



10 November 2023

Dear Parent/Carer

**Health & Wellbeing Bulletin, Careers & Work-Related Learning Bulletin, Duke of Edinburgh Award, North Hykeham Town Council Christmas Fayre, Joint Statement – SRPA & Lincolnshire Police, New Website Resource for Young People - Harmful Sexual Behaviour/Sextortion, Anti-bullying Week**

Welcome to my end of the week update letter. As we approach the end of week 2 since half term, it has been lovely to see our activities return to full swing. On Monday, Mr Webster led a Year 7 trip to the Magna Science Centre related to the Design Technology curriculum. This is the second year that he has taken point on this trip and I think it is fair to say it was a great success. Thanks must go to Mr Webster and the team who supported him with the day.

In other news, Mr Whitley coached the Year 11 football team through their county cup fixture this week at home to Louth Academy. After an early kick off, we were losing 4-1 at half time. After school, I popped out for two minutes, which soon became over half an hour, as the team came out rejuvenated after an inspiring half time team talk (including from Mrs Spoors)!

Early goals brought the score back to 4-3 before we narrowly missed a header to equalise. Typically, our opponents went straight down the other end and scored to make it 5-3 with a couple of minutes to go. I was incredibly proud of the team for the spirit in which they played the game. It became a bit frenetic at times but, nevertheless, they wore the badge with pride and represented us well.

Please find some further updates below:

**Health & Wellbeing Bulletin**

Please find attached the latest edition.

**Careers & Work-Related Learning Bulletin**

Please find attached the latest edition.

**Duke of Edinburgh Award**

Our Duke of Edinburgh Bronze Programme was launched this week in assemblies by Mr White. This is a huge part of our Personal Development programme and supports our students in developing their confidence and independence, amongst other life skills and values.

Please see the attached information and costings if you would like your child to be involved. Please visit ParentPay to sign up as per all trips we advertise.

## North Hykeham Town Council Christmas Fayre

Please find attached a flyer to advertise the NHTC Christmas Fayre later in the month.

## Joint Statement – SRPA & Lincolnshire Police

Please find attached a joint statement from the Academy and our local Neighbourhood Beat Manager at Lincolnshire Police in relation to recent events.

## New Website Resource for Young People - Harmful Sexual Behaviour/Sextortion

As a re-accredited National Online Safety School, we always want to keep our youngsters safe. Please find below two links which may support students in certain circumstances:

<https://shorespace.org.uk/what-to-do-if/>

<https://www.iwf.org.uk/resources/sextortion/>

## Anti-Bullying Week

From 13 - 17 November 2023, we are celebrating Anti-Bullying week as an Academy. Youngsters will take part in anti-bullying focussed R2L sessions, PD sessions and assemblies, looking at how we can 'make a noise about bullying' in our Academy which is the national theme this year. Odd Sock Day will begin the week on Monday 13 November 2023. Students are encouraged to bring a £1 donation in for the Anti-bullying Alliance and wear odd socks. There will be an 'Oddest Odd Sock Off' where the Academy's student Anti-Bullying Ambassadors will choose who wins the 'Oddest Odd Sock' award. Last year, this was a great way to spread awareness of anti-bullying, and we hope it will be even more successful this year! As always, our Anti-Bullying Ambassadors have planned our activities for Anti-Bullying Week, and we are very proud of how passionate they are about putting a stop to any inappropriate behaviour.

This is also a good time to remind everyone involved with the Academy of our red bully boxes located on all SLT and House office doors and around the Academy where students can leave anonymous notes for the recipient to deal with. In addition, we have our antibullying@srpa.co.uk email address in case students do not want to leave a note.

We will not tolerate poor behaviour or bullying in our Academy and remain committed to stamping it out wherever it is seen.

## Academy Fun Run

The Academy Charity Fun Run will be taking place next Friday 17 November 2023. All students have been asked to attend the Academy in their PE kit and Y7 & Sixth Form will be running period 1, Y8 & Y10 period 2 and Y9 & Y11 period 4. Students have been challenged to see how many laps of the cross country course they can complete in their Fun Run hour.



"This is a calm, happy and caring school."



Students have been asked to collect donations for our Academy charity, St Barnabas Hospice Lincoln. These can be paid in via ParentPay 'St Barnabas Academy Charity 23-24' or cash donations to be put in an envelope and handed into student reception. There will also be refreshments on sale at the fun run.

Today, we have held our Armistice assembly and, along with our serving cadets, held a short service out by the flagpoles to reflect on the sacrifice of generations past and those currently serving. As we remember the Fallen as Armistice Day approaches over the weekend, I am reminded of the words of the Dalai Lama who said "Love and compassion are necessities, not luxuries. Without them humanity cannot survive."

I will write again soon.

Yours faithfully



**Mr D Hardy**  
**Headmaster**



"This is a calm, happy and caring school."





# Sir Robert Pattinson Academy

## Health and Wellbeing Bulletin

Term 2 23-24

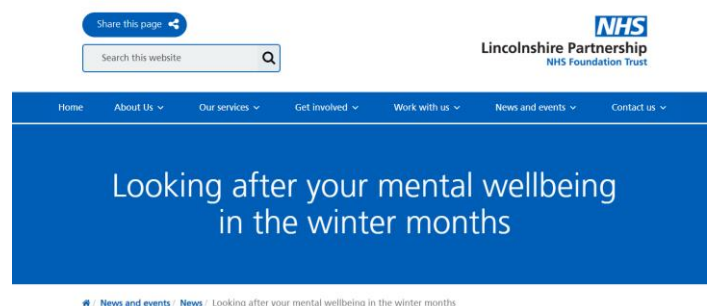
The wellbeing focus of this issue is 'trying new things'. The Action For Happiness website provides many resources and strategies for supporting wellbeing. There are podcasts, videos and articles that may be of interest. Their monthly focus for November is 'New Ways'. You may have seen these calendars in our previous bulletins, with a different focus/challenge for each day. The November edition is at the end of this issue. Action for Happiness have a free app via Google Play and the Apple Store.

This edition also includes some sporting updates and opportunities to be active at Sir Robert Pattinson Academy as well as updates from Hospitality and Catering and some Christmas recipe ideas.

