov.uk)





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on Wednesday 19th October

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# futures

f o r t n i g h t l y

**Ofsted**  
Outstanding  
Provider

**one**  
Sixth Form College



# OPEN EVENTS

VISIT US IN PERSON AND CHECK OUT ALL THAT'S ON OFFER.

**THURSDAY**

**13**

October 2022  
5pm-7:30pm

**SATURDAY**

**5**

November 2022  
9:30am-12:30pm

**TUESDAY**

**22**

November 2022  
5pm-7:30pm

VISIT THE WEBSITE OR USE THE QR  
CODE BELOW TO REGISTER:



**SUFFOLKONE.AC.UK**

# IN CONVERSATION WITH...

## Dr Patrice Baptiste

**FRIDAY**

**21ST OCT**

**17:30 - 18:15**

**VIRTUAL EVENT**

**CELEBRATING  
BLACK HISTORY  
MONTH**



Dr Patrice Baptiste will speak about qualifying as a doctor, her work as a GP tutor teaching medical students, how she developed a medical educational platform, as well as any barriers that she may have faced within the medical profession.

Sign up  
using the  
QR Code



SCAN ME



# Are you interested in Medicine?

We are holding an event on Saturday 25<sup>th</sup> March 2023 in Ipswich for anyone aspiring to work in Medicine. This opportunity will include:

Talking to recently qualified Doctors who have been through the Medical School Application Process

Signing up for Work Experience and Mentoring at Ipswich or Colchester Hospitals

Taking part in Workshops about writing Personal Statements, Interview techniques and other skills needed in Medical Careers

Getting involved with hands on activities

The opportunity to ask questions and find out more ???

If you are aged between 14 – 18 and want to get involved, please email: [andrea.chambers@nhs.net](mailto:andrea.chambers@nhs.net) by **Friday 28<sup>th</sup> October 2022** to register your interest in this event.

# LET'S TALK ABOUT .....

## FREE HEALTH AND CARE CAREER SESSIONS



These small group sessions offer Students the opportunity to speak to a Professional about their Health and Care aspirations



They are designed to provide an insight into a specific area of health, highlighting the key skills required, the rewards and challenges of the role and provide an overview of the day to day

The sessions take place via Microsoft Teams



The informal conversation and discussion, lasting up to an hour is a unique opportunity for Students to make decisions about a future career in Health and Care

▷ VIRTUAL EVENT

# ROYAL NAVY: UNLOCKING YOUR FUTURE

18.10.22

DISCOVER HOW FAR WE CAN TAKE  
YOUR CAREER AND EDUCATION



## ROYAL NAVY: UNLOCKING YOUR FUTURE

Unlock and shape your Engineering career with the Royal Navy. From GCSE's, Apprenticeships and NVQ's, to Undergraduate Degrees, Masters Degrees and fast-track Charterships. Enjoy life as a student, while having the security of a guaranteed Engineering job if you pass your exams.

Find out about how you can excel your education by joining our FREE virtual event, Royal Navy: Unlocking Your Future on 18th October. Book your ticket today!

### EVENT DETAILS

## ROYAL NAVY: UNLOCKING YOUR FUTURE

18.10.22 AT 18:30

BOOK NOW >

INFO



## Women in Engineering Insight Experience

January & February 2023



### Apply now for our 2023 Women in Engineering Insight Experience

Are you thinking about your apprenticeship options, but not sure what route's right for you?

#### Why engineering?

It might not be something you've considered, but a BAE Systems engineering apprenticeship gives you the opportunity to build valuable skills, gain new experiences, and work while you continue to learn – a solid foundation to help launch your future career.

#### Still not sure?

Then make sure you apply for our **Women in Engineering Insight Experience**. Taking place over four days early next year, you'll get a sneak-peak into what an engineering apprenticeship is all about, and get to visit our sites. And if you like what you see, you could be offered a full-time position on one of our engineering apprenticeships, starting in Autumn 2023.

#### What our participants said:

"The best thing about the experience was going on site, learning lots of new skills and meeting loads of people that knew a lot about apprenticeships and BAE Systems, it really helped to get a better understanding."

#### Apply now!

There are a limited number of slots, so scan the QR code to apply now.



#### About BAE Systems

We're one of the UK's leading STEM employers, bringing together 35,300 professionals nationwide across engineering, aeronautics, technology, procurement, project management and many more. Like you, we're passionate about helping young people embrace STEM subjects and discover careers in engineering and technology.

Together we can inspire bright minds from all backgrounds to access opportunities in our industry. At BAE Systems we serve, supply and protect those who serve and protect us – and provide opportunities for our 2,000 apprentices in learning to find a place to build meaningful careers.



Please visit [www.stowhigh.com](http://www.stowhigh.com) to see our school

Part of

