# Careers Willingdon Newsletter July 2021

We are proud to announce Willingdon Community School has achieved 100% in all eight of the Gatsby Benchmarks this academic year. The Gatsby Benchmarks are the framework developed to support schools in providing students with the best possible Careers Education, Information and Guidance (CEIAG). To achieve this result, during a year where many of our





COMPASS+

planned activities had to be adapted due to the pandemic, is a real testament to the hard work and dedication of all staff at Willingdon Community School.

Since our last issue in March, we have: -

- Held a very successful Aspirations Week for Year 10 students, which included activities such as 1:1 virtual mock interviews with a range of employers, exploring the labour market both nationally and locally and taking part in a range of activities to develop employability skills such as leadership, aspiration raising and collaborative working.
- Worked with The Girls' Network Mentoring Programme and Uni Connect to raise aspirations.
- Given 1:1 career advice and guidance to the majority of students in Year 11.
- Held 1:1 career mentoring sessions for over 95% of the Year 10 student body.
- Attended the virtual iCan Careers Fair.
- Organised workshops on writing personal statements and budgeting led by the English and maths departments.
- Held successful STEM and Debate clubs.
- Continued to deliver the Duke of Edinburgh programme.
- Delivered assemblies across the key stages on a range of different work-related topics such as employability skills and Labour Market Information (LMI).
- Increased the number of encounters with employers for every year group, including employers from Africa Wild Trails Ltd, Feeding Britain's Future, the BBC and the construction industry.
- Updated the website to include more information for parents and students regarding careers, post-16 pathways and qualifications.

For the 2021 – 2022 academic year our focus to deliver an aspirational, inclusive and informative CEIAG programme to all students continues to be one of the school's top priorities and we are delighted to announce the launch of our exciting new Enterprise Curriculum for Years 7 and 8.

In October 2021 we will also be looking to renew our Quality in Careers Standard: the national quality award that supports the management of Careers Education, Information, Advice and Guidance (CEIAG) in secondary schools, colleges and other learning providers.

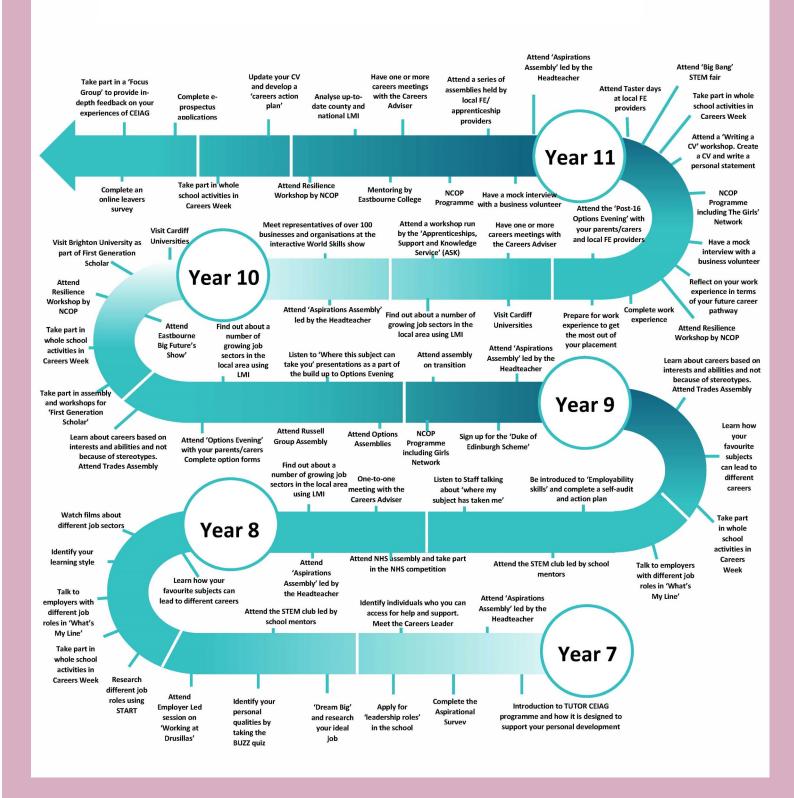
We hope that you have a peaceful and happy summer and enjoy the new edition of the Willingdon Careers magazine.

