

futures

fortnightly



Dear Families



We have made it through another year and our final edition of the Futures newsletter is upon us. It seems fitting to focus my blog on transitions as we near the end of one chapter for many students and the start of another in pastures new.

Primary school year 6 students are preparing to leave the only education system that they have ever known and enter a world of secondary school: large buildings, larger children, and a timetable of different lessons in different rooms all throughout the day. The change in logistics alone is a skill to navigate and one that we often forget.

I regularly write about transferable skills and talk of the need to develop these for future employment and finding our path, but very little emphasis is placed upon the huge mountain the year 6's

climb in that first week in September - they do so with tenacity and are never given enough credit for the leap they take.

If you can push through that first week at secondary school, you can handle that first day at a new job! Resilience, initiative, and communication are a set of skills you use repeatedly in that initial week, and we applaud you.

Then there is the equally big transition from secondary school to college, apprenticeships, or work. Where you are expected to

be even more independent, accountable for your actions and mature in how you approach your day, after just six weeks of holiday and no gentle hand over, this is it, you are out in that real world, and you need to make the most of it.

We hope we have prepared you well and that the tenacity we see at school stands you in good stead for your future. We are still here for you, supporting you where we can. Just as we are here for the year 6 team joining us in September. We welcome you and all the character you will bring to our school.

Have a safe and happy summer everyone.

The Futures Team

Where are they now?

This week we focus on Charlotte Reason who attended Stowmarket High School from 2005 - 2009



► **What have you been doing since school and where are you working now?**

I am working as a solicitor at Attwells, which is what I wanted to do from a young age.

► **What was the best bit of advice you ever received from one of your teachers?**

To ask questions as there is no stupid question.

► **What advice would you give your Year 7 self now?**

If you are interested in anything either career related, or hobby related to just try it and not to be scared of new experiences.

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

English and History. English is very important and as a lawyer as it assists with communication and understanding complex documents. History helps think critically and argue points as well as research skills.

► **What is your career highlight to date?**

Becoming manager of training at Attwells I enjoy teaching and progressing other people's careers.

► **Any career low points or comedy moments that stand out?**

I once turned up at the wrong address for a talk I was running which made me very late.

careers day

at Chilton Primary School



Who Can I Be?

Mrs Mylrea our Futures Coordinator delivered an assembly on 30th June at Chilton Primary School.



The theme of the assembly was 'Who Can I Be' and covered careers related subjects around aspirations, local labour market information, university and what is a career?

The children asked some fantastic questions, and it was a wonderful event to attend. They had to

dress up as what they wanted to do for a career in the future and we had, doctors, nurses, vets, archaeologists, sports leaders, artists, builders, and police persons to name but a few.

We are very much looking forward to attending again next year for Careers Day.

Careers in the Curriculum Year 10 Employability for Life

Our Year 10 Employability for Life group had an interesting lesson last week. We were delighted to welcome back Gail Johnson, Alumni of the school. Gail has had a fabulous career so far since leaving Stowmarket High School, first as a beauty technician at a Health Spa and then as a flight attendant for both First Choice airlines and Harrods Aviation.

The students learned first-hand what routes it takes to get into a career in aviation from pilots, to cabin crew and all the staff on the ground that make the operation run.

They were treated to a safety demonstration and learned all about just what it takes to work in this sector.

Many thanks to Gail and we are hoping she will be back in the Autumn term for Advice and a Slice so all of our year groups have the chance to hear about this exciting career pathway.



engineering

at Stowmarket High School

Our Year 9 engineering students have benefitted from visits from professionals again this week.

The Year 9's have been working on a structures project where they work in small teams to build a bridge that we test to destruction!

The project has had the students look at material properties and how they behave under certain test conditions to better understand how they will perform. They have then investigated a range of bridge types and been challenged to use their knowledge to create a design of their own.

We were fortunate enough to have a visit from James Potter, the Managing Director of Super Structures, a local structural engineering company. He was amazed at the level of work many of our students had produced, and even commented on what the students were doing was like projects he has worked on with students from local colleges.

It was fantastic to hear about his company and role as an engineer, providing our students with first-hand experience of how you can become and work as an engineer, plus other roles, in this sector. Furthermore, our students engaged in valuable discussions with James regarding their own bridges to gain the competitive edge before next week's destructive test!

A huge thank you for James for coming in and giving up his time.



National Manufacturing Day Trip to Timberwolf

A small group of our Year 10 students were offered the chance of visiting the Timberwolf manufacturing site in Stowmarket.

