



WEEK COMMENCING 4 MAY

Weekly Thoughts

It has been another busy and rewarding week, marked by meaningful engagement and some proud moments for our school community.

Our Work Wednesday session featured Roz Hands from HMRC, who provided students with an insightful look into careers within the civil service. Her talk highlighted the wide range of opportunities available, as well as the skills and attributes needed to succeed in such roles. Sessions like these continue to play an important role in helping students make informed decisions about their futures and understand the relevance of their current studies.

We were also delighted to welcome Ofsted this week. During their visit, they took a particular interest in our careers programme, giving us the opportunity to share the breadth of experiences and opportunities we have offered students so far this year. It was a pleasure to talk about the impact of our work and to look ahead to what's coming next, including Careers Week, City Pay It Forward for Year 9, and My Money Week.

A special congratulations goes to Ziva, who will be attending the Celebration Awards for Samsung Solve for Tomorrow this Thursday. This is a fantastic achievement and a testament to the creativity, innovation, and dedication shown by our students.

As we move into the coming weeks, we remain committed to providing enriching experiences that inspire, inform, and empower all students as they explore their future pathways.

Work Wednesday



WE'D LOVE YOUR SUPPORT!

We're inviting volunteers to speak with students during our weekly Work Wednesday sessions. Whatever your profession, we'd really encourage you to consider getting involved.

If you'd like to learn more about how these sessions work, please take a look at the [leaflet](#). To check availability or book a slot, feel free to email [Mrs Clarke-McDermott](#) directly.

For help or a chat Visit me on the 2nd floor (opposite Support, next to the library) or [email me](#)



Mrs Clarke-McDermott
CAREERS LEADER

Medic Mentors - Virtual Work Experience

We are delighted to offer students the chance to sign up for the Medic Mentor free 6-month medical or 4-month dental virtual work experience programme.

This is the LAST CHANCE for students to explore specialties in General Practice and Public Health & Oral Pathology before the next rotation begins next week. Aimed to provide students with insights into the medical and dental fields, this free virtual work experience empowers students to make informed decisions about their future. Students can find out more [here](#).

In order to gain access to the work experience, students will need to have attended a Getting into Conference.

For aspiring Doctors [sign up here](#):

Saturday 2nd May, 9am - 1.30pm

Saturday 6th June, 9am - 1.30pm

For aspiring Dentists [sign up here](#):

Sunday 31st May from 9am - 1.30pm



Students aged 14 - 18 are invited to attend with a parent or guardian, equipped with a working camera and microphone.

Imperial Summer School

Applications for our free residential and non-residential summer programmes are now open. [Visit the Summer Schools webpage](#) to learn more about the programmes, eligibility criteria, and how to apply.

Work Experience (Years 10 & 12)

Work experience week (13th-17th July 2026) is fast approaching. Students should now be actively securing placements and completing the required paperwork on Unifrog. If support is needed, please speak to the careers team - we are here to help.



Upcoming Webinars



Electronics and computer science taster: can solar energy power the future?

Students

Virtual

Did you know that the sun delivers more energy to Earth in 90 minutes than humanity uses in a year? Join the University of Southampton to see how solar technologies like photovoltaics (PV) capture and use solar power. You'll learn how engineers are getting creative by placing solar panels in surprising places, from farm fields to wearable healthcare gadgets, and find out how you can start a career in sustainable engineering to help tackle the climate crisis.

> Tue 5 May 16:30-17:15 UK time

Sign up >



What could you do with a law degree?

Students

Virtual

A law degree opens doors far beyond the courtroom. In this session with the University of Southampton you'll explore pathways within and beyond the legal profession, from barristers and solicitors to roles in business, government, and international organisations. Discover how legal training develops skills like critical thinking, problem-solving, and communication, and how these apply across a wide range of careers.

> Tue 5 May 17:30-18:15 UK time

Sign up >



Commercial law taster: when does AI usage become illegal?

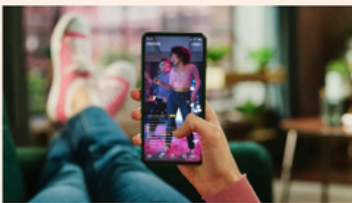
Students

Virtual

Who is responsible when AI makes decisions online? In the digital world, the line between a viral success and a million-pound fine is razor-thin. Explore how law is adapting to challenges in the digital economy with the University of Hertfordshire. From online safety to contracts and professional conduct, you'll examine real-world scenarios involving platforms, algorithms, and user behaviour. Discover why legal commercial awareness is a critical skill for the next generation of lawyers.

> Tue 5 May 18:30-19:15 UK time

Sign up >



From TikTok to Tesla: how AI is already shaping the world around you

Students

Virtual

From personalised TikTok feeds to self-driving cars, artificial intelligence is already changing how businesses operate and how we live as consumers. Join the University of Southampton to explore real examples of AI in action, what it means for the future of business, and the opportunities it creates for the next generation of innovators. You'll also learn about Southampton's new BSc Business and AI programme, designed to equip you with the skills to thrive in this fast-changing world.