Alison Borrell, Assistant Associate Head / Careers Lead <u>aborrell@willingdonschool.org.uk</u>
Sarah Rooney , Careers Adviser srooney@willingdonschool.org.uk

# Willingdon Learning Journey

# Proposed Careers Curriculum 2021 - 2022





### **Learning Support Professionals**



Hey it's Mr Buckle here! I am so lucky to be working at Willingdon, a school I loved as a student from when I joined in Year 7, just 8 years ago. As a Learning Support Professional (LSP) at Willingdon, I have the privilege of working with a variety of remarkable students, supporting them to their brightest futures and making sure they have an awesome time in school as I did!

Whilst I was at Willingdon, I was part of many unique experiences that taught me a lot about going to college and work. I experienced so much, from practising teamwork skills, working with prefects as Head Boy, gaining self-confidence speaking up in debate club or appreciating different perspectives of life on the school trip to Uganda.

I was fortunate thereafter to spend two years at Eastbourne College after receiving a scholarship. I studied history, economics and maths A levels. Meeting people here, from around the world as I tried new things, was an unforgettable experience that taught me a lot about how the world works.

As someone who has a broad scope of interests, I never had one career goal in mind. This was frustrating at times, but also exciting! It was because of this I realised I did not want to go to university, and instead I wanted start making a difference in the world of work straight away. After COVID cut my college experience short, I spent the next 8 months trying to gain life experience away from the extracurricular and academics of school. This led me to volunteering, learning languages (I forgot these very quickly!), and working in new environments like building sites and hotels. I was honoured at the end of it to start working here at Willingdon as an LSP.

My time as an LSP has given me a humbling foundation for when I start my next career chapter in September as a police officer, where I will be an Apprentice Officer, studying for a Policing degree.



## **Learning Support Professionals**



I left Willingdon
Community School in 2016.
5 years on I have returned to the school to work as an LSP. Not only did I love attending the school, but it

also gave me the best foundations to go and achieve my goals.



Since leaving Willingdon I was awarded an Academic and Equestrian Scholarship to allow me to attend Moira House Girls School where I did my A levels. Here I studied biology, P.E. and philosophy whilst still being able to focus on my horse riding. Attending Moira House, provided me with the most



amazing opportunities, academically and socially. I was able to compete in sports like lacrosse, hockey, show jumping and swimming. Upon leaving Moira House I was awarded the Philosophy award.

After completing my A levels, I was then able to go onto to study a Degree through the Open University in Education. I chose the Open University as it allowed

me to carry on working and gaining experience whilst living at home so I could continue my commitment to my horses.

Working at Willingdon as an LSP has allowed me to experience working within a school with amazing children. I am based working in Year 10 and 11 with my focus being maths. Furthermore, I was given the opportunity of teaching some Unqualified Teaching hours. I have been teaching maths now, within these lessons to Year 10 and 11's, for around 18 months. It is a pleasure working at Willingdon and I hope I can progress onto a career within the education system alongside my passion for horse riding with my horse Blue.

# Year 7 & 8

"I like the independent activities in the Careers booklet as they get me to think about my future. I am thinking about being an architect "- Giorgio



"I liked learning about science

careers because I have learnt that science is important for most of the careers that I am interested in. I would



like to be a sports therapist" - Henry

"It helps improve my confidence and speaking skills, and have faith in what I say" - Chayse

"I liked learning about what learning style suits me. I would like to be



would like to be either a Police dog handler or a Zoologist" - Megan

CALLING ALL YEAR 7 & 8
STUDENTS

PUBLIC SPEAKING AND DEBATE CLUB



EVERY WEDNESDAY AT 3PM WITH MR TUSON

Boost confidence, develop critical thinking, improve communication and have fun!

FTUSON@WILLINGDONSCHOOL.ORG.UK

"It helps me
improve my
persuasive letter
writing in English"

"It helps me to improve my rhetoric" -Amelia

"It is too awesome for this world" -Lauren "It is even better than STEM club!" -Michael