**Just try new things. Don't be afraid, step out of your comfort zone and soar.**

~ Michelle Obama

ACTION FOR HAPPINESS



Click on the links above for more information

### How can I be active at Sir Robert Pattinson Academy?

At Sir Robert Pattinson Academy, we aim to provide opportunities to allow students to take part in as many activities as possible. Alongside curriculum PE lessons, we offer a wide variety of clubs that are open to all. Each half term the clubs are updated.

#### Term 2 PE clubs – Get involved in school sport

Please see below for the list of sporting clubs you could get involved in during Term 2.

Sports CLUBS & ACTIVITIES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Break 2 12.40 - 1.10pm  After school 3.20 - 4.20pm	Year 7 Table tennis	Year 8 Table Tennis	Year 9 Table Tennis	Year 10 Table Tennis	Year 11 Table Tennis
	Year 9 Badminton	Year 10 Badminton	Year 11 Badminton	Year 7 Badminton	Year 8 Badminton
	Badminton - all years	Football - Y9-11 Girls' football - Y7-11	Netball - all years	GCSE Dance	Year 7 Football
	Basketball (Y7-8 Blue week) (Y9-11 Red week)			Basketball - girls	
	Year 8 football				
	Rugby - Y8/9 boys				

Students may take part in lunch-time clubs in their uniform. Please bring trainers. Blazers can be removed. After-school clubs start at 3:20pm and finish at 4:20pm. Correct SRPA PE kit is required.

### Upcoming House Competitions

We are launching our House sporting competitions for the coming year. The first set of competitions are for badminton, starting with Year 7s. The competition dates are as follows:

Year 7 badminton – Monday 13 November

Year 8 badminton – Monday 20 November

Year 9 badminton – Monday 27 November

Year 10/11 badminton – Monday 4 December

More details will be shared through R2L form tutors. Further sports competitions will follow.

### Inter-School Sport

The focus of Term 1 for inter school sport was netball and football. We have made a solid start to the district leagues with some fantastic results.



Our Year 7, Year 10 and Year 11 football teams are currently undefeated in their leagues. The Year 11s have won two from two with close games against North Kesteven and Lincoln Christ's Hospital School; The Year 10s have won two and drawn one, scoring seventeen and conceding four; The Year 7s made a fantastic start, winning five from five, scoring forty-seven and conceding four.

The netball teams have competed well in their games. The Year 9 team have won their only game so far, defeating Lincoln Christ's Hospital School.



## Term 2

Term 2 brings the start of the county cup competitions in football. We have entered Years 7 - 11 as well as our Year 7 girls. We have also entered competitions in basketball, badminton, girls' 5-a-side football, girls' 7-a-side football, handball, benchball and we have our first rugby fixture planned. In addition, we have the district cross-country championships taking place at Riseholme on Friday 1 December.

## Fun run

On Friday 17 November 2023, we are due to hold our Academy fun run. All students will be involved. We are raising money for this year's Academy charity St Barnabas. Any donations, however great or small, will make a huge difference.



As you can see, there are many opportunities for students to get involved.

# Hospitality and Catering

Year 10 students have decorated a Christmas-themed table for the Springboard's FutureHost competition. We are still awaiting judging on this.

KS4 students have been working hard for a place in the local round of the 25<sup>th</sup> anniversary of Springboard's FutureChef. We held the Academy final last week which saw Dominic O'Connor and Chester Kinloch through to the local heat, representing SRPA in Nottingham at the end of November.

We wish them the best of luck!



## Christmas Tree Biscuits

Recipe of the term

200g unsalted butter  
200g golden caster sugar  
1 egg  
1 tsp vanilla extract  
1 tsp each ground cinnamon, ground ginger and mixed spice  
400g plain flour  
125g icing sugar

Put the butter in a bowl and beat using an electric whisk until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour and spices. If the dough feels sticky, add a little more flour. Bring the dough into a ball, wrap and chill for 15 minutes.

Heat the oven to 200°C and line two baking trays with baking parchment.

Dust a clean work surface with flour and roll out the dough to the thickness of a pound coin, before cutting out biscuits. Arrange the biscuits on the baking trays. Bake for 10-12 minutes until the edges are set. Leave to cool for 5 minutes before transferring to a wire rack to cool completely.

Mix the icing sugar with 1tbsp water until you have pipeable consistency. Fill a piping bag with the icing and decorate the biscuits.

These will keep in an airtight container for three days.

Christmas, for me, is not just about the big day. There are lots of opportunities to enjoy the build-up and create lots of wonderful, festive dishes. Yule logs, spiced biscuits, Christmas cake and pudding and a show-stopper gingerbread house are all made in our house in the run up to Christmas.

Please use these links for recipes.

[https://www.bbc.co.uk/food/recipes/yule\\_log\\_15656](https://www.bbc.co.uk/food/recipes/yule_log_15656)

<https://www.bbcgoodfood.com/recipes/simple-gingerbread-house>

If you create any of these, please send your photos to [Ahodson@srpa.co.uk](mailto:Ahodson@srpa.co.uk)



# New Ways November 2023

MONDAY



TUESDAY



WEDNESDAY

1 Make a list of new things you want to do this month

THURSDAY

2 Respond to a difficult situation in a different way

FRIDAY

3 Get outside and observe the changes in nature around you

SATURDAY

4 Sign up to join a new course, activity or online community

SUNDAY

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

<https://actionforhappiness.org/>

## External Links for support

<https://www.kooth.com> (online free confidential support)

<https://www.themix.org.uk> (free confidential support for under 25s)

<https://giveusashout.org> (text service for those in crisis)

<https://youngminds.org.uk> (mental health charity for young people)

<https://web.nth.nhs.uk/selfhelp/> (a range of self-help leaflets on a number of issues ranging from stress, anxiety & sleeping troubles)

[http://search3.openobjects.com/kb5/lincs/fsd/family.page?familychannel=2\\_9\\_9](http://search3.openobjects.com/kb5/lincs/fsd/family.page?familychannel=2_9_9) (Emotional wellbeing and mental health information for all sorts of different mental health conditions)

ARE YOU INTERESTED IN CONTRIBUTING TO THE NEXT EDITION OF THIS NEWSLETTER?

If so, contact Mrs Fragle ([Mfragle@srpa.co.uk](mailto:Mfragle@srpa.co.uk))

Sapientia et Doctrina





# Sir Robert Pattinson Academy

## Careers and Work-Related Learning

Term 2 Bulletin 2023

### Welcome

Welcome to the Term 2 Careers and Work-Related Learning Bulletin. As usual, we have been busy promoting careers and work-related learning throughout the Academy.