> Wed 6 May 16:30-17:15 UK time

Sign up >



Interactive session: how do sibling relationships shape us?

Students Virtual

Would you be the same person without your siblings? In this interactive session with Norland, you'll explore how sibling relationships develop from early childhood and why they matter so much. You'll examine what it means to become a sibling, the role of humour and play in building bonds, and why conflict is a natural – and important – part of growing together. Discover how sibling dynamics influence everyday experiences and how you can support children as an early years professional.

> Wed 6 May 17:30-18:15 UK time

[Sign up >](#)



Becoming a doctor

Students Virtual

Developing both your professional and personal skills is key to being a great doctor – and improving the health of the population. The University of Southampton trains its doctors to become people who patients want to see and who colleagues want to work with. Join this webinar to find out more about why these skills are so important, and how the university enables its students to become doctors who put patient care front and centre.

> Thu 7 May 16:30-17:15 UK time

[Sign up >](#)



Where can a criminology degree take you?

Students Virtual

A criminology degree opens doors to careers in fields like criminal justice, policing, research, and policy. In this webinar, Dr Ashton Kingdon from the University of Southampton, who specialises in online extremism, radicalisation, and digital crime, will share her expert insights on career paths. Discover the skills you'll gain on a criminology degree, from critical thinking to analysing human behaviour, and explore how this subject can shape your future career.

> Thu 7 May 17:30-18:15 UK time

[Sign up >](#)



What top universities really want to see in your personal statement

Students Virtual

What are top universities actually looking for in a personal statement? Join admissions experts from University of Warwick and University of Manchester as they break down exactly what makes an application stand out, and the common pitfalls to avoid. You'll get clear, practical advice on how to highlight your academic interests, reflect on your super-curriculars, and communicate your motivation for your chosen subject.

> Thu 7 May 18:30-19:15 UK time

[Sign up >](#)



Make your studies make sense: a psychologist's guide to learning

Students Virtual

Are you the kind of student who wants to understand why you're studying, not just what you're studying? Join SRH University of Applied Sciences Haarlem to explore the psychology behind how we actually learn and what that means for your experience at university. Drawing on research in cognitive science and educational psychology, you'll discover how effective university programmes are designed to build real-world skills, not just theoretical knowledge.

> Mon 11 May 14:30-15:15 UK time

[Sign up >](#)



Routes into business and finance

Students Virtual

Part of event series: [Routes into...](#) >

Are you considering a career in business and finance? Join this webinar to hear from professionals about their roles, career journeys, and what a typical day looks like! Gain practical tips on skills, applications, and deciding if the world of business and finance is the right fit for you.

> Mon 11 May 16:30-17:15 UK time

[Sign up >](#)



Thu 7 May, 11-12pm

How AI, Sustainable Innovation and Data are reshaping Banking

This highly-popular event introduces you to various professionals at Bank of America. You will gain real-world insights into different roles and how technology is driving the future of the industry.

This is an interactive event with chance to ask questions from volunteer role models.

Register [here](#)



Tue 19 May, 11-12pm

Explore different Human Resources careers

People are at the heart of every successful organisation, and HR is vital in making that work. This virtual event will show you how HR professionals support, develop and manage thriving teams.

You will hear from various HR professionals and discover a full breadth of roles - from recruitment and employee wellbeing to conflict resolution.

Register [here](#)



World Boating Day: Women in Maritime

Wed 20 May, 11-12pm

This inspiring session showcases women leading the way across marine engineering, ship operations, ocean science, sustainability, and beyond. Speakers include a Senior Master Mariner who will introduce you to different maritime career pathways, broaden your ambitions and helping challenge gender stereotypes. Dive into the world of maritime careers (pardon the pun!)

Register [here](#)



Years 10
and 12
only

WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026 (5 DAYS)

WHAT'S THE POINT?

Work experience is crucial for exploring career paths and gaining essential skills. It provides real-world exposure, boosts confidence, and helps build a professional network.

Key benefits include:

- Testing personal interests
- Developing transferable skills like communication and problem-solving
- Understanding the relationship between education and job opportunities

LOCAL BUSINESSES

You can find a list of local businesses in this file. Please note, the places listed here have not agreed to offer work experience, this is just a directory.

[Local businesses](#)
[Unifrog contacts](#)

FINDING A PLACEMENT

If you're not sure where to start, here are some useful ideas:

- **Ask around:** Speak to family members, friends, or neighbours – someone may know a workplace that can offer you a one-day placement.
- **Local businesses:** Visit shops, hairdressers, cafes, garages, nurseries, or offices nearby and ask politely if they offer short placements.
- **Email or phone employers:** Write a short message explaining that you're a student looking for a placement (include the dates)
- **Think about what interests you:** Whether you're interested in animals, technology, sport, healthcare, or something else, try contacting places linked to your interests.
- **Be flexible:** Many places are busy, so be open-minded and positive about a wide range of opportunities.