# Year 7 & 8

#### Career Wordsearch

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RDSECRETARYQZECWV
WRHQHBYECLERKNZL
RDOCTORAGADOAGOJ
 TPXDAJCFTMKAIOMA
OAKRHDHARAVFNKPW
     LEERJNOWEEWY
   NVGNRMGAEAEEB
MMT
   D
    ERTVEXGC
    RJ
       DRNENT
MKRI
    MZSGMMRWERR
E Q J
    Н
     LTCDNXWRRRD
CRCOOKRHPI
           LOT
HCASHIER
         JLAXADBR
AART
        SNURSEE
     ST
NZFEDKROCARPENTER
 ZZFIREFIGHTERAXH
CSTBANKERTXTDCNVQ
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artist banker builder carpenter cashier

clerk cook dentist doctor driver engineer

farmer firefighter lawyer manager mechanic

nurse painter pilot secretary teacher

toolmaker waiter writer zookeeper

# Year 9



#### Watch one of these BBC Videos

How do I create the ultimate CV?

https://www.bbc.co.uk/programmes/p09h8by0

What can I learn from Work Experience?

https://www.bbc.co.uk/programmes/p09h8dgt

What career Options do I have after school?

https://www.bbc.co.uk/programmes/p09h8bgy

Can I actually find my dream job?

https://www.bbc.co.uk/programmes/p09h892x

Is university the right place for me?

https://www.bbc.co.uk/programmes/p09h882c

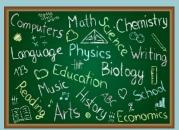
#### Where will your favourite subjects take you?

In Year 9 you will need to make choices about your future and decide on the options that you will want to study.

You must do some research into the types of career paths that might interest you to make sure you don't drop any subjects that you may regret at a later stage.

Watch this clip about choosing options <a href="https://">https://</a>

www.youtube.com/watch?v=d ssJV XfjQ then use the Career Pilot link to look at the different subjects that you enjoy and see where it might lead.



## **Careers Pilot**

Careers Pilot allows you to choose a subject that you enjoy and to see where it might lead.

https://www.careerpilot.org.uk/job-sectors/ subjects

Once a job is selected it will show the typical working hours and salary, entry requirements, day to day tasks, how many jobs of that kind there will be in the future and also employment by region



#### Why do the DofE?

For the hundreds of thousands of young people who take part each year, the benefits of achieving a DofE Award at any level are endless. DofE is about helping you along the path to a productive and prosperous future.

Achieving an Award will give you skills, confidence and an edge over others when you apply for college, university or a job. Beyond your academic achievements, universities want to see evidence of so called 'soft skills' that you have developed through extra-curricular activities, such as communication, commitment, leadership and teamwork. Your DofE Award is a fantastic way to demonstrate and evidence these skills in practice.



THE DUKE
OF EDINBURGH'S
AWARD



20 students recently embarked on the expedition section of their Bronze Duke of Edinbrugh Award, having planned 2 days of hiking, their own meals to cook and eat as well as camping overnight on the school field. The students had to navigate their way around their approx. 15km routes with all of their belongings, including tents and sleeping bags, whilst journeying across The Downs and surrounding areas.

All 20 students involved in the expedition met all 20 Conditions of the DofE Expedition and successfully passed this section of the award. The assessors spoke very highly of the students as they demonstrated all of the pillars of Personal Excellence whilst completing the expedition. Article by Tom Cain who has led & run the DofE programme with Ms Attrill & Ms Turton.

The DofE is a great way to challenge yourself, experience something new and enhance your CV. One reason to do the DofE is because it is a great way to try new things when completing the 4 sections: volunteering, skill, physical and the expedition.

The volunteering section is all about giving something back to the community. One of the best things is that it gives you experience in a working environment, which will be very valuable when applying for jobs. For my Bronze DofE, I ran



the social media page for a charity that helps children in Tanzania. Not only did this develop my communication and IT skills, but it also gave me a sense of happiness and achievement.

The skill is all about doing something you enjoy. Whether that is cooking, playing the piano, taking care of animals, the choice is up to you! Then, the physical section is about keeping active. For my DofE I chose to play Netball, but you could run, dance, swim, cycle — whatever you enjoy the most. By doing these sections you can discover new hobbies, which is great for your mental and physical health for the expedition, you get to camp with friends, pitch a tent, navigate, learn to use a map, cook your own meal and much more! In my



opinion, the expedition section was great as it gave me a chance have an adventure and explore. Furthermore, the expedition enables you to gain independence and teamwork skills. You may have to take part in activities that are out of your comfort zone but that is all part of the fun and challenge!

Lastly, the DofE really enhances your CV and stands out to employers. Since employers highly respect the award, having it could really give you the edge when applying for a competitive job. Also, the experience in being responsible and dedicated, which you gain from DofE, will be vital in your future.

