# Careers Willingdon Newsletter July 2022

Our Vision is to provide students with a curriculum fit for their future, whilst building on successes of their past.





I am delighted to say that once again at our most recent audit of Careers Willingdon achieved 100% in all the Gatsby Benchmark's (a framework developed to support schools in providing students with the best possible careers education, information and guidance).

With restrictions on COVID easing, we have been able to start planning a more varied and wider programme for students which has included Work Experience for all Year 10 students, Taster days at local colleges, a variety of guest speakers at our assemblies, employer interaction opportunities for Years 7 and 8 through 'What's My Line? ' and numerous trips for different year groups to careers fairs such as the Big Futures Show in Eastbourne and a STEM careers fair at Plumpton College.

Moving forward, we will continue to focus on ensuring that students receive multiple opportunities to learn from employers about employment and the skills that are valued in the workplace through lessons, enrichment activities and visiting speakers (Gatsby benchmark 5) and by providing them with the opportunity to visit a number of Universities and apprenticeship providers. (Gatsby benchmark 6).





**GATSBY BENCHMARKS** 

We have also rebranded our careers teaching in tutor to the 'Big Future' so that it reflects not only the Gatsby benchmarks to ensure that the programme that we offer students is up to date and inspires all students from year 7 to start thinking about their future lives.

We hope that you enjoy this edition of the Careers Newsletter and if as a parent you are able to help in any way, either as an employer to help deliver assemblies and workshops, offer a work placement or to help with 1:1 interviews with our year 10 and 11 students please do contact <a href="mailto:aborrell@willingdonschool.org.uk">aborrell@willingdonschool.org.uk</a> or <a href="mailto:srooney@willingdonschool.org.uk">srooney@willingdonschool.org.uk</a>.

Alison Borrell , Associate Assistant Head/ Careers Leader Sarah Rooney , Careers Adviser.

## **Update from Careers Adviser**

## Update from Sarah Rooney, Careers Adviser

It was wonderful to see how well our Year 10 students got on during their work experience placements in May. The whole Year 10 cohort were out on placement for the week  $9^{th} - 13^{th}$  May and we received some incredible feedback. We have already started with our plans for the current Year 9s who will be going out on placement from  $15^{th} - 19^{th}$  May 2023.

It has been fantastic for students to get out to various trips and for Year 10 to be able to attend the upcoming Taster Days. There will also be college Open Days in the autumn term for Year 10, as well as a number of college staff presenting assemblies.

Year 10 will also receive a 1:1 interview with me over the coming months to explore the options available to them after Willingdon and we will start the college application process in the autumn term.

All year groups will experience a number of assemblies, presentations and trips over the coming months that will highlight the options available to them in the world of further education and work.

My door is always open for all students in all years to pop in should they have any questions about jobs, college courses, apprenticeships, universities, personal statements and more. I am also very happy to hear from parents if I can help in any way. My details are:

srooney@willingdonschool.org.uk 01323 485254 ext. 281

## Young Chef of Eastbourne

We were lucky to have the General Manager from the Hydro Hotel and one of his chefs' come into Willingdon and give advice to students who were interested in entering the Young Chef of Eastbourne.

Students had to create a savoury dish to celebrate the platinum jubilee and explain their reasons for choosing it. The standard of the dishes produced was incredibly high with judges commenting how hard it was to pick the two students who would represent the school in the final competition. Alyssa Hatch (Year 9), and Caitlin Ness (Year 8), were the lucky winners and will go on to compete against students from the other Eastbourne schools on 28<sup>th</sup> June.





## Year 7 & 8

Raising Aspirations for students and preparing them for the world of work is one of the key values that we pride ourselves on at Willingdon Community School.

In March, Year 7 and 8 students took part in an employer event called 'What's my Line' where they had to collaboratively work together to try and work out the occupation of three visiting speakers.

Below are some of the quotes that our Year 7 and 8 students wrote about the event.



"I liked guessing their jobs, as it was fun and competitive. I was shocked about how some of the jobs needed a lot of training." Tilly



"I really liked the very glamourous woman who talked to us, as we were all shocked when we found out she owned her own construction company.