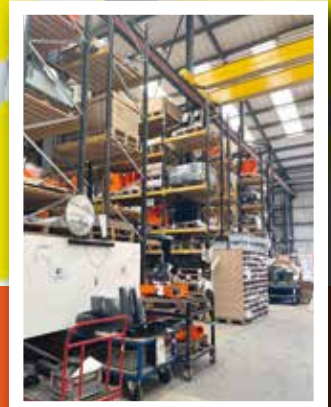
Timberwolf are the original equipment manufacturer of the renowned "Timberwolf" brand of woodchippers and shredders and are now part of the Alamo group of companies having been family owned for over 30 years. They currently employ over 70 people at the manufacturing facility in a range of roles.

To celebrate National Manufacturing Day, Timberwolf invited 7 of our students to visit their site where they got to see how the business operated on several levels. They got to see various aspects of how the company works, including the control of stock in their warehouse, the precision of the production line, their product ranges from old models through to their top of the range items, the research and development of new products and the offices which are responsible for ensuring

that the company meets the orders it receives.

It was an impressive day, with our students really benefitting from seeing a local engineering company opening its doors and providing them with an understanding of where Engineering as a subject could potentially help in their future.

Our thanks to Timberwolf for inviting us to take part in this great experience.



YOUNG PROFESSIONALS

Calling All Year 9 to Year 11 Would Be Lawyers

On Wednesday 27th and Thursday 28th of July from 10:00am - 3:00pm we'll be hosting a 2-day virtual Careers in Law Work Experience headlined by the University of Law.

We'll be bringing along a number of global law firms including Magic Circle constituents Linklaters and Clifford Chance as well as Charles Russell Speechlys, Freeths, Browne Jacobson, corporate immigration law experts Fragomen and technology and digital world specialists Bird & Bird.

The University of Law is the UK's largest provider of legal education. They deliver legal training to over 90 of the top 100 law firms and they will be running several lecture style sessions designed to give students a taste of what it's like studying law at university.

Following on from the 2 days online, on Friday 29th of July the University of Law will be opening up their various campus locations for an in-person law focused day. Their campuses are in: Leeds, Manchester, Bristol,

Do you see yourself as a future legal professional? Perhaps you'd like to become a partner for a huge international law firm?

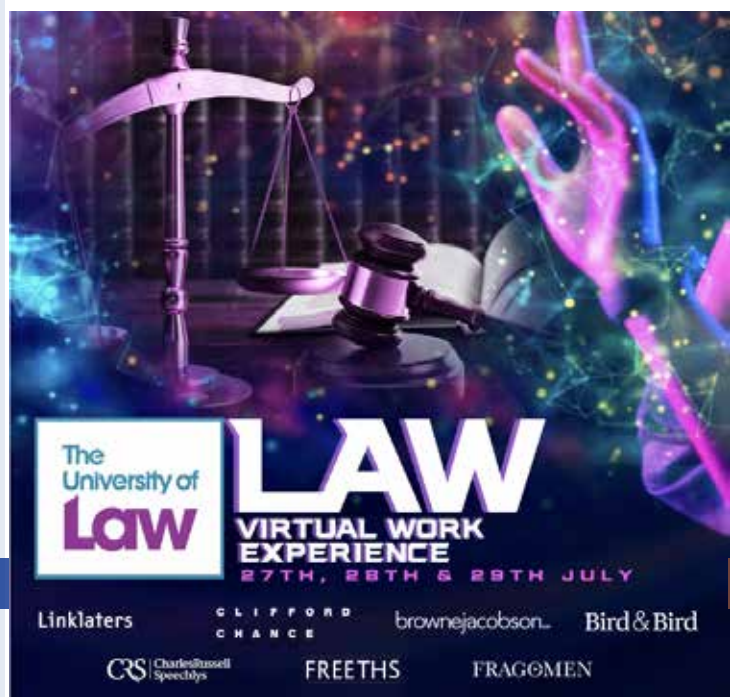
London, Nottingham, Birmingham and Guildford. This in-person day is optional.

Join us for what's set to be a thoroughly engaging insight into the legal world this summer and hear from a range of elite solicitors and barristers from some of the world's most prominent organisations.

Kick off this summer with an excellent addition to your CV / Personal Statement.

Click the following link to sign up:
<https://www.surveymonkey.co.uk/r/Law-Summer-WEX>

We very much look forward to welcoming you to the event.





Volunteers Needed

(Lunch provided each day)

The Food Museum, Stowmarket is looking for volunteers to join the learning team who are interested in gaining experience working with young people, children and cooking outdoors. You will primarily be helping out with our Thrills and Grills programme for primary school children on Tuesdays and Wednesdays in August 2022.

