



# EDWARD PEAKE CAREERS NEWSLETTER APRIL 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 second careers newsletter. We hope you found the first one useful and wanted to thank you for all the positive comments and suggestions we received.

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

## 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](mailto: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](mailto:careers@edwardpeake.beds.sch.uk)

# Careers Week Quiz Winners

National Careers Week

# NCW

Part of our activities exploring National Careers Week was a quiz where pupils had to work out the dream job and previous career of different staff members. It was tough but the conversations around the school about different roles and career paths was wonderful to hear.

Congratulations to the winners:

**Year 5- Flo M**

**Year 6- Koben B**

**Year 7- Holly S**

**Year 8- Harry C**

## Social Media- Dos and Don'ts

In school, every pupil learns about keeping themselves safe online but their social media presence can also impact their future career both positively and negatively. It is now routine practice in almost every sector for employers to search a candidate's social media accounts.

It is important for young people to recognise that content they upload can be viewed not just by their friends, especially when they are tagged into someone else's content.

Success at School's YouTube channel has lots of useful videos on careers and in particular the one on social media dos and don't is a really useful watch:

<https://youtu.be/v3QxzPYvCL4>

# Supporting your child's careers education

Research highlights the importance of parental involvement in young people's academic and career pursuits. Those who receive consistent support from their parents and guardians exhibit higher levels of motivation, self-confidence, and career satisfaction. By actively participating in your child's career education, you provide them with valuable insights, encouragement, and a strong foundation to explore their interests and talents.

## Getting Involved with Your Child's Careers Education

**Open Communication:** Initiate conversations about career aspirations and interests.

**Explore Together:** Encourage your child to explore different career paths by attending career fairs, workshops, and informational sessions together. Visit local universities, businesses, and community organizations to gain insights into various industries and professions.

**Networking Opportunities:** Connect your child with professionals in fields of interest through networking events, informational interviews, or mentorship programs. Encourage them to ask questions, seek advice, and build meaningful relationships with industry experts.

**Encourage Volunteering and Work Experience:** Encourage your child to participate in volunteering opportunities or, when old enough, internships, or part-time jobs relevant to their career interests.



## Talking Futures



The Talking Futures project in England is a pioneering initiative designed to enhance careers education and guidance for young people. The project aims to empower students by providing them with the necessary skills, knowledge, and resources to make informed decisions about their future career paths.

Recognising the importance of parental involvement in students' career development, Talking Futures encourages parents to actively participate in their children's career education journey. The project provides parents with resources, workshops, and guidance to support their children in exploring career options, making informed decisions, and navigating the transition from education to employment.

You can access the parent toolkit here: <https://www.talkingfutures.org.uk/>

# Industry Spotlight: Engineering



When pupils declare an interest in an engineering career, they often struggle to then say what field of engineering they might want to specialise in. This is not surprising, considering the many different types of engineers they can become.

If the National Careers Service website is used to search for 'engineer' under their Explore Careers search bar, you will see over 200 specific roles! This is why research is the key when it comes to engineering.

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

<https://nationalcareers.service.gov.uk/search-results?searchTerm=engineer>

The word engineer comes from the Latin word meaning 'cleverness'.

Engineering, by definition, is the application of science for the optimal conversion of natural resources for the uses of humankind.

Engineering is based mainly on the principles of physics, chemistry and maths. Computing and DT are also useful related subjects.

Key skills required:

Pressure management	Technical knowledge
Teamwork	Computer science
Communication	Creativity
Leadership	Attention to detail
Problem solving	

Due to the diversity of engineering roles, there is no one specific route into the industry. Career prospects can be improved by following any one or a combination of these routes: college courses (L1 to L3 BTEC certificates and diplomas), A levels, T levels, engineering degrees and work placements/internships/apprenticeships.

Different roles within different companies may require different routes and qualifications. For example, most engineers will require a good understanding of maths and physics but chemical engineers will also need a good understanding of chemistry.

It is most important to show a passion for engineering topics and to keep up to date with engineering related matters, nationally and globally.