This showed me that anyone can do anything if they try hard enough." Macie

"I have learnt that there are so many different jobs that you can do. I also found out what GSCEs you need to be able to apply for that job. I found it very inspiring." Sophie



'I learnt that people who work in construction don't always have to be men and scruffy boys, but that instead, you could be a glamourous girl." Chloe

"If you keep trying and trying you can succeed so study hard and you can prevail." Blake

"There are many stereotypes surrounding different careers, such as you can't work in construction if you are a woman. However, this is not true as one of our guests owned their own construction company. People also think that police officers cannot be women because of the stereotype of policemen, but we heard from a female police officer and once again that proves that stereotypes regarding jobs are not always

true." Liam

"Your gender can't define your job" opportunities. When people think of police officers or construction workers they think of men, however, this was not the case for our visitors, one of which was a woman who managed a construction business and another, female police Sargeant"



"I learnt about the variety of jobs and that how someone looks doesn't determine what job they have." James

"For what's my line we had people come in to talk about their jobs. I thought it was easier to get jobs like being in the police, but it definitely isn't. I took away that it's much harder work to get jobs than some people think. The physical side of some jobs is also very surprising. I now have much more respect for people who work in the police not only because they protect us but because they work a lot more physically than I thought. Owning your own business is hard work as you have to keep track of money and everything else. There are so many jobs you can do but some need more work than others. It's also harder than I thought to even start your own business as you need money to get buildings, employees, as well as much more. Overall, I think that a lot of jobs require a lot of hard work and dedication but if you do work hard enough you can get what you want and get enough money to live and be happy." Zak

"I have learnt that most jobs have similar GCSE requirements to other jobs that may seem completely different."

## **Year 9 The Big Futures Show**

## BIG Futures Show

67 Year 9 students went to the Big Futures Show, one of the largest employability skills and job events in East Sussex. With over 80 exhibitors' students found the day extremely beneficial and inspiring.

Whilst there, Luke Hepburn entered a competition run by East Sussex Fire and Rescue Service where he had to answer a series of questions about the careers at some of the other stands. Despite stiff competition from all who attended, Luke was the overall winner and he was presented with a Samsung tablet by East Sussex Fire and Rescue Service.

Read what some of our students thought about the Big Futures Show below:



"I was really interested in all of the apprenticeship information and I signed up for all of the updates. I would really like to get an apprenticeship in the future."

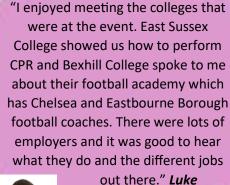
Meredith

"It was really great to meet with employers and find out what they do in more depth. Plumpton College attended the event and I was able to speak to them, which was brilliant, as I will be going there to study Agriculture. We were given free pens and highlighters too which is great and helps with schoolwork!"

Michael

at the Big Futures Show.
There were colleges and companies that I found out about and the freebies were a great bonus! I would really recommend that students go in future years." Charlie

"I learnt a lot of new things





"It was really interesting to see all the opportunities in the local area. There were some colleges that I had never heard of which were great. Loved the freebies!" *Grace* 



"It was fun to learn about new career opportunities in local nature reserves that I hadn't heard of. I enjoyed hearing from the employers and colleges and really enjoyed the day with my friends – and the freebies of course!" *Layla* 

## **Year 10 Work Experience**

Work Experience is an important part of education and supports young people to make career decisions, develop employability skills and support successful transition into Further Education, Higher Education, apprenticeships and the workplace and so we were delighted that after 2 years without work experience we were able to offer the whole of our Year 10 cohort the opportunity to participate in a week's live placement with employers.

Feedback from both employers and students was incredibly positive and many students felt that it really had helped them to broaden their horizons in relation to career routes and job roles that are available.

Next year we plan to try and make work experience placements even more bespoke by asking students to try and find their own placements in order that they can spend this time in a placement that is of interest and personally rewarding to them and ensures that they have greater access to a wider range of jobs and employers.

If any parents/ carers and employers have the capacity to offer a student a work placement week beginning 15<sup>th</sup> May 2023 please do let Sarah Rooney know at srooney@willingdonschool.org.uk.