Thrills and Grills offers children the opportunity to learn to cook with award-winning professional chef and cooking tutor Jake Barwood, followed by a half day of activities led by friendly and experienced leaders. As a volunteer, your role would be to support the learning team and Jake Barwood in the delivery of the activities. We will be making full use of the wood fired oven, open fire pit and outside cooking area and we will work together to prepare tasty food from scratch.

Tasks will include assisting with:

- Preparing ingredients and cooking equipment
- Delivery of creative activities for children, such as crafts, outdoor challenges, games, learning about food and ecology.
- Organising children on the day and registration

We are looking for volunteers with:

- An interest in working with young people
- An interest in cooking and healthy eating
- Lots of energy and an outgoing, friendly personality
- A willingness to take on different tasks and who can think on their feet
- Availability on Tuesdays and Wednesdays in August.

- This could suit someone looking to pursue a career working in education, with young people or in catering.

Volunteering can provide many benefits and rewards:

- the opportunity to gain valuable hands-on experience and skills through a variety of museum roles and improve your CV
- taking up a new hobby, meeting people and making new friends
- learning about history or heritage skills and crafts
- the pleasure and health benefits of working outside in the Suffolk countryside
- the opportunity to contribute to your community and the satisfaction of helping others and 'giving something back'

For more details on how to become a volunteer and a registration form and more information on what it entails please contact Laura Kloss, Learning Officer via email - laura@foodmuseum.org.uk

July 11th and 18th

JOB SQUAD

Job Squad is our weekly drop in where anyone aged 15-24 can get support with anything job related. You don't need to be signed up with the Together Project to join us.

You will have access to laptops, resources and youth workers who will be ready to help you where needed! All you need to do is let us know you're coming by emailing:

together@themixstowmarket.co.uk





EXPRESSION

Expression is a series of art themed workshops, focussed on confidence building and being creative!

To find out more or to sign up, drop us a message at:

together@themixstowmarket.co.uk

Our summer sessions are happening on:

August 10th, 17th and 24th.

From 1pm-4pm.



The background of the poster shows a group of young people in yellow t-shirts and red shorts, some sitting on a yellow rescue board, in an outdoor pool setting. The text is overlaid on a black rectangular area with a pink border.

POOL LIFEGUARD TRAINING

**8TH - 12TH
AUGUST 2022**

**MID SUFFOLK
LEISURE
CENTER**

**9AM-6PM
£250***

**Contact Reception | 01449 674980
Email | paulrobson@everyoneactive.com**

*MUST be able to swim 50m in less than 60 seconds and surface dive to bottom of the pool.

ARE YOU A CAREER STARTER?

WE ARE LOOKING FOR INDIVIDUALS TO TAKE PART IN A CASE STUDY WHICH WILL BE FEATURED IN THE LATEST EDITION OF THE SUFFOLK WORK AND SKILLS BOOKLET.

THIS BOOKLET WILL PROVIDE LABOUR MARKET INFORMATION AND WORK INSPIRATION TO YOUNG PEOPLE IN SUFFOLK.

IF YOU WORK IN ONE OF THE SECTORS BELOW AND ARE HAPPY TO DISCUSS YOUR EXPERIENCES, PLEASE CONTACT:

JESSICA.SAUNDERS@SUFFOLK.GOV.UK

- HEALTH AND SOCIAL CARE
- CREATIVE INDUSTRIES
- MANUFACTURING AND ENGINEERING
- AGRICULTURAL SCIENCE AND FOOD
- CLEAN ENERGY
- FINANCIAL SERVICES
- TRAVEL AND TOURISM
- SALES AND RETAIL
- CONSTRUCTION AND THE BUILT ENVIRONMENT
- BIOTECH
- ICT AND DIGITAL
- LOGISTICS AND PORTS
- PUBLIC SERVICES
- PUBLIC SECTOR
- HOSPITALITY AND CATERING
- EDUCATION AND CHILDCARE
- SPORTS AND LEISURE
- HAIR AND BEAUTY

apprenticeships & opportunities around suffolk



CLICK ON THE OPPORTUNITY YOU'RE INTERESTED IN FOR MORE INFORMATION



Level 3 Marketing Assistant
Woodbridge




Level 3 Digital Marketer
Ipswich




Level 3 Business Administrator
Ipswich




Level 3 Laboratory Technician
Parham




Level 3 Human Resources Support
Great Blakenham




Level 3 Business Administrator
Needham Market




Level 3 Metal Fabricator
Rendlesham




Fresh Start Charity
Multiple Opportunities
Level 2 Customer Service Practitioner
Ipswich