This week (6 - 11 November 2023) is National Green Careers Week. This is an initiative launched for the first-time last year to encourage students in schools and colleges to consider the ever-expanding range of green based careers when considering their next steps. Students will be looking at some green careers during their R2L time, hopefully learning about some new possibilities. Attached to this bulletin is a guide for parents/carers should you wish to learn more or discuss in more detail with your child.

### Updates

Year 11 have started to consider their next steps by attending the Sixth Form Information Evening on Wednesday 1 November 2023. They were able to learn more about the Sixth Form at SRPA and talk to staff about their subjects. If you were unable to attend and would like to know more, please visit <https://rp6th.co.uk/> to learn more about the courses on offer and how to apply. Students are also welcome to visit the Sixth Form Hub in L11 to speak with a member of staff during any break time. The deadline for applications is Friday 10 November 2023.

In Year 12, attention has been turning towards Work Experience. All Year 12 students will undertake a week of work experience from 29 January 2024 to 2 February 2024. This week they have spent their Personal Development lessons identifying their skills and potential next steps with a view to securing a placement in the next few weeks.

Both Year 12 and Year 13 students who are aspiring to work in a health-related career visited the NHS Health and Social Care Careers Fair on 7 November 2023. Students were fortunate to be able to meet industry experts in addition to attending workshops in their chosen career areas. The students who attended made the following comments:

*“There were three professionals that gave us an insight into their job roles within AHP: a pharmacist, physiotherapist and an occupational therapist. It was very interesting to learn more about and inspired thoughts about a future career in an Allied Health Profession. Overall, this trip was extremely insightful, and we would definitely recommend going.”*

*“Overall, the NHS trip to Lincoln University was immersive and educational. The stalls were interactive and well-informed, as well as there being multiple opportunities for work experience should we elect to do it. The workshop was particularly immersive with multiple activities such as simulated keyhole surgery, blood pressure, using stethoscopes and being able to experience different types of eye defects, all of which were very useful. Additionally, the two ladies hosting were interactive and knowledgeable, and more than happy to assist with any queries.”*



## Aspiration Ambassador Update



Over the past week, the Academy had opened its doors to both visitors, and hopefully, next year's Year 12 students.

During the Sixth Form Open Evening, students from Year 12 and Year 13 volunteered.

With the upcoming Green Careers Week, I should mention some green careers to hopefully bring some awareness to them. A Green Career is a job that contributes to improving the natural environment and addressing climate change and how we can reduce our contribution to it. These jobs range from a design engineer, to an ecologist and even an environmental conservation officer. There are also many more jobs.

## University and Apprenticeship Fair

At the end of last term, Year 12 visited The King Power Stadium in Leicester to take part in the University and Apprenticeship Fair. We had an informative afternoon talking to representatives from different organisations. Students were able to consider the benefits of apprenticeships with several organisations.



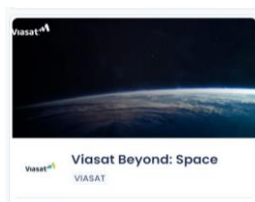
If you would like to see the current apprenticeship vacancies in our region please visit <https://www.gov.uk/apply-apprenticeship> here you are able to enter the postcode of the area you are interested in and view the different apprenticeships available.

### **Spring Pod**

As part of their Personal Development lessons on 'Next Steps', Year 12 took part in a virtual workshop to learn more about the virtual work experience offered by Spring Pod. There are many opportunities available for a range of ages. If you are interested, please see the current vacancies:

[https://www.springpod.com/virtual-work-experience/search?refinementList%5Bformat%5D%5B0%5D=COHORT&refinementList%5Bformat%5D%5B1%5D=ON\\_DEMAND&refinementList%5Bstatuses%5D%5B0%5D=OPEN&refinementList%5Bstatuses%5D%5B1%5D=OPEN\\_FOR\\_APPLICATION](https://www.springpod.com/virtual-work-experience/search?refinementList%5Bformat%5D%5B0%5D=COHORT&refinementList%5Bformat%5D%5B1%5D=ON_DEMAND&refinementList%5Bstatuses%5D%5B0%5D=OPEN&refinementList%5Bstatuses%5D%5B1%5D=OPEN_FOR_APPLICATION)

Students will need to register to create an account to access the courses.



## Parental Help

### OPTIONS AFTER SIXTH FORM and STUDENT WELL-BEING



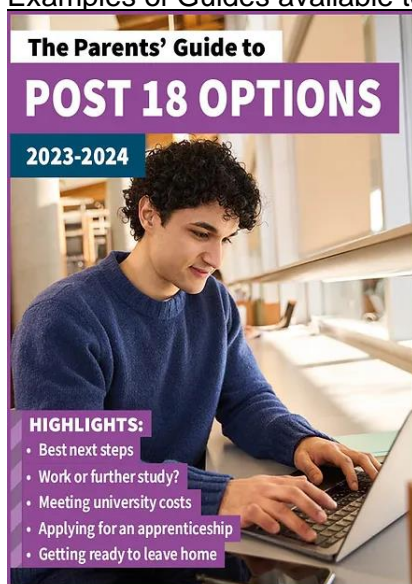
<https://www.theparentsguideto.co.uk/>

Feel confident talking with your teen about their choices for the future.

If you're a parent of a teen aged between 14 and 19, we're here for you with everything you need to know about options after sixth form AND what you can do at home to improve your teen's wellbeing and help them with their studies talking with your teen about their choices for the future.

**If you're a parent of a teen aged between 14 and 19, we're here for you with everything you need to know about options after GCSE or sixth form AND what you can do at home to improve your teen's wellbeing and help them with their studies.**

Examples of Guides available to purchase from Parents Guide website



£9.99



£8.99

If you can offer any work experience placements or could spare some time to visit students to talk to them about your own career path, please do get in touch as we would be very grateful for your involvement and sharing of your knowledge and expertise in your field.



## Coming up



University of Hull's upcoming Open Days, and an important date regarding personal statements.

### **Open Days:**

Our Winter Open Days are scheduled for Saturday 25 November 2023 & Saturday 20 January 2024.

If you have students deciding where to apply, they can [register for our open days online](#) now.

Please note, the travel grant that was previously available to students who were travelling over 20 miles to come to an open day, has now ended. If students booked before 30 October, they would still receive the travel grant, if eligible.