## An Employer's Perspective of Work Experience

#### **University of Sussex at The Keep**

We were delighted to welcome back our first Year 10 work experience student since the start of the pandemic. **Miller Addems** from Willingdon school in Eastbourne joined the University of Sussex team for a week finding out about working with archives. Here is an extract from what Miller wrote after his placement. "I have never once been bored at The Keep as new and exciting things happen every day. "I spent my first day cataloging pictures of the University of Sussex taken in the 60s and got a great tour of



the library on campus. "I met some of the people who work at The Keep and was delighted to see how friendly everyone was. My next day was probably the most eventful of the week. I started the day in the conservator's workshop and could not believe The Keep had a 1680s copy of The Tempest!" After experiencing the tasks a conservator has to do, I returned to my desk and began working on cataloging political books and pamphlets, which I very much enjoyed. "Finally I ended the day sitting in on a meeting where a person was donating hundreds of letters from her German Jewish family members to The Keep!"

#### A Student's Perspective of Work Experience

#### Miller Addems - The Keep

My work experience was amazing. Not only was it a subject I enjoyed, but the people there showed me all the different parts of the job from cleaning the documents to customer service in the library. The employers were a very friendly team and even made the effort to give me work relating to my interests. Even something like



cataloging pamphlets was interesting because they were about my favourite topics and I even learnt about school work whilst I was there. I catalogued some political pamphlets by J.B Priestley which was interesting since we are doing An Inspector Calls in English. My employers had me working on every aspect of being an archivist. On my first day I went to the University of Sussex to collect some documents from the archive there. I was given a tour and learnt about all the legal aspects of being an archivist.

On my second day my employer had received 10 boxes of documents and papers from a professor at the university which needed to be catalogued. They found a graduation yearbook signed by Paul McCartney (it was when he graduated from there). I began cataloging political pamphlets and books from the Blitz. One was by J.B Priestley.

On Wednesday I shadowed in the reference room (the part of the library where you don't have to book to see the documents) and learnt how to deal with customers and how the archive system works. I continued cataloging the pamphlets by Common Wealth (a socialist party) and F.A Ridley (a British communist who worked with Leon Trotsky). My employer then found the professors OBE signed by the Queen.

On Thursday I was given a box of War Time public questionnaires to make notes on. I found them interesting as they gave a good time frame into what people at the time thought. I then continued with my work.

On Friday I brought in a thank you present for my employer and the team and they got me a present as well. I finished up all of my work and said my goodbyes to everyone on the staff team.

## **Year 10 Work Experience**

#### A student's perspective of work experience

Rosey Blackwell - Apricot Clothing

For work experience I went to Apricot, a fashion company, in London. The first three days I spent in the head office, which held a large variety of different jobs. During my time there, I spent time with many of those people and gained more knowledge of each type of job.





On Monday, I started off by unpacking a clothes order which had samples of the

different garments they make, I hung them up, organised them in size order and labelled them each with "SS22" (Spring Summer 2022). I then went to the storage room, finding each best seller of the week and moving them separately from the other garments.

On Tuesday, I started doing design research, I browsed the catwalk looks for the coming autumn and saved many photos of different patterns of which the print designers could take inspiration from. Later, I helped with the garment techs, they receive samples of the clothes, and they measure and fit them to the models, noting any improvements needed and sending them back to the factory. The notes need to be detailed, including measurements, pictures and diagrams. It was interesting to see how clothes come together and are improved to create the final product.

On Wednesday, I watched the graphic designers create newsletters and edit the most recent photoshoot which was shot in Mexico! They must make the newsletters look appealing to the customers whilst also showing a variety of new products and the photos must look the same and show the true colours of the products despite the difference in lighting. Also, I helped the shape designer research different shapes for dresses and what is more popular with different generations of people. Later, I was taught different tricks on excel to make organising data easier and more practical.

On Thursday, I was in the store in Stratford, I helped with customer service and putting clothes away after they had been tried on and steamed. It was amazing to see the starting products in the office and the final products in store!

On Friday, I was in the store again but this time I was doing a season change over, this included changing out clothes, moving the floorplan around and changing the outfits on the mannequins!