## Useful resources:

<https://www.prospects.ac.uk/jobs-and-work-experience/job-sectors/engineering-and-manufacturing/how-to-become-an-engineer>

<https://www.bbc.co.uk/bitesize/articles/z7n4bdm#z2dx6g8>

# Industry Spotlight

**LM** South East Midlands  
LABOUR MARKET INFORMATION CAREERS HUB

## ENGINEERING & MANUFACTURING

AVERAGE ADVERTISED SALARY

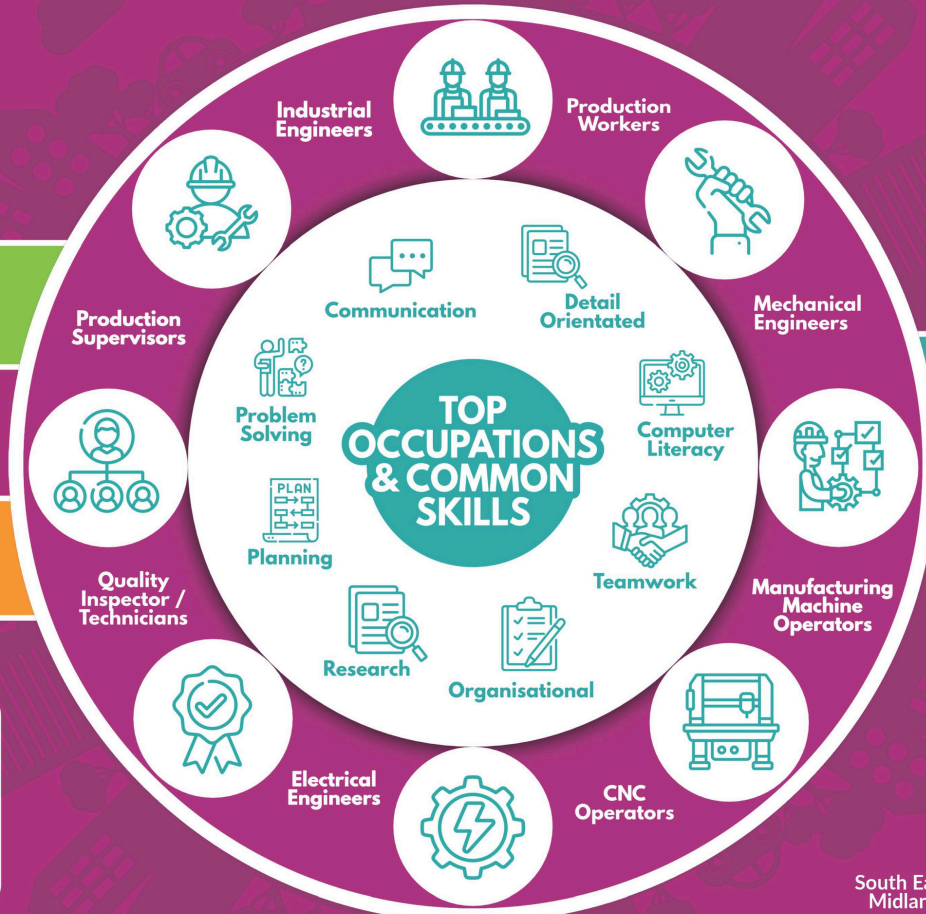
**£34,800**

NUMBER OF PEOPLE EMPLOYED

**68,000**

REGIONAL CONTRIBUTION TO UK MANUFACTURING

**0.9%**



South East Midlands CAREERS HUB

THE CAREERS & ENTERPRISE COMPANY

# CAREERS AT EDWARD PEAKE

As we continue our preparations to become a secondary school, we are reviewing, developing and improving our careers provision for our pupils and would like to make sure that we are providing pupils and parents and carers with information and experiences that would be of benefit to them.

As part of this we are redeveloping the careers section of our school website. Please have a look at this section of the website to see a plethora of resources and information.

If there is any information that you feel would be of benefit to you or your child then please email [careers@edwardpeake.beds.sch.uk](mailto: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:** Miss Lee

**Role in school:** Office Manager

**Education pathway:** I studied GCSEs at Stratton and went on to Bedford College to study at NVQ level. I then got a job working within a training programme similar to an apprenticeship to become a Training Coordinator which led me to become a Business Excellence Analyst.

### At a glance

**Born:** Bedford

**Worked at EP for:** 2.5 years

**Favourite food:**

Cake

**Favourite music:**

Music from musicals

**Favourite Film:**

Disney's Coco

**Favourite subject at school:**

History

**What did you want to be when you were younger?**

I wanted to be a social worker or a pop star.

**Did you have another job before working in school?** Yes, I had various jobs including working in events management, organising conferences and events such as Comic Con. I even organised an event for the Telegraph where the mayor of London and princes from around the world were in attendance.

**Worst job you've ever had?** Working in customer services for a retail chain at Christmas.

**Best thing about your current job?** Wellbeing Day as I get to go out and interact with pupils.

# 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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