### **Personal Statements:**

We have enjoyed receiving personal statements to our personal statement checking service and learning about students' achievements and ambitions. In line with most of the college's internal UCAS deadlines, the personal statement checking service will close for this academic cycle on **Wednesday 15 November**. After this date, the personal statement checking service will not be monitored. Please can you communicate this to students as appropriate.

### **Webinars:**

Our autumn series of Webinars, covering topics such as How to Write a Personal Statement and the UCAS Application Process, continues throughout November, with the addition of some subject webinars: more details and how to sign-up, can be found on the website.

### **Applying Hub:**

And finally, online resources are always available via our Applying Hub, from step-by-step guides for UCAS applications to student finance myth-busting.

University of Hull, HU6 7RX  
[www.hull.ac.uk](http://www.hull.ac.uk)  
[k.arundel@hull.ac.uk](mailto:k.arundel@hull.ac.uk)

A promotional banner for the University of Hull Open Day. The background is dark with teal-colored molecular or cellular structures. On the right, there is a black and white photo of a smiling young man with glasses. The text is in white and pink. The main headline reads 'BECOME PART OF HULL AND IT BECOMES PART OF YOU'. Below this, it says 'Join us at an Open Day | 25 Nov | 20 Jan' and 'Book now at [hull.ac.uk/opendays](http://hull.ac.uk/opendays)'. At the bottom, there are three social media icons: Twitter (@UniOfHull), Facebook (/UniversityOfHull), and Instagram (universityofhull).

**BECOME PART OF HULL  
AND IT BECOMES PART OF YOU**

**Join us at an Open Day | 25 Nov | 20 Jan**  
**Book now at [hull.ac.uk/opendays](http://hull.ac.uk/opendays)**

[@UniOfHull](https://twitter.com/UniOfHull) [/UniversityOfHull](https://facebook.com/UniversityOfHull) [universityofhull](https://instagram.com/universityofhull)

## The **PremedProjects** Team

E: [info@premedprojects.co.uk](mailto:info@premedprojects.co.uk)

W: [www.premedprojects.co.uk](http://www.premedprojects.co.uk)



For students considering careers in medicine aged 14 - 18, we have an online work experience course running June 2024, for all students aged 14-18 considering careers in medicine & healthcare.

Back by popular demand, we've a new series of [Dr OJ's Surgery](#) for students to enjoy, taking place **every Saturday in June 2024**. Dr OJ and friends will give you interactive work experience of Brain Bleeds, Embryology, Cancer and Parasitic Diseases in medicine. They will also cover the application process and their advice to students considering applying to medical schools during the sessions.

Live every Saturday in June 2024, 11am - 1pm BST & the recording is available to watch anytime for 60 days afterwards if they can't attend live on the day.

Students can enrol below and will receive a certificate for their participation:

<https://www.premedprojects.co.uk/course/dr-ojs-saturday-surgery-in-june>

**The Parents' Guide to**

# **What's Next**

**2023-2024**



## **HIGHLIGHTS:**

- Options at 16 and 18
- T Levels and Apprenticeships
- University and UCAS
- Other choices
- Leaving home



# The Parents' Guide to What's Next

## 2023-2024

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# Contents



This guide gives you an introduction to what's available after GCSE and sixth form



# Introduction

If you're not sure what options are out there, it's tricky to help your teen choose what to do next. This guide gives you an introduction to what's available after GCSE and sixth form, and why certain options suit some students more than others.

If your teen learns best through practical experience, they may not do as well with academic or classroom-led learning. Similarly, if they enjoy quiet, lecture-led lessons, getting an apprenticeship

and learning on the job may not suit them. We explore how you can help your teen make choices to suit their personality and learning preferences, so they have the best chance of success as they enter the next stage of their educational journey or career path.

This guide is not written so you do the work for them! It's a source of ideas so you feel confident talking to your teen about their future choices.

## JOIN US

If you're interested in regular updates about other ways you can help your teenage children, click here and join our online community.

Sign up here 

# Options after GCSE

**All 16 year olds must undertake further education until they are 18. This doesn't mean they have to stay on at school or go to college, they can get a job with a training element to it, but they cannot work full-time without some training.**

Most teens stay on at school or go to college and take either A levels or BTECs. This usually works well for students that enjoy being in the classroom. However, if your child prefers practical experience, they might achieve better results and be happier by taking a different route towards a career, such as T Levels, an apprenticeship or traineeship. Don't rule out an option because it's not one you know.

## Thinking ahead

If your child thinks they know what they want to do when they leave school at 18, this may influence their choices. However, in most cases, they won't have a firm idea of what they want to do (and may not even know whether they hope to progress to further education once they're 18) so it may be a good idea for them to make choices which will give them some experience in different areas, so they can find out what they really do and don't like. For the best chance of success, they should lean toward academic choices if

they like classroom learning or vocational options if they prefer practical experience.

## Subject choices

There's a much wider range of choices available at sixth form compared to GCSEs, so students will come across many subjects that are entirely new to them. There's no need to worry if they decide to explore something they haven't studied before, as they can always make changes at the beginning of Y12 if they find they don't enjoy it or aren't excelling in it.

## Going into the workplace

If school or college is not for them, apprenticeships offer a great career pathway, with the added benefit of hands-on workplace experience as well as obtaining valuable qualifications.

## Don't panic!

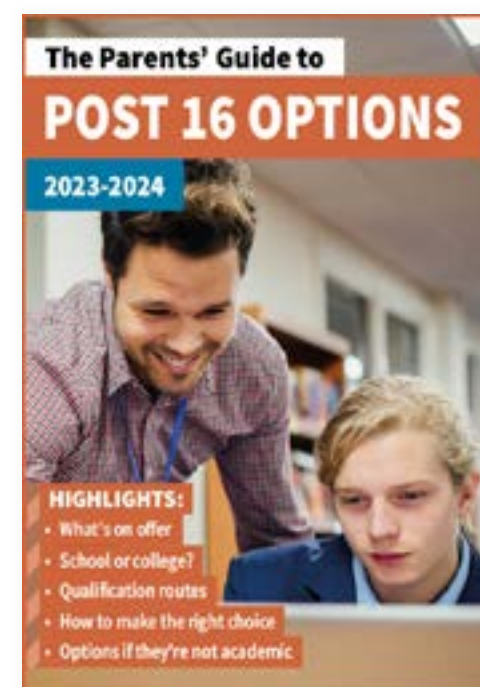
It's important to bear in mind that whatever your teen chooses to do after GCSE, whilst it will influence Post-18 options, it will not close any doors. If they make a mistake, there's still plenty of opportunity to change direction (it might mean a little additional work on their part!). If they go straight into an apprenticeship and change their mind later, there's always the chance to go back to full time study further down the line.