### A student's perspective of work experience

Sam Bandy - East Sussex College

#### What I did:

My work experience was incredible. It was extremely refreshing to be in a completely different environment where it is a more relaxed way of learning. I



enjoyed learning about all of the different types of mics, leads and all other bits of equipment used in a music course. I had the opportunity to use the mixing/production desks and learn how to operate them.

#### What I did:

As I mentioned before, I was able to use the mixing/production desks which is an incredible experience. I also helped to move around different bits of equipment such as mics, amps, mic stands and leads as well as instruments such as drum kits, guitars and bass guitar. I was also involved in clearing up and organising the tech room.

#### What the people were like:

The technicians were kind-hearted and were always looking to give me the best experience I could. All of the technicians had their specialities and always worked well with everyone.

I would highly recommend the Music department at the college for work experience if you enjoy music and enjoy a productive but relaxing environment. The contrast between college and secondary school life is massive, but it is very easy to get used to the college experience.

## Year 10 Work Experience





Name: Poppy Gent

Place of work: Tom Thumb Nursery

Skills I learnt: That different aged children behave very differently even if they are only a year apart.

One positive I have gained: Work experience has given me insight into the world of

work and into a field of work that I am considering as a future career.



Name: Chloe Haizelden

Place of work: The Mad Catter Vintage Cat Café

Skills I learnt: Time management, communication, social skills

One positive I have gained: It has given me life skills which I will take and adapt in

different environments.



Name: Amelia Saunters

Place of work: Hankham Lodge

Skills I learnt: How to calm agitated residents with dementia

One positive I have gained: More patience with the residents and gaining confidence

with working on my own without being asked



Name: Jack Cullinane

Place of work: Bishop & Levett Construction

Skills I learnt: Measurement of cupboard skirting and how to hang cupboard doors.

One positive I have gained: Receiving an offer of an apprenticeship.





Name: Chloe Jones

Place of work: Willingdon Pre School

Skills I learnt: Teamwork, communication, sign language and responsibility.

One positive I have gained: A greater understanding of working in a childcare setting.



Name: Charlie Channing-Jones

Place of work: Natwest Bank

Skills I learnt: Customer service and what interactions take place in a bank.

One positive I have gained: Increase confidence.



Name: Madison Butler

Place of work: The View Hotel

Skills I learnt: Stocking up drinks and food for breakfast. Making drinks for customers, clearing away after service, setting the tables for breakfast, lunch and dinner.

One positive I have gained: My confidence has grown from my experience in a working environment.



Name: Paige Lucas

Place of work: Simmons Gainsford Accountants

Skills I learnt: Using excel spreadsheet to insert data, general admin such as filing, photocopying and scanning paperwork.

One positive I have gained: What an insight into office is like and the daily tasks and routines that are carried out.

## Year 11 Girls' Network



The Girls' Network mentoring programme was one of a variety of schemes run at Willingdon this year. The programme helped to inspire empower girls bν connecting them with professional female role The models. programme helped to address the multiple barriers facing girls in their classrooms through a one-to-

one mentoring scheme for 20 year 10 and 11 girls.

Olivia Bowden joined the scheme to help her grow in confidence and help keep a balance in her studies.

Read her interview below which was written for the Girls' Network website

#### Mentee to ambassador - meet Olivia



But why is this network such an important offering to the next generation? Previous mentee and current ambassador based in Eastbourne, Olivia Bowden, says: "My aspirations, I have been told, are far-fetched... But my mentor paid close attention, and without mentoring it would have taken me a lot longer to find an idea of what I really wanted for my future."

#### No goal out of reach: why mentoring matters

Olivia joined The Girls' Network in Spring 2021 with an aim to pursue higher education, and turn her passion for English into a career.

Before she met her mentor, many people told Olivia that, as a young woman in her final year of secondary school, she might want to consider limiting her expectations. But Olivia is steadfast in her conviction, keen to become a professor in English to help other young people on the edge of their

burgeoning careers, flourish.

"Many people say that, as a girl of my age, it is too soon to think about my future, that I'm 'reaching for the stars'." Despite some people's reservations, Olivia came to mentoring confident about what she aims to do in the future, which her mentor has helped underpin.

