



MARCH EDITION

DUKE'S SECONDARY SCHOOL

CAREERS NEWSLETTER 2026

THEME OF THE MONTH
NAVIGATING YOUR FUTURE

NATIONAL CAREERS WEEK

WORLD OF WORK DAY

WORK EXPERIENCE - FINDING LAST MINUTE PLACEMENTS

LEAVING SECONDARY SCHOOL - TOP TIPS FOR Y11 & Y13

TRAVEL PLANNING FOR APPRENTICESHIPS

WHAT'S BEEN HAPPENING AT DUKE'S?



NCEA DUKE'S
SECONDARY SCHOOL

NATIONAL CAREERS WEEK

2nd - 7th March 2026

We were delighted to celebrate National Careers Week (2nd-7th March) in school, an important opportunity to encourage conversations about our pupils' futures.

With so many options available after GCSEs and sixth form; including A Levels, apprenticeships, college courses and university, it can sometimes feel difficult to know where to begin.

As part of the week, National Careers Week has produced a fantastic guide for parents, offering simple and practical advice to help you support your teenager in making confident decisions about their next steps.

The Parents' Guide To: series also provides year-round guidance on post-16 and post-18 pathways, as well as helpful information on teenage health and wellbeing.

[Click here for the Parents Guide To Careers](#)

To celebrate the week in school, we hosted our annual World of Work Day on Tuesday 3rd March. We welcomed 40 employers from a wide range of industries, giving pupils the opportunity to meet professionals, ask questions and learn more about different careers.

Employers were incredibly positive about the experience and commented on how engaged and enthusiastic our pupils were when thinking about their futures.

A huge thank you to all the employers who supported the event and helped make the day such a success.





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Supporting Your Teen Finding WORK EXPERIENCE

Our Year 10 Work Experience Week will take place from **Monday 29th June to Friday 3rd July 2026**. We encourage all students to begin exploring possible placements now.

Work experience is a valuable opportunity for young people to explore the world of work, develop key skills and gain a better understanding of different career paths. As parents and carers, you can play an important role in helping your child find a placement and make the most of the experience.

Using your network

Many work experience placements are found through personal connections. Speaking to friends, family members, neighbours or colleagues can often lead to opportunities that may not be formally advertised. If you know someone working in an area your child is interested in, it's worth asking whether their organisation might be able to offer a short placement or job shadowing opportunity.

The Finding a last-minute placement

If your child hasn't secured a placement yet, don't worry. Many placements are arranged closer to the date. Encourage them to be proactive by contacting local businesses, writing polite emails or introducing themselves with a short message explaining that they are looking for work experience.

Virtual work experience opportunities

For students who are unable to secure an in-person placement, we will be working with Futures for All and Unifrog to provide virtual work experience opportunities during the week. These programmes allow students to explore different industries, complete real-world tasks and learn directly from employers online.

Work experience is often a young person's first insight into the workplace, and the support of parents and carers can make a huge difference. By sharing your experiences, using your networks and encouraging your child to explore different opportunities, you can help them take an important step towards their future.

SUPPORTING YOUR TEEN THROUGH **KEY TRANSITIONS:** **POST-16 & UNIVERSITY**

Moving from secondary school to a post-16 option or leaving home for university are exciting milestones, but they can also feel overwhelming for students and parents alike. Supporting your teen through these transitions can help them feel confident and prepared.

POST-16 TRANSITION

All pathways; Apprenticeships, Vocational Courses and A-Levels should consider:

Practical Skills: Time management, organisation & independent study.

Wellbeing: Accessing school support, maintaining routines & a healthy work-life balance.

In-School Support:

- Attending open events and speaking to teachers about options.
- FutureMe Workshops focused on the transition from secondary school.
- Barclays LifeSkills Sessions for Year 10 students to develop employability skills.

LEAVING HOME FOR UNIVERSITY

For students who are moving away from home...

Independent Living Skills: Cooking, laundry, budgeting & daily chores.

Accommodation: Choosing halls vs private housing, understanding rules & costs.

Health & Wellbeing: Registering with a GP, accessing counselling, staying connected with loved ones.

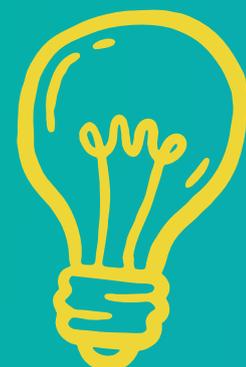
Travel Planning: Knowing the route to university and planning visits home.

In School Support: Year 13 budgeting workshops and advice from university reps on courses, accommodation and student life.

TOP TIPS FOR BOTH TRANSITIONS

Supporting your teen through these changes helps them develop confidence, resilience, and independence, setting them up for success in both post-16 study and university life.

- Encourage independence gradually while providing guidance.
- Help them get organised with essentials and routines.
- Discuss support networks; friends, mentors, or student societies.
- Prepare for adjustment periods; reassurance and patience are key.





SUPPORTING YOUR TEEN **PLANNING TRAVEL FOR** **APPRENTICESHIPS**

Planning a commute early helps your teen arrive at their apprenticeship confident and on time. It's a simple way to foster the independence and reliability they need to succeed in the workplace. It's more than a trip from A to B; it's a vital step toward professional independence.



1. Start with the Journey

Action: Check where the employer is based and map the route.

- Use public transport apps or online journey planners.
- Consider travel time and potential delays.

2. Explore Travel Options

Bus, train, bike, or walk - practise the route together!

- Try a test journey before the first day.
- Check timetables and connections to build confidence.



3. Consider Costs

Travel expenses can add up:

- Some employers offer travel support.
- Discounted travel passes for young people.
- Help your teen budget for daily travel.



4. Build Independence

Planning travel teaches key skills:

- Managing time and punctuality
- Navigating public transport
- Gaining confidence in independent travel



NCEA DUKE'S LATEST NEWS

It has been a busy few weeks at Duke's celebrating future pathways and practical opportunities across all year groups.

National Apprenticeship Week

In February, we marked National Apprenticeship Week. All lessons included a link to apprenticeships to help students explore the pathways available. Our application planning workshops for Years 11 and 13, delivered by the DWP, gave students practical guidance for their next steps.



Beyond the Classroom...

- Year 11 students visited post-16 providers, including Bede Academy, to see options in action.
- Year 10 students found out about careers in music at The Glasshouse.
- Year 9 pupils have been exploring creative careers at Queen's Hall Hexham.
- Year 8 pupils enjoyed a Highways Careers Day at Newcastle College, exploring careers in engineering, transport, and construction.



What's Next?

NEW LAUNCHES:

- Year 9 Options Process - Presentation by the University of Sunderland - Helping students make informed choices - 'Top Tips'.
- Year 10 Barclays LifeSkills Workshops - Helping students develop employability skills for the future.
- Year 7 FIRST EVER Large-Scale with Dell - The Big Idea: Rounding off a fantastic term of careers-focused activities across school.

These events highlight the wide range of pathways available to our students and give them the tools to plan confidently for their futures.