## Summary:

**There are lots of choices available to your child once they've completed GCSEs, so make sure they know what's on offer.**

1. A level and IB are more suited to theoretical learning;
2. BTECs and T Levels are great for those who enjoy practical experience and coursework;
3. EPQ offers the chance to earn more UCAS points as well as undertaking a project centred around your child's personal interests;
4. Apprenticeships, traineeships and internships provide on the job training and valuable experience.

## You may also be interested in:



## The Parents' Guide to Post 16 options

**Includes information on:**

- What qualifications are on offer
- Which qualifications are better suited to different types of learners
- Where they can study – the pros and cons of different learning environments depending on the type of student
- Considerations in making the right choices
- GCSE results day – what to do if they don't get the results they need

**Buy now**



T Levels are a two year vocational qualification equivalent to three A levels



# A spotlight on T Levels

You've probably heard of A levels and BTEC, but have you heard of T Levels, a new sixth form qualification introduced in 2020?

## What are T Levels?

T Levels are a two-year vocational qualification equivalent to three A-levels. They involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the course time) including a 45 day on-the-job placement in a genuine business. Afterwards, students may go on to university, alternative higher education, another job, an apprenticeship or they may be offered an opportunity with the company where they were placed.

## Business in mind

It could be easy to discount T Levels as a credible sixth form choice because they're new and haven't been tried and tested. However, their recent development with input from businesses means they are

tailored to meet existing industry needs much more directly than other generic qualifications and this is likely to appeal to future employers as well as preparing students for working life.

## Keeping options open

T Levels broaden the study choices for 16 years olds. They can offer a clear path to employment although, should your teen start the course and realise that industry or specialism it is not for them, there are still plenty of options for them to continue higher education or get work in a different industry once the T Level is complete.

**First-hand work experience is hugely beneficial to students, enabling them to get a feel for what it's like in the world of work and whether they like the industry sector they've chosen – it's not too late to make a change post-18 if they don't!**

## Useful links

T Levels  
official website

Department for  
Education

The Parents'  
Guide to

# The Parents' Guide to Post 16 Options - part 1

	A levels	International Baccalaureate	BTEC Nationals	T-Levels (England only)
<b>Qualification type</b>	General Certificate of Advanced level qualification	International Baccalaureate Diploma	<b>Business and Technology Education Council Diplomas</b> <i>(Level 3 are similar standard to A Levels, with subsidiary diploma equivalent to one A level, BTEC diploma equivalent to 2 A levels and extended diploma equivalent to 3 A levels).</i>	Technical Level Qualification
<b>Type of learning</b>	Mostly theory	Mostly theory, some practical	Combination of practical and theory	Classroom learning (80%) with industry placement (20%)
<b>Qualifications needed to sign up</b>	At least x5 GCSE grade 4 – 9. At least grade 5/6 in the subject/s chosen for A level	Set by the school, up to 5 GCSEs	Up to 5 GCSEs	Up to 5 GCSEs
<b>Subject choices</b>	Three subjects	Up to six subjects (three standard level and three at higher level plus some compulsory modules including an extended essay)	Three vocational subjects	One industry field, such as construction or Education
<b>Commitment</b>	<b>2 years full time</b>			
<b>Tuition costs</b>	<i>Free (unless parents choose to pay privately)</i>			
<b>UCAS points awarded for passing</b>	56 points – A* 48 points – A 40 points – B 32 points – C 24 points – D 16 points – E	56 points - Higher Level 7 48 points - Higher Level 6 32 points - Higher Level 5 24 points - Higher Level 4 12 points - Higher Level 3	For subsidiary diploma: 56 points – D* (distinction) 48 points – D 32 points – M (merit) 16 points – P (pass)  <i>Points are doubled for diploma and tripled for extended diploma</i>	168 points - Distinction* 144 points - Distinction 120 points - Merit 96 points – Pass (C or above) 72 points – Pass (D or E)
<b>Can lead to</b>	University, further study, training or work	University, further study, training or work	University, further study, training, professional development programmes or work	University, further study, training, professional development programmes or work



# The Parents' Guide to Post 16 Options - part 2

	Cambridge Technicals	Other qualifications	BTEC apprenticeship	Other options
<b>Qualification type</b>	A Cambridge Technical Extended Certificate (equivalent to an A level) or Cambridge Technical Diploma (equivalent to x2 A levels)	City and Guilds; National Vocational Qualifications (NVQs) or Tech Bac (similar to Baccalaureate)	Advanced Level 3 (equivalent to x2 A levels)	Traineeship / Volunteer with training / internship – all to help your child get enough skills to take on an apprenticeship or other form of qualification if they do not already have the minimum qualification requirements.
<b>Type of learning</b>	Practical course with lots of coursework based on real life case studies	Dependent on the qualification, most contain practical on the job training	Work based including off-site learning	Work based
<b>Qualifications needed to sign up</b>	At least x5 GCSE passes	x5 GCSE passes	Advanced Level 3 - depends on employer, some require at least 3 GCSEs	None
<b>Subject choices</b>	Range of vocational subjects	Range of vocational subjects	Range of vocational subjects, driven by the job offered	Range of vocational subjects, driven by the job offered
<b>Commitment</b>	<b>2 years</b>	<b>2 years (level 3)</b>	<b>1-2 years</b>	<b>6 weeks – 6 months</b>
<b>Tuition costs</b>	<i>Free (unless parents choose to pay privately)</i>			
<b>UCAS points awarded for passing</b>	Cambs Tech level 3: 56 points – D* (distinction) 48 points – D 32 points – M (merit) 16 points – P (pass)	In most cases no UCAS points are awarded but there are some exceptions.	n/a	n/a
<b>Can lead to</b>	University, further study, training or work	Further study, training, professional development programmes or work	University, further study, training or work	Further study, apprenticeships or job offers



There are lots of choices available to your child once they've completed sixth form, so make sure they know what's on offer

# Options after sixth form

What your child chooses to do after sixth form (or college) is exciting but can be nerve-racking. There are lots of options available and understanding the pros and cons between different choices can be confusing.