Across 10 sessions, Olivia says: "My mentor not only helped me think about the future with hope and inspiration, but supported me in the present, with any struggles I was having. Before I met my mentor, I had a long list of important careers that I was interested in, each with their own list of worries. With my mentor, I managed to untangle the mess of jobs and anxiety related to a future career, and explore each one."

"My mentor paid close attention to my future aspirations; it felt like she was making a continuous effort to know me as a person, as well as a mentee."

#### Role modelling: the long-term impact

Mentoring benefits young women in many different ways and for Olivia, it was about having someone outside of home and school who she could rely on and receive useful advice from:

"Personally, I think a lot of young women lack a role model to follow, especially in the context of careers. My mentor went above and beyond to support me. I felt completely comfortable talking to her about any issues or worries, and she still supports me to this day."

She continues, "Young girls everywhere are not being shown their potential, and lack guidance. Mentoring helped me as I was given a great role model to follow, and a guide to step onto the path of a career. That small amount of support really improved my confidence, and I felt that I knew more about my future, and ended up feeling a lot more secure."

Olivia's journey as a mentee might be over, but she remains a member of The Girls' Network as an ambassador. Reflecting on her journey, and the worth of mentoring in her life, she says: "For me, having a mentor has been a beam of support that I needed, someone to look up to and feel inspired by, as well as someone to motivate me for the future; almost like a really supportive friend to confide in. I was sad that I had finished the programme but optimistic for the future."

## **Year 11 Challenging Stereotypes**





At Willingdon, challenging stereotypes is something that we passionately embrace as this can often lead to discriminatory attitudes and behaviours because some people are not judged on their own personal traits, accomplishments and abilities.

In Year 11 we have 2 extremely talented young footballers, Lily Murray and Farrah Dorey who have both played football at county level, with Lily also representing Switzerland in an International tournament.

As both the girls are so passionate about their football careers and to encourage more female students to think about football as a possible career, I interviewed both of them.

Mrs Borrell: What made you want to be footballers?

F and L: We both started playing at a very young age at about 4-5 years old.

F: I started watching football at a young age with my Dad who was a striker who played for many clubs.

Mrs Borrell: What position do you play?

L: Goal Keeper

F: Striker, Centre Forward

Mrs Borrell: What clubs do you both play for?

F: Hailsham and Sussex County

L. Brighton & Hove Albion.

Mrs Borrell: How did you get into those clubs?

L: I went to trials for the under 14 teams which is how I got into Brighton. I also play professionally as a goalkeeper for Switzerland as my Dad contacted the coach and sent clips of me playing. I then went over to Switzerland for 3 days to trial for the role. I now play for them internationally and have just played against Denmark, Finland and Wales. We won all 3 matches.

F: I used to play for Lewis FC and took part in trials for Sussex County where I was spotted and offered a place. This season I have had some offers from different clubs which includes some first team football clubs.

There aren't as many girls as boys playing football why do you think that is?

F&L Girls don't seem to be as confident which is a shame, also we were both very lucky in the fact that our families were very supportive and interested in their own right in football.

Mrs Borrell: What would you say to encourage girls to play football?

F & L - Go down to your local club and see if you enjoy playing, if you do keep playing and training so that people get to know you as that is how you get spotted by Managers. Most importantly, just give it a go!

Mrs Borrell: Who are your role models?

F: Steven Gerrard as he was the Liverpool Captain when I was growing up and my Dad as he was always playing football.

L: Alisson Becker the Brazilian goalkeeper.

Mrs Borrell: What employment skills do you think playing football has given you?

F&L: Definitely teamwork, resilience, ambition, confidence, discipline, organisation, respect and social skills.

Mrs Borrell: Would you both like to have careers in football?

F&L: We would both like to have careers in sports as it is a major part of our lives.

L: I have applied for college and would like to pursue a B-tech qualification in sports.

F: I am going to Basvic College for a double sports and criminology qualifications.

Mrs Borrell: What is your proudest moment?

F: I think it would be the time where I scored against West Ham and also when I scored for Sussex

L: I think my proudest moment was when I was called to play for the national team, as this was one of my biggest appearances.