If you're stuck or need help, speak to your form tutor or the careers team – we're here to support you.

HOW TO GUIDES

Helpful links:

- How to guide - [finding a placement](#)
- How to guide - [contacting potential employers](#)
- How to guide - [Researching possible placements](#)
- How to guide - [Uploading your placement on Unifrog](#)



WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026

CONTACTING POTENTIAL EMPLOYERS

It can be really nerve-wracking contacting employers to ask them for work experience. But it doesn't have to be that way!

On this page, we'll discuss how to be prepared when contacting employers.

- Use your school email address
- Use a straight-to-the-point subject.
- Use the employer's name if you know it, or Sir/Madam if you don't.
- Remember to proof read the email so there aren't any mistakes.

SETTING THE EMAIL OUT

Your email should be professional and include all relevant information:

- **Paragraph 1:** Introduce yourself and the school or college you go to.
- **Paragraph 2:** Say a little about why you are interested in the industry; a couple of sentences is enough. This shows that you've done research and have thought carefully about where you'd like to do work experience.
- **Paragraph 3:** Politely ask about work experience opportunities on dates you are able to attend. You can also ask for a meeting/phone call here too.

Emailing an employer

To: hello@StarkIndustries.com

Subject: Work experience

Dear Mr. Stark,

My name is Peter Parker and I am a student at Midtown High School.

My interest in work experience with the Avengers was sparked when I visited your laboratory in Malibu, where I got to see your inventions. I have worked very hard to develop my teamwork skills and spider sense. I feel that with some guidance, I would be a great addition to the Avengers team.

I am looking to do some work experience between the dates of 10-24th February, to help develop my competencies and start to learn how to protect Earth. Do you have any spaces for work experience students at that time? I have attached a copy of my CV for your records.

Yours sincerely,
Peter Parker



WORK EXPERIENCE

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RESEARCHING POSSIBLE PLACEMENTS

It can be difficult to know where to start looking for work experience and find a workplace that you're interested in. This session is here to help though!

Your placement will give you the chance to explore a workplace of interest to you. That way, you'll find out whether you it could suit you in the future!

Researching the work experience options in your area is great way to figure out what you are interested in learning about.

THE UNIFROG APPRENTICESHIP TOOL

The Unifrog Apprenticeships tool isn't just for looking for apprenticeships!

The tool can help you to:

- Search for businesses to approach for work experience
- Get an idea of the types of industries that are available in your area

The Apprenticeship tool also shows you businesses that you're interested in on a map, so you can see how far they are from home!

Start by logging into your Unifrog account...

To use the Apprenticeships tool on your homepage:

- Search across various industries and select up to ten to explore.
- Filter results by travel distance using the map.
- Rank your results by "Distance from home" on the next page.
- Choose your preferred opportunities to create a shortlist.

This shortlist provides employer information, required skills, and job locations.

- Use the tool to identify companies for work experience.
- Note company names and your reasons for interest.

Conduct further research for contact details before reaching out. Don't forget to save to your Locker!



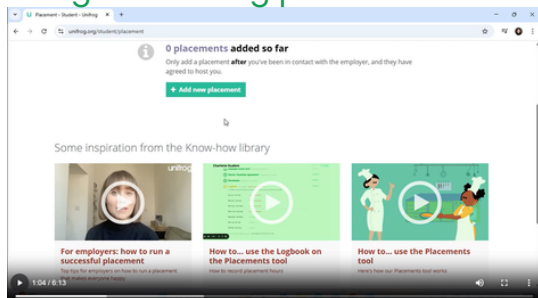


WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026

UPLOADING YOUR PLACEMENT

We use Unifrog's placement tool to make sure all the paperwork and compliance is completed before you go on your work experience. Once you have agreed with an employer that you are able to work, you need to complete a form online. You can watch this handy [video](#) which will lead you through using the Unifrog placement tool.



THE UNIFROG PLACEMENT TOOL

At a basic level the tool is a series of forms which need to be completed by specific people at specific times; when one person finishes their form, the system automatically messages the next person in the chain.

The tool makes it easy:

- For students to get the ball rolling, then reflect on the placement afterwards;
- For the employer to follow
- For the parent/guardian to agree to the placement and stay informed of what's happening;
- For the school/college coordinators to have an overview of the whole process

Open the **placements** tool, via a tile on your homepage.

- Click 'Add new placement'
- Enter your start and end date, and placement advisor (Mrs Bull)
- For time commitment, choose 'full time', and choose 'in-person' for how you will meet the employer
- Complete the employer details, you will need to put in an address including postcode.
- Explain how you will travel to your placement
- Write down your objectives for the placement, this will go to the employer
- Enter the employer details - double check to make sure this is correct. It must be accurate or the employer won't get their email!
- Input your details, and your parents details. Again, make sure the email is correct as they will need to approve the placement.
- Check the tick boxes and click 'add placement'