



EDWARD PEAKE CAREERS NEWSLETTER MAY 2024

'LIVE, LOVE, LEARN'

"I WILL INSTRUCT YOU AND TEACH YOU IN THE WAY YOU SHOULD GO;
I WILL COUNSEL YOU WITH MY LOVING EYE ON YOU."

PSALM 32:8

Welcome

Welcome to our third careers newsletter which this month features a focus on careers in construction.

Please do share this newsletter with your child as they will find helpful resources and information throughout.

We also wanted to wish good luck to our Year 6 who take their SATs this month and to all of those undertaking Key Stage 4 and 5 examinations over the next two months.

Key Contacts

Whilst you can always talk to any member of staff regarding careers and careers provision at the school, it is useful to be aware of those people in school with specific responsibility for careers. We are a small but expanding team and you will see this list grow as we develop.

Careers leader: K Rodgers, Assistant Headteacher

Careers link governor: P Giles, Governor

Careers admin support: S Lee, Office manager

For specific information regarding curriculum areas and careers, please contact the relevant subject leader.

For careers specific information, advice, support or suggestions please email: careers@edwardpeake.beds.sch.uk

Get Involved

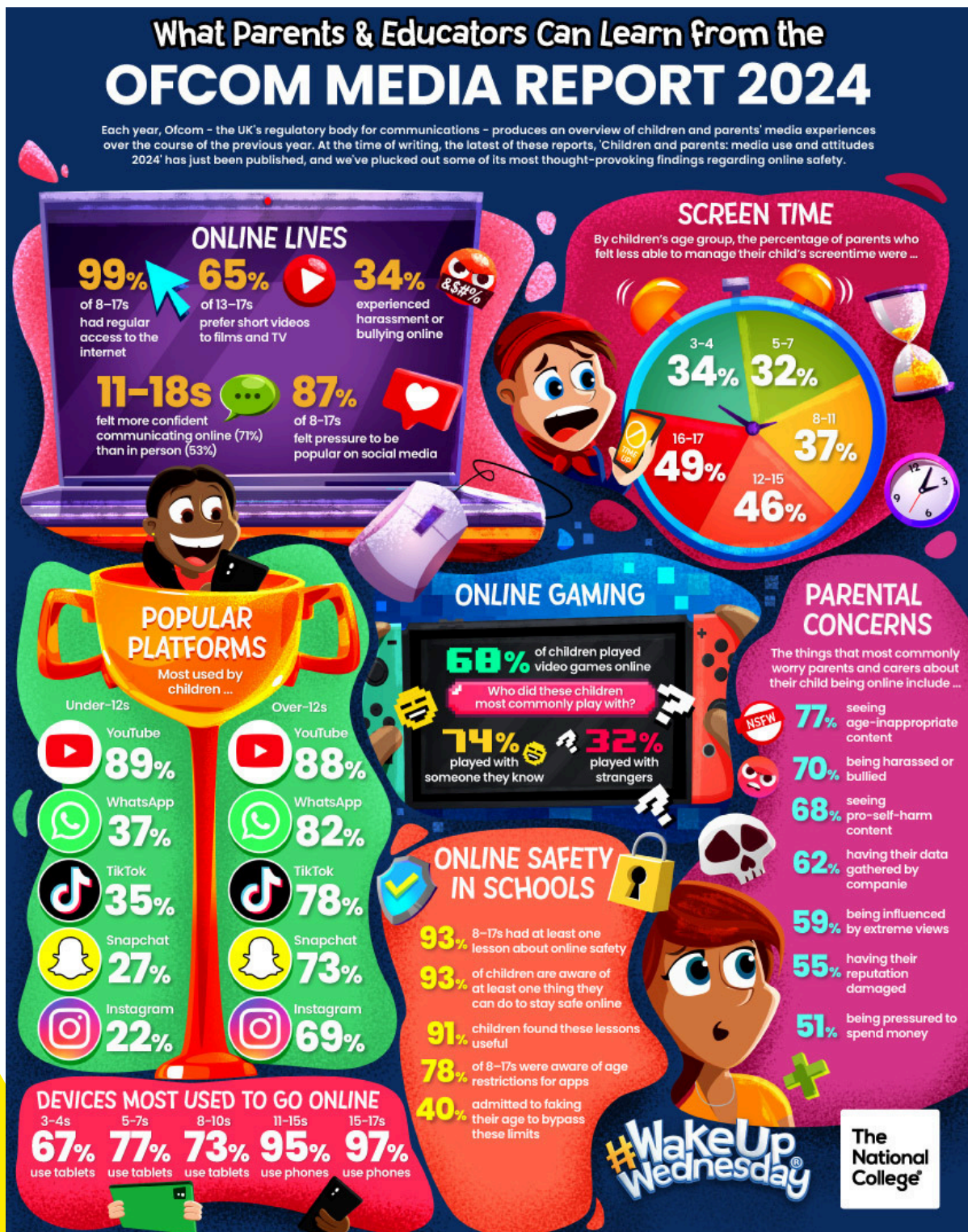
We are always looking for volunteers to come in and speak to pupils about their experience of work and how they chose the career they did. If you would like to offer some time to come and speak to or work with pupils in school please email the school via:

careers@edwardpeake.beds.sch.uk

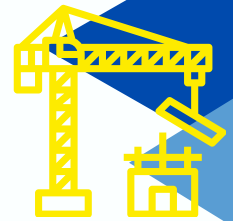
OFCOM MEDIA REPORT

In last month's newsletter we included a section on social media dos and don'ts. This month OFCOM published their findings into media use and attitudes. It combines the results of several surveys they've conducted regarding the activities and experiences of children when interacting with entertainment: from TV to video games to social media platforms

Contained in the report are numerous statistics relevant to children's online safety, with data covering a wide array of topics - such as young people experiencing harassment, their habits in online games and parents' most common concerns. The National College have created an infographic of the key findings.



Industry Spotlight: Construction



Construction is an industry that often goes overlooked when it comes to career choices for you people but it shouldn't be. It can offer an unrivalled sense of accomplishment- the opportunity to look up and say, "I built that."

Construction offers a diverse range of jobs. Knowing the kind of role you want to do can help you know what skills and knowledge you will need.

The National Careers Service is an excellent starting point for this research:

<https://nationalcareers.service.gov.uk/job-categories/construction-and-trades>

Working in construction is diverse and rewarding. It uses some of the latest technology including nanotechnology and computer aided design. It's also not just about building houses.

Our developing infrastructure means that many components are made in factories and transported to the site.

Construction careers also focus on green technologies and sustainability to help protect our environment

Key skills required:

| | |
|---------------------------|------------------------------------|
| Adaptable | Problem solving |
| Attention to detail | Self motivated |
| Customer focused | Team player |
| Good communication skills | Negotiation and influencing skills |

Construction is one of the fastest-growing industries in the UK, with a wide range of projects in progress across the country. From skyscrapers and residential buildings to large-scale infrastructure projects, the demand for skilled construction workers is higher than ever. With a strong work ethic and a willingness to learn, the sky's the limit for a career in construction.

There are many different routes into a career in construction. From college course, university degrees to apprenticeships and T-Levels, the options can be overwhelming. A useful resource to find out more and choose the path that is right for you, can be found here: <https://www.goconstruct.org/get-started-in-construction/>

Useful resources:

<https://www.bbc.co.uk/bitesize/groups/cnm3nrj16r3t>
<https://www.prospects.ac.uk/jobs-and-work-experience/job-sectors/property-and-construction>