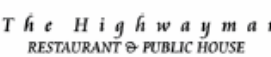

Fresh Start Charity
Multiple Opportunities
Level 2 Hospitality Team Member
Ipswich





Level 2 General Welder
Ipswich




Level 2 Customer Service Practitioner (x4)
Ipswich


Level 2 Commis Chef OR Level 2 Production Chef
Ipswich




Level 3 Business Administrator
Ipswich




Level 2 Leisure Team Member
Bungay

Level 2 Recruitment Resourcer
Ipswich

CLICK ON THE OPPORTUNITY YOU'RE INTERESTED IN FOR MORE INFORMATION



**Level 2
Customer Service
Practitioner
Felixstowe**



**Level 2
Customer Service
Practitioner
Felixstowe**



**Level 3
Heavy Vehicle Service
and Maintenance
Technician
Felixstowe**



**Level 3
Maintenance and
Operations Engineer
Ipswich**



**Level 2
Commis Chef
Halesworth**



**Level 2
Customer Service
Practitioner
Mildenhall**



**Multiple Opportunities
Level 6
Civil Engineering
and
Site Management
Lowestoft**



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



**Multiple Opportunities
Level 6
Construction
Quantity Surveyor
Lowestoft**



**Level 2
Accounts or Finance
Assistant
Lowestoft**



**Level 2
Commis Chef
Witnesham**



**Level 2
Supply Chain Operative
Ipswich**



**Apprenticeships New
Anglia latest opportunities**

INFO



**CLICK the following logos
to find more apprenticeship
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
JOBS PAGE**

**SCAN
OR CLICK BELOW**



**TO REGISTER 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.**

Seven Resourcing in Ipswich have an opportunity to become a Business Apprentice, completing a Level 3 Business Administrator apprenticeship.

INFO



Seven Resourcing in Ipswich are also offering the opportunity to join a Degree Apprenticeship Program in Recruitment, ideal for school leavers.

INFO



OUR INSTAGRAM IS UP & RUNNING!



@apprenticeshipsuffolk

KEEP AN EYE OUT FOR OUR POSTS

Farrans WEX Opportunities:

Farrans Construction are welcoming applications for Work Experience on the Gull Wing Project based in Lowestoft.

FARRANS

A CRH COMPANY

Document Controller Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Community Benefit Coordinator Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Environmental Assistant Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Quality Assistant Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Planner/Planning Department Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Health & Safety Assistant Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

General Construction Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Site Engineer Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Stores Person Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Quantity Surveyor/Commercial Department Work Experience Lowestoft

INFO



FARRANS

A CRH COMPANY

Admin/Office Roles Work Experience Lowestoft

INFO



Opportunities with WS Training



For the full job descriptions click the job titles.



**Level 3 Business
Administrator**
Ipswich



**Level 2 Customer
Service Practitioner**
Felixstowe



**Level 3 Business
Administrator**
Felixstowe



**Level 3 Business
Administrator**
Ipswich



**Level 2 Lean
Manufacturing
Operative**
Ipswich



**Level 2 Supply
Chain Warehouse
Operative**
Bury St Edmunds



**Level 2 Customer
Service Practitioner**
Woodbridge



**Level 3 Business
Administrator**
Bury St Edmunds



**Level 3 Business
Administrator**
Ipswich



**Level 3 Business
Administrator**
Bury St Edmunds



**Level 2 Lean
Manufacturing
Operative**
Stowmarket



**Level 3 Business
Administrator**
Ipswich



**Level 3 Business
Administrator**
Woodbridge



even more apprenticeships & opportunities

CLICK ON LINK

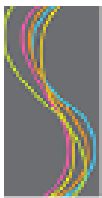
<https://www.gov.uk/apply-apprenticeship>

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

www.getmyfirstjob.co.uk/

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

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



Suffolk
New
College

Click here to view
Suffolk New College's
current list of live
vacancies on their
website.

INFO



Click here to view WS
Training's current list of
available apprenticeship
vacancies on their
website.

INFO



East Coast College have
an available position with
Coast Bar & Restaurant,
completing the Level 2
Commis Chef Apprenticeship

INFO



Yojo

Yojo is a new app
created by The Children
& Young People's
Engagement Hub at
Suffolk County council
which helps young
people in Suffolk find
apprenticeships and
explore career paths.



It has many features, such as the
develop section which delivers
guidance in creating a CV, the
contact section which helps
signpost people to find support
in areas that they need, and the
search section which shows
current vacancies based on the
persons interests.

For more details about the Yojo
App visit www.yojoapp.co.uk

futures fortnightly





Please visit www.stowhigh.com to see our school

Part of