## **Alumni**

At Willingdon Community School we really value our alumni relations which is open to all former students and staff. We really want to hear about our former students and their success stories as we feel that sharing these stories can be an inspiration to our current student body. If you are interested in becoming part of our alumni please contact. srooney@willingdonschool.org.uk or click Alumni Google Form



#### Erin McKee - a former Willingdon student shares her career journey.

Up until Parents' Evening in Year 9 I was uncertain about my future career path. It all changed that evening when Mr. Ellwood inspired me to pursue a career at the Bar through his advice and belief in my ability. From this moment, I dedicated my time at Willingdon to achieving the best I could: becoming Head Girl and gaining 6A\* and 4A's at GCSE.

After leaving Willingdon in 2016, I went on to study History, English Literature and Biology at A-Level at East Sussex College Lewes, achieving A\*AA. This gained me an Academic Scholarship to study at the University of Kent, undertaking my undergraduate degree in Law.

Throughout my time at university, I threw myself into a variety of volunteering and extracurricular activities, such as mooting and mock trial advocacy. My involvement with the Kent Law Clinic, a pro bono legal service run on the University of Kent's campus, gave me the most exposure to the reality of legal practice through a hands-on preparation of

cases and frequent court visits.

The pandemic proved an unprecedented time for both my undergraduate degree and for gaining formal legal experience. Despite the challenge, I graduated from the University of Kent with a First Class degree in Law. I also spent the summer of 2021 undertaking a variety of legal work experiences both virtually and in person.

#### **Gaining Scholarship**

My experience at school through to university was relevant to me being awarded the Jules Thorn Scholarship (Major Scholarship) from The Honourable Society of Middle Temple, worth £12,750. This award helped me to fund the Bar Practice Course (BPC) at The University of Law in London from 2021-2022.

Middle Temple is one of four Inns of Court. The Inns of Court are the historic societies that educate and train barristers in England and Wales. At Middle Temple, scholarships are awarded on merit, taking a holistic approach to each candidate.

The application process for a scholarship involved a written application and interview. I submitted my application in November 2020 and was invited to interview in March 2021. I was interviewed by a panel of three at Middle Temple, including a QC, a Professor in Law, and a leading criminal barrister. The interview was rigorous, testing me on my chosen areas of law and my casework with the Kent Law Clinic.

I was also awarded an Advocacy Scholarship from The University of Law worth £2,000. This was based upon my previous advocacy experience and an interview involving an advocacy task.

#### **What Next**

I completed my Bar exams in May 2022 and am due to be called to the Bar in July of this year.

Whilst completing the Bar, I applied for pupillage, which is the final stage of training to be a barrister. I want to pursue a career in criminal law and so applied to criminal chambers in London and the South East. After many interviews testing my ability as an advocate, I was delighted to be offered a criminal pupillage with Foundry Chambers in London. Foundry Chambers, who specialise in criminal law, were my favourite chambers that I applied to and I am excited to start with them in October 2023!

With my pupillage not starting for another year, I plan to spend the next year working in London and taking long holidays when I can!

#### Advice

Advice I would give to those at school is try your best. Had it not have been from the support I received from Mr Ellwood I would not be where I am today. Make sure you listen to your teachers as it is their advice which can lead you not only to your next steps, but your future career.

For those who have an interest in law, I would highly recommend visiting Lewes Crown Court to see Crown Court trials in action. This was what convinced me that being a barrister was the career for me.



## INVESTIN

AMBITION BEYOND EDUCATION





## SUMMER CAREERS CHALLENGE

FREE CAREERS CONTENT FOR STUDENTS

**CLICK TO DOWNLOAD** 

We are delighted to share an inspirational piece of careers content to help you improve your employability skills this summer.

Our Summer Careers Challenge encourages students to gain valuable experience and skills as they work through a series of tasks, reflecting on their progress at each stage.

The school with the most submissions will receive a free-of-charge masterclass in a career of their choice.

Students who send us their completed journal will be in with a chance of winning Amazon vouchers and free membership to our state-of-the-art careers platform, AmbitionX.

## SUMMER EXPERIENCE UPDATE

Looking for the ultimate, immersive career experience this summer? Some of our summer experiences are already full; register now to avoid disappointment!

VIEW & REGISTER: AGES 15-18 VIEW & REGISTER: AGES 12-14















## **Careers Learning Journey**