It's not just about deciding whether to go to work or continue further education – although that's a good starting point. Important considerations include how long they want to continue studying, how they will finance living expenses and course fees (and whether you can afford to help them), whether they want to study in a more academic environment or in a more practical environment (such as studying whilst working).

Many qualifications can be built upon, so they may commit to one year of further study and then decide to increase it for another year or two to get a higher qualification. This flexibility can be very useful, particularly for students who are not keen to commit to long-term studies after school, but find that they enjoy it once they've got started. In the case of degrees, they will need to commit to the length of study (minimum three years) from the beginning.

## Summary:



There are lots of choices available to your child once they've completed sixth form, so make sure they know what's on offer.

1. Higher education options (such as university or Higher National Diplomas) are more suited to theoretical learning;
2. Apprenticeships, trainee programmes and internship are great for those who enjoy practical experience and coursework and are a terrific way to get first-hand experience of what a job is like;
3. School leaver programmes offer opportunities to join the workplace and begin skills development and careers development through experience as well as study;
4. Other options include taking a gap year, starting their own business or entering the world of work.



# The Parents' Guide to Post 18 Options - part 1

	University Degree	Degree Apprenticeship	Non-degree apprenticeship	Higher education course at College
Qualification type	Bachelor of Arts or Bachelor of Science	Bachelor of Arts or Bachelor of Science	Advanced or Higher apprenticeship	HNDs HNCs, Foundation Courses, Diplomas Vocational course
Length of commitment	<b>3-4 Years</b> (Some degrees, such as medicine, are longer)	<b>3-4 Years</b> (Some can be longer, even up to 7 years)	<b>6 Months – 3 Years</b>	<b>1 – 3 Years</b> Some are part-time.
Tuition Costs	<b>£££</b> Students take out a “tuition fee loan” to pay course costs. No repayments are made until the student is earning £25k in the April after graduation. Any outstanding debt is wiped clear after 30 years.	<b>£0</b> Course costs (at university) are paid by the company and government.	<b>£0</b> Course costs (usually at college or by an education provider) are paid by the company and government.	<b>££</b> Tuition fees need to be paid but these are less expensive than university fees.  <i>Students can apply for an “advanced learner loan” where repayments are made as a percentage of earnings above a certain threshold. Any outstanding debt is wiped clear after 25 years.</i>
Accommodation Costs and living expenses (i.e. food, book, travel, going out)	<b>£-£££</b> May receive a “maintenance loan” dependent on parents’ income; however, this is rarely sufficient to cover all costs and students will either need to supplement by working or have help from their parents (or both!).	<b>£-££</b> A salary is paid, but parents may need to subsidise living expenses, especially if relocating to an expensive area.	<b>£-££</b> A salary is paid, and shorter apprenticeships may be local so students can continue living at home, but parents may need to subsidise living expenses, especially if relocating to an expensive area for longer apprenticeships.	<b>£</b> Students can often find suitable courses at colleges commutable from home, but there are still living expenses to be covered.
Alternatives	Company sponsored degrees	Could also consider school leaver programmes (non degree apprenticeships)	Higher education courses	Non degree apprenticeships

# The Parents' Guide to Post 16 Options - part 2

	Traineeship	Job with training	Job without training	Internship	Gap Year	Start a business
<b>Qualification type</b>	To prepare students for work or to go on to further education.	Training usually funded by employer, but check that it is a national recognised qualification, such as NVQ	Going straight into a job offers work experience but not a qualification. However, it is possible to create a personal training plan if desired.	None	Could include a year working for a charity or other employer to gain skills – not just about travelling. Can combine A level retakes in this year.	None, but it's important to have drive, commitment and an idea of what business idea to pursue.
<b>Length of commitment</b>	<b>6 weeks to 6 months</b>	<b>n/a</b>	<b>n/a</b>	<b>1 to 6 months</b> But some up to a year.	<b>1 year</b>	<b>n/a</b>
<b>Tuition Costs</b>	<b>£0</b> Training fees are paid by the government.	<b>£0</b> Training funded by the employer.	<b>£-££</b> Any training would be self-funded.	<b>£0</b> Internships are about gaining practical work experience so there are rarely any formal qualifications undertaken.	<b>£0</b> There are no tuition costs unless retaking examinations.	<b>£-££</b> It may be useful to take some courses to hone skills when setting up a business. The Prince's Trust offers grants and support.
<b>Accommodation Costs and living expenses (i.e. food, book, travel, going out)</b>	<b>£-££</b> Not paid to work, but some expenses (such as travel) may be provided. Accommodation costs may be expensive if needing to relocate.	<b>£</b> Salary provided and jobs are usually within commutable distance from home, though travel can be expensive.	<b>£</b> Salary provided and jobs are usually within commutable distance from home, though travel can be expensive.	<b>£-££</b> Legally interns should be paid although many aren't. Some companies may cover expenses. Depending on the location, living and travel expenses could be costly.	<b>£-£££</b> Gap years need not be expensive. Flights and accommodation is usually covered for overseas volunteering. Personal travel can be funded by working for part of the year.	<b>£</b> Lots of young people start their businesses online, which means minimal start up costs and they can continue living at home.
<b>Alternatives</b>	Job with training, internship or apprenticeship (if they have some work experience)	Internship or apprenticeship	Starting a business, job with training or traineeship/ internship	Traineeship, job with training	Volunteering	Start the business whilst working or in education



Level	Qualification / educational routes				
8	Doctorate (PhD)		NVQ 8		
7	Masters degree (MA)		Degree apprenticeship / NVQ 5, 6, 7		
6	Bachelors degree BA or BSc				
5	Foundation degree FdA or FdSc	Higher National Diploma (HND)			
4	Higher National Certificate (HNC)		Higher apprenticeship / NVQ 4		
3	A levels Grades A-E	International Baccalaureate	T Levels	BTEC (extended) diploma BTEC certificate	Advanced apprenticeship / NVQ 3
2	GCSE Grades 4- 9 (C, B, A or A*)		BTEC first diploma		Intermediate apprenticeship / NVQ 2
1	GCSE Grades 1- 3 (D,E,F or G)		Foundation diploma / entry level qualifications		Traineeship / NVQ 1
		Academic route	Vocational route		Applied / work route

### Levels of Education

In England, Wales and Northern Ireland there are 8 qualification levels (1 - 8) plus an entry level qualification for those just starting. Generally, the higher the level, the more difficult the qualification is. Levels 1-3 are typically taught in schools and colleges.

With so many different qualifications, it can be hard to know what they mean and where they might lead to next. To help you understand, we've created a summary of what the levels mean highlighting academic, vocational and work-based routes to higher education.

# Apprenticeships

Apprenticeships can be a fantastic career path, whether started after GCSE or sixth form. They offer the opportunity to combine study with paid employment resulting in a professional qualification. There are no tuition fees (these are covered by the employer and the government) and the salary can cover living expenses. Entry levels vary from 2 (equivalent to GCSE level) to 7 (degree level).

Apprenticeships used to be associated with trade industries (such as electricians, mechanics or plumbers). Nowadays, apprenticeships can be taken in a wide range of industry sectors and provide entry to all types of careers, including accountancy, banking, IT, law, management and television.

Relatively new to the apprenticeship suite are “degree apprenticeships”, offering an earn while you learn route to BSc or BA status. In other words, the end qualification is the same as if your

child had attended university full time, the difference is that they will not have incurred any debt in tuition fees and will finish their degree with robust and transferable workplace skills.

Taking an apprenticeship is not an easy option and competition can be fierce. It takes organisation and dedication to balance work, where your child will be expected to contribute to the same standards as everyone else, and study. Holidays are far fewer than at college or university. However, if they have a more practical, work-related bias towards learning this will suit them well and they will obtain valuable experience which will strengthen opportunities in finding rewarding work when the apprenticeship is over.

Selecting the right apprenticeship will require your child to have reasonable confidence in the type of career they wish to follow although there is some flexibility. So how do you help them decide? We'll guide you.



## You may also be interested in:



### The Parents' Guide to Apprenticeships

#### Includes information on:

- Types of apprenticeship
- The pros and cons
- Degree apprenticeships
- How to research an apprenticeship
- Top ten apprenticeship providers
- The application process and why it differs from applying to university
- How you can help them prepare for interview

**Buy now**





**Typical length**

12-18 months

**Entry requirements:**

None or few

**Qualifications obtained:**

GCSE, BTEC or equivalent

**Who's it for?**

Mostly for 16-year-olds with limited or no academic qualifications.



**Typical length**

3-5 years

**Entry requirements:**

A levels or equivalent

**Qualifications obtained:**

Higher national diploma / foundation degree

**Who's it for?**

Mostly for those who want to qualify for professional career paths without attending university or college.



**Typical length**

12-24 months

**Entry requirements:**

Usually 5 GCSEs

**Qualifications obtained:**

A levels or equivalent

**Who's it for?**

Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.



**Typical length**

3-7 years

**Entry requirements:**

At least 2 A levels or equivalent

**Qualifications obtained:**

A BA or BSc degree or higher

**Who's it for?**

Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working.