Industry Spotlight

LABOUR MARKET INFORMATION

South East Midlands CAREERS HUB

CONSTRUCTION

AVERAGE ADVERTISED SALARY

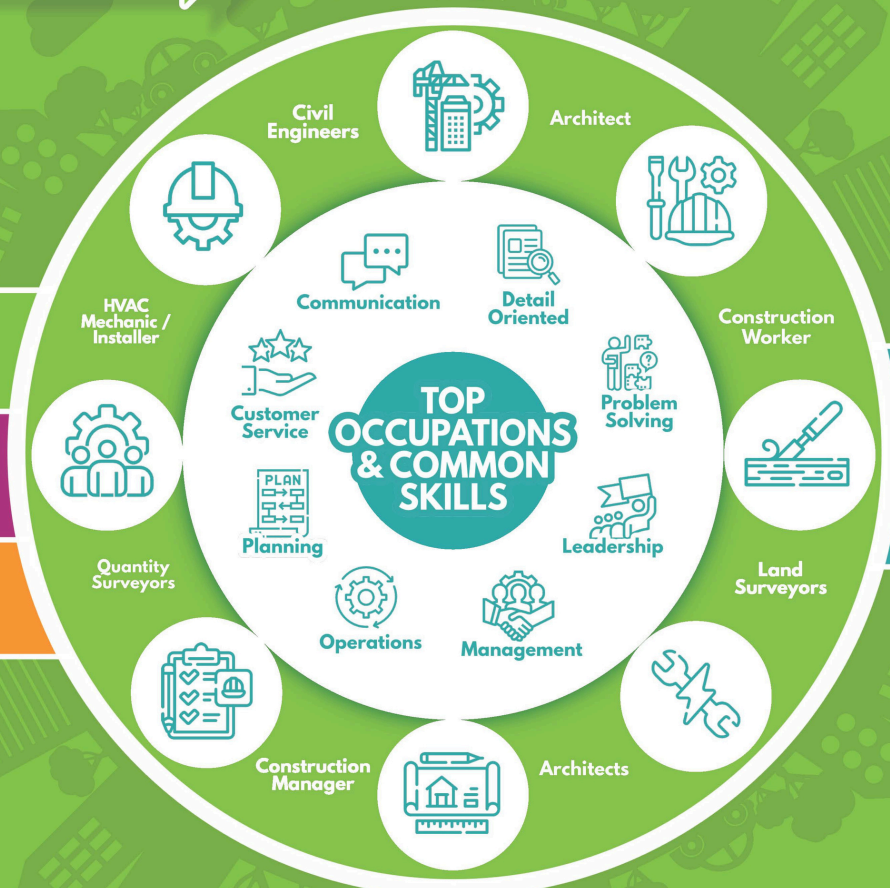
£26,024

NUMBER OF PEOPLE EMPLOYED

40,000

EXPECTED GROWTH

1.6%



South East Midlands CAREERS HUB

CAREERS & ENTERPRISE COMPANY

CAREERS AT EDWARD PEAKE

Please take a look at the careers section of our school website where you will find a plethora of resources and information.

If there is any information that you feel would be of benefit to your or your child then please email careers@edwardpeake.beds.sch.uk so that we can make this available to you via our newsletter, email or our school website.

We are also developing the careers team at Edward Peake and through our newsletters we will be able to introduce our Careers Champions to you.

CAREERS CHAMPION SPOTLIGHT



Name: Peter Giles

Role in school: Governor

Education pathway: Secondary School (GCSE, A-Levels), University (Biochemistry), Naval College, University (Law), College (Teaching).

What did you want to be when you were younger?

I wanted to be a sailor in the Royal Navy, which I got to do and greatly enjoyed, but also kept me away from home a lot.

Did you have another job before working in school? I worked in the Navy, and for a couple of years in a law firm. Both were really interesting but not as fun as teaching.

Worst job you've ever had? I once had a temporary job portering (lifting and shifting stuff). We spent most of an afternoon moving a grand piano up 6 flights of stairs, when we got it to the top we were told it was the wrong one. Spent the next day getting it back down and the right one up. There was a lift, but it didn't have its safety certificate so we couldn't use it.

Best thing about your current job? Currently I lead the apprenticeship provision for a college, we work with different companies across the UK who are a range of different sizes. It's really interesting to see all the different things people do from working with cutting edge technology to using traditional building techniques. There is so much variety out there.

At a glance

Born: Hitchin

Worked at EP for: 2.5 years as a governor

Favourite food:

Curry

Favourite music:

Metal

Favourite Film:

2001: A Space

Odyssey

Favourite subject at school:

Science

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



THANK YOU

We hope you have enjoyed our first careers newsletter #TeamPeake.

Check out our careers page to learn more about how we support our learners for the future



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