Anyone who wants to have fun whilst developing vital life skills, should consider taking part in the DofE.

# Year 10

#### **ASPIRATIONS WEEK**





During the week  $10^{th} - 14^{th}$  May Year 10 took part in an Aspirations week. This was in place of any work experience that students may have otherwise been able to attend if we weren't in a pandemic!

On Tuesday, 11<sup>th</sup> May students learnt how to budget effectively during their maths lessons and how to write a personal statement in their English lessons. Lessons on Wednesday 12<sup>th</sup> May included how to dress the part for interviews and for day to day work life. Students also learnt the importance of soft skills, undertook pair work to discuss their skills and learnt about the top 10 employability skills that employers look for. In addition, students took part in a Q&A session with an online panel of employers including Switchplane (digital), Albion in the Community (sport) and Sovereign Lodge (care). Students then learnt how to complete

a CV effectively and had a session on growth/fixed mind sets.

Thursday 13<sup>th</sup> May included a session on health & safety in the workplace, including videos of procedures undertaken by a number of East Sussex employers, discussions regarding risk assessments and planning a health and safety video. In a Design Against the Clock session students were involved in working in groups and given the opportunity to lead teammates through the successful design, production and marketing of a product. Students also discussed different sectors in the East Sussex

economy and the various jobs within these sectors, what they liked/disliked about those jobs and why it was not suitable for them personally. The sessions on Thursday were concluded with students discussing what they had learnt during the week and the skills that had been developed as a result.

The week was rounded off on Friday 14<sup>th</sup> May

with students carrying out a mock interview. Please see further details on these mock interviews, and the fantastic feedback that our students received, on the following page.



Aspirations week has helped many students develop more of an understanding on many different things. This includes what is needed inside work and in interviews or presentations. Furthermore it allowed students to prosper and expand upon existing skills, whilst growing new essential skills. Aspirations week also helped people who are irresolute about their future career to understand more about career paths in order to help them decide on this possibly life altering decision.

Although work experience would have been nice, due to the limiting circumstance of covid-19 this is a good alternative with the position of not only the country, but the world as a whole at these times. *Alfie* 

## **Years 10 Mock Interviews**

On Friday, 14th May we held our Year 10 mock interviews. These were virtual interviews with a number of professionals, including staff from Eastbourne College, University of Brighton, East Sussex College Group, our Chair of Governors, parents of the school plus many more. We were so grateful for their help with the day.

Students were asked a variety of questions in a ten minute interview including questions such as which subjects they felt were their strongest, any skills they could bring to future jobs, whether they prefer to work on their own or as part of a team, how good they are at meeting deadlines and working under pressure, and where they see themselves in five years time.

The students were fantastic and dealt with the unforeseen technical problems brilliantly.

We received some incredible feedback from the interviewers who attested what polite and hardworking students we have. Well done Year 10!!!

Students will receive another mock interview in Year 11 which will hopefully be in person interviews.



"....all just lovely young people - a real credit to Willingdon" Debra Zschoch-George **Blue Sky Fostering** 

Lovely kids who all did a very good job. You should be proud of them.

**Sarah Gordon Eastbourne College** 

May I take the opportunity to say how impressed I was with all the students I met on Friday. They were exceptional, all had clear goals, aims and ambitions

I was blown away by each and every one of them.

**Lisa Pannett ACRES** 

for their future.



All of the students presented themselves in a professional manner and this is both a credit to themselves and the school. I really enjoyed meeting them all and I hope that they found it extremely beneficial and that they all took something new away from the process.

**Andrew Burgess Veolia** 



# The Girls' Network Unlimited futures for all young women

The Girls' Network is a charity which empowers girls by connecting them with a mentor and a network of professional and inspiring women. Their mentoring programme has a proven track record of having a transformational impact on girls' confidence, resilience, motivation and their attitude in the classroom.