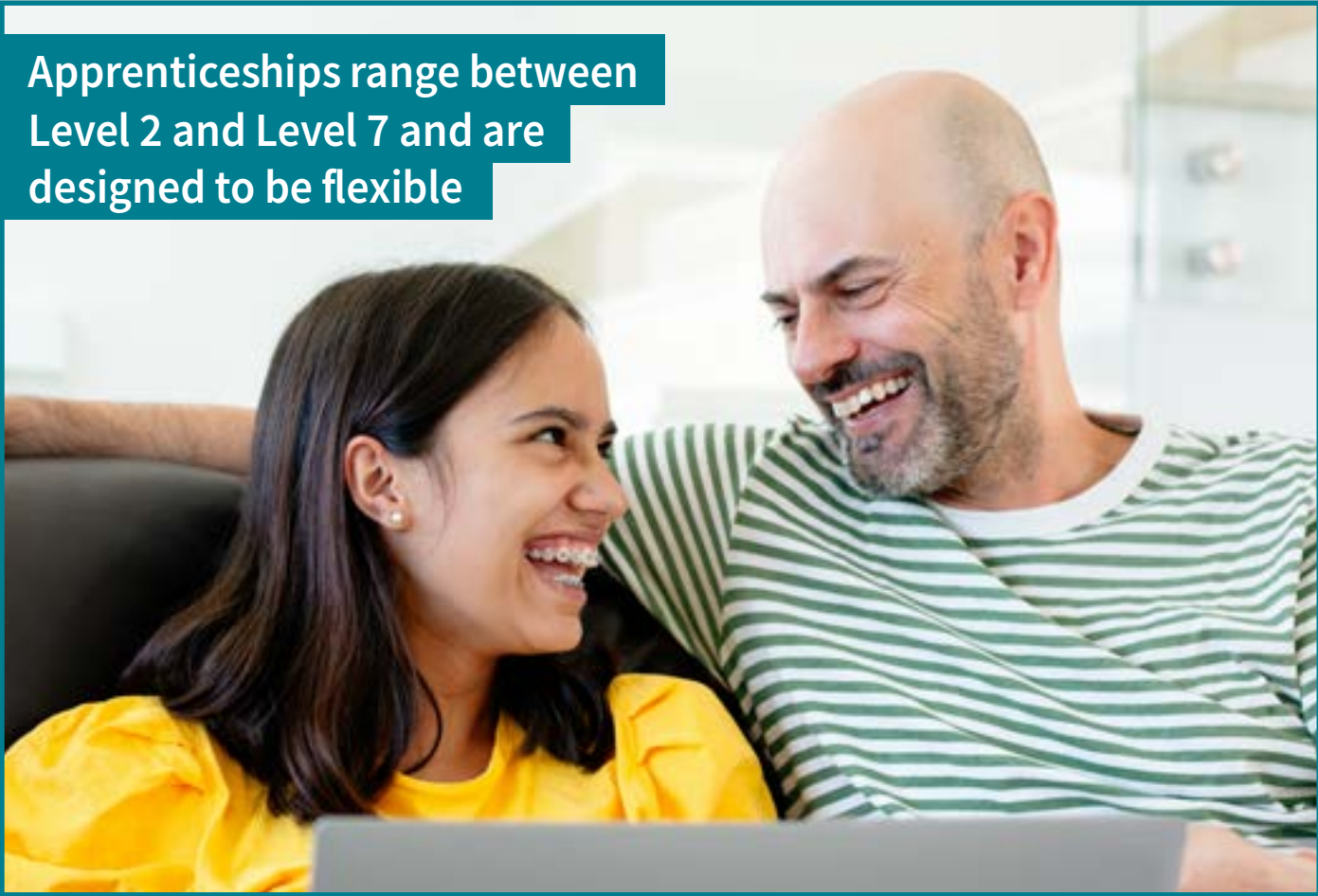
# Apprenticeships vs. full-time study

Advantages	Considerations
<ul style="list-style-type: none"><li>➤ Apprenticeships provide focused and applied training for those who already have a strong interest in a job or industry.</li><li>➤ Not everyone is suited to academic learning and apprenticeships provide a practical approach to obtaining qualifications.</li><li>➤ Apprenticeships provide paid employment with a structured approach to learning.</li><li>➤ Apprenticeships develop key transferable skills which are considered lacking in the labour market.</li><li>➤ Apprenticeships may provide future employment within the company and working within an organisation may reveal job roles they did not know existed.</li><li>➤ Gaining work experience and on the job training may provide your child with a competitive advantage when applying for a job.</li><li>➤ Degree apprenticeships offer the chance to gain a BA or BSc without incurring the debts associated with studying at university.</li></ul>	<ul style="list-style-type: none"><li>➤ Apprenticeships may narrow options early on. Your child will need to have a fairly clear idea of the type of career they wish to pursue.</li><li>➤ It may be difficult for your child to combine studying with working.</li><li>➤ The salary of an apprentice can be quite low and your child will also need to consider financing their travel and living expenses if they are not living at home.</li><li>➤ Your child may feel that they are missing out on the 'student life' if taking a degree apprenticeship. However, some universities still offer their degree apprentices a strong student experience.</li><li>➤ Many companies provide graduate schemes for university leavers on completion of their degree.</li><li>➤ Entering the work place at an early age may lead to fatigue.</li><li>➤ Degree apprenticeships are still quite new so there is a limited number of vacancies at the moment.</li></ul>



- ✓ Does your child have a clear idea of the type of career or job they want to pursue?
- ✓ Is your child more suited to an applied and hands-on working environment?
- ✓ Is your child organised and able to balance work with academic study?
- ✓ Will your child perform better under the guidance of a supervisor in a work environment?
- ✓ Will your child enjoy the combination of different learning environments?
- ✓ Does your child enjoy practical / active homework assignments?

Apprenticeships range between Level 2 and Level 7 and are designed to be flexible





Apprenticeships with the top ten employers are likely to be very competitive



## Top 10 apprenticeship employers: 2023

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



Based on 4,000 reviews - statistics compiled by [www.ratemyapprenticeship.co.uk](http://www.ratemyapprenticeship.co.uk)  
For a list of the top 100 apprenticeship employers click [here](#).





# University and UCAS

Attending university can offer students a great foundation for their future; both in obtaining further qualifications and in providing a protected environment to transition from teenager to adult. Selecting the right university and course can seem daunting as there are lots of opportunities available.

The “right” university means the right university for them: one which offers courses they’d like to study; where they will fit in and feel comfortable; one that will stretch their abilities without breaking them; and one where they will feel safe and happy. The “right”

university will differ from child to child – even within the same family.

Of course, whilst going to university is first and foremost about getting a higher-level qualification, it offers much more than that. It’s about learning to research independently, create professional relationships, develop lasting friendships, live without parental supervision, take up lifelong hobbies and interests. It’s learning to be a grown-up: self-reliant, resourceful and confident. It’s a time when you’ll get to watch your teen become an adult. So how to get it right? We’ll guide you.

## You may also be interested in:



### The Parents' Guide to University

#### Includes information on:

- University
- Apprenticeships and degree apprenticeships
- Higher education courses at college
- Traineeships
- Jobs with training
- Gap Years
- Starting their own business

**Buy now**



Choosing the right course  
is more important than the  
university type

## Researching the right course

With over 30,000 courses available the right course is out there – it just might be tricky to find it! There is plenty of information about university courses available so it's worth researching diligently before making choices, rather than students relying on “my teacher recommends it”, “my parents took it”, or “I like the university”.

### When to step back

This research is something that your child should undertake – not you on their behalf. Avoid the temptation to use this as an opportunity to investigate options you would have liked to take given the chance. It may be tough with the benefit of hindsight and experience, but try not to forget it's your child's life and their choices, not yours.

### Finding focus

Thinking of favourite subject choices is a good way to narrow focus, but don't forget many of the subjects offered at degree level aren't covered in sixth form options, so don't let your child restrict themselves to only considering topics they've already studied. Of course, if they

are already set on a certain career path, their choice of degree may be obvious, which can be helpful. If not, some thought and reflection on things they enjoy that might apply to the workplace can give direction so some research on jobs might help streamline options by providing guidance on routes into industry.

### Too much choice?

If they are struggling with a starting point, investigating what's of interest to them is a good place to start. You think they spend too much time playing video games? How about a BA in Computer Games Design – it can be a lucrative business post-graduation. Not academic but loves sports? BA in Sports Management. A passion for understanding how things work? How about MEng(Hons) in Product Design Engineering? Always reading crime thrillers? Perhaps they'd enjoy a BA in Criminology.

### Predicted grades

Your child should research courses with entry requirements that are closely aligned to their predicted grades, allowing for some aspirational and safe choices either side.

#### Useful links

UCAS  
course search

Uni Guide  
course search



# Preparing for open days

**There's nothing like an in-person visit to get a feel for a university. If you get the chance, make sure your teen visits the universities they want to apply to, and if possible, go with them.**

## Plan ahead

To get the best value out of university open days, prepare in advance. Open days often include a variety of lectures, walking tours and presentations, so your child should check what's on offer and plan accordingly.

In addition, they should make a list of questions that they want to ask each university so they can compare and contrast differences to help with their decision making. Which questions should they ask staff, which are better aimed at students, or should they ask the same questions to both? Don't forget, even if they can only take part in a virtual open day, there will still be an opportunity to ask questions.

## Speak with students

Whilst open days provide an opportunity to receive information on the degree course and the university itself, nothing beats hearing from someone with first-hand experience of what it is like to study there. It's a good idea for both of you to speak

to current undergraduates if the opportunity arises - ask them questions about teaching quality, societies, accommodation and the local area.

## Prepare questions in advance

Do not be afraid to ask questions. Open days provide the perfect opportunity to receive direct answers to questions that may be difficult to find