20 Willingdon students from Year 9 and 10 are currently participating in the programme which includes the following:

- 1:1 mentoring over a year, with a minimum of 10 sessions
- Invitations to workshops led by female professionals
- Being welcomed into their network of female role models
- Receive support by the mentors in finding work experience and other opportunities

"The girls mentoring programme has been really beneficial for me. My mentor Sue has already helped me come a long way



in the space of two sessions and I'm so grateful. She has supported me, checked up on me and has boosted my confidence even more! I'm so glad I got this opportunity!" - Brooke

My experience in the programme so far has been unforgettable. You get to know someone whose goal is to encourage you and help you build as a person. Particularly in my personal experience, I was able to speak about my worries, about my own future. My mentor is helping me focus on the college courses I want to take. Being mentored was my much needed push to independence. These mentors are so keen to get to know you and support you, and genuinely look forward to the monthly sessions, so you never have to feel like a burden. In my case, my mentor wanted to develop such a strong understanding of me, that in her spare time she looked into my interests, even though they were completely different to her own, and it made me feel so welcomed and supported knowing she went out of her way to relate to me and make me feel as comfortable as possible.

Applying for these mentoring sessions was one of the best choices I've made, especially since this network supports you whenever you need it and produces a variety of opportunities even after mentoring. *Olivia* 



## Year 11

#### My time at Willingdon



I would say to my younger self when starting Year 7 to enjoy the time you have here with all your friends grow and flourish and make happy memories you'll never forget.

My dream job in Year 7 was either to be a dietician or an accountant but now as I

leave Year 11 I hope to go into the healthcare profession.

The advice I would give to younger students, that I wish I had been given, is to not let your past experience of primary school dictate to you your experience and future in secondary school.

I would encourage people to apply to be part of the student leadership team because it helps give you an understanding of taking responsibility, a sense of duty and loyalty but also because it provides you

with the opportunity to meet other people outside of your friendship group.

I would like to be remembered as kind generous and hardworking while also being able to have some fun and a laugh.







### **College Virtual Tours**

#### **East Sussex College**

Eastbourne https://youtu.be/GmBiJcPWKcM

Lewes https://youtu.be/-ccBSQ8jvIY

Hastings https://youtu.be/m10i6BdeeqY

#### **Bexhill College**

https://www.bexhillcollege.ac.uk/docs2/about/360tours.shtml

#### **Gildredge House**

https://vimeo.com/470556028

#### **Eastbourne College**

https://www.youtube.com/watch?v=X-e4EEk04-g

#### **Plumpton**

https://www.youtube.com/watch? v=EvZWMpv 9MY

https://www.youtube.com/watch?v=l yB2-E7LBg



#### NQT - Newly Qualified Teacher - Miss Connolly

Being an NQT means that you are in your first year of teaching after completing your training year, or PGCE (Postgraduate Certificate in Education)

#### How did I become an NQT?

I have an undergraduate degree in Biochemistry from Bath, and even worked in America at Harvard University for a year as part of this (studying/ working abroad as part of university is becoming a lot more common!).

After my degree, I knew that I loved science, but also wanted to share my knowledge, so after doing some tutoring I applied to study for my PGCE at University of Brighton.

The PGCE involves 3 weeks at university before being in a secondary school teaching 3 days a week. In November that increases to 5 days a week in school.

You are meant to then go onto to a second school in March to experience a different environment - this would have been lovely but unfortunately the pandemic stopped that experience for me!

In your first placement you teach
10 lessons a week, second
placement 15 lessons a week and
as an NQT you then teach 24
lessons a week, which is slightly
less than a standard teaching
timetable.

You are assessed by lesson observations and there is also 2 written assignments.







#### Day in the Life

Before School	Get my lessons ready for the day, check emails, have a cup of tea.
Period 1	Teaching Year 8's
Period 2	Teaching Year 7's
Break	Meeting with my fellow NQT's (happens once a week)
Tutor	7LCN!
Period 3	Teaching Year 10's
Period 4	Teaching Year 7's
Lunch	Eating, putting on reward points, dealing with behaviour incidents. Once a week as an NQT you also have a meeting with your mentor who helps you improve your teaching.
Period 5	Free Period - You get extra free periods as an NQT to help with planning of lessons
Period 6	Teaching Year 9's
After school	Reward/behaviour points, setting homework, printing for the next day. This year my after school also included running STEM Club!

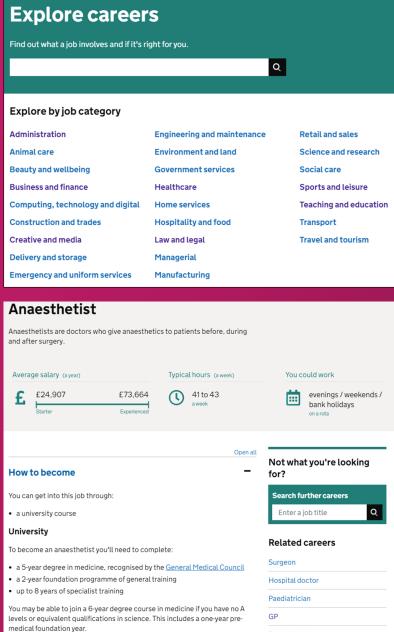
#### Why do I love teaching?

I love teaching because of the moments I help a student learn something fascinating about the world, or understand something that they have been curious about.

## **National Careers Service**

The National Careers Service website can be helpful in providing information, advice and guidance to help you make decisions on learning, training and work.

https://nationalcareers.service.gov.uk/



Once a job category is selected all jobs in that category will be listed alphabetically, example of the first few that appear is shown below

#### Healthcare

- Acoustics consultant
- •Acoustician, acoustics engineer
- •Acoustics consultants help manage and control noise and vibrations in homes, workplaces and other environments.
- Acupuncturist
- •Acupuncturists insert needles into pressure points on clients' bodies to help relieve everyday stresses, and improve their wellbeing.
- Ambulance care assistant
- •Patient transport service driver, ambulance staff
- •Ambulance care assistants take patients to and from hospital for appointments.
- Anaesthetist
- $\bullet$  Anaesthetists are doctors who give anaesthetics to patients before, during and after surgery.
- ${\color{red} \bullet} \underline{\textbf{Anatomical pathology technician}}$
- •APT, mortuary technician, anatomical pathology technologist
- •Anatomical pathology technicians (APTs) help pathologists carry out post-mortems in mortuaries.
- Art therapist
- •Art psychotherapist
- •Art therapists help people express difficult thoughts and feelings through creative activities.
- Audiologist
- •Audiologists work with children and adults who suffer from hearing loss, tinnitus, or have problems with balance.

Each job includes typical hours worked & salary, how to become, entry requirements, desirable skills and knowledge, day to day tasks and career path and progression

# or equivalent qualifications in science. This includes a one-year prealt foundation year. Skills Assessment

Speak to an adviser

8am - 8pm Monday - Friday

10am - 5pm Saturday

**Call** 0800 100 900 or <u>use webchat</u>

You can also carry out a skills assessment to identify your interests and skills and what you can do with them

https://

nationalcareers.service.gov.uk/ skills-assessment

#### Skills assessment

Find out about careers that might be right for you by taking one of our assessments

A skills assessment can be helpful at any stage of your career, like when you:

- start your career
- return to work
   progress your career

Transferable skills are a set of skills that you're good at. You can build them up over time, through work, volunteering, education and life. You can apply these skills to a range of jobs.

You may want to take an assessment to help you:

- find out what interests and motivates you
- identify your skills
- find out what you can do with the skills you have

# For Parents & Carers



Find a parent & carers pack to Apprenticeship

https://amazingapprenticeships.com/app/uploads/2021/01/Parent-Pack-Jan-2021.pdf



**Amazing Apprenticeships** 

Socially beneficial careers for your child

A Parent's Guide to Gap Years

10 In Demand Career Paths for your child

The Future of Work 2020-2030



#### Help your child to explore their future

As part of our commitment to prepare students for a rapidly changing world, we are delighted to announce that we are using an innovative online resource called **Start**.

**Start** will help your child to connect with their future career potential, develop their employability and help them to explore future career and study options at school or at home.

Please see the Careers page on our Willingdon School website for further details. <a href="https://willingdonschool.org.uk/public/data/file/4/9/Start%20for%20website%20070121.pdf">https://willingdonschool.org.uk/public/data/file/4/9/Start%20for%20website%20070121.pdf</a>

#### **Further Information**



Free National & Regional service

https://NationalCareers.Service.gov.uk



Free video resources in dozens of industries

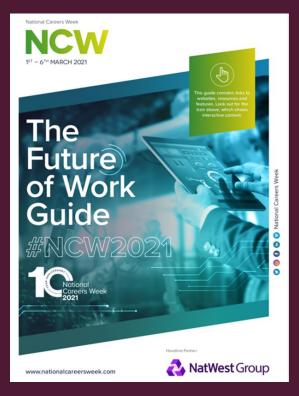
https://NCWTV.co.uk





Explore careers through stories. https://icould.com

#### What will the future of work look like?



https://nationalcareersweek.com/download/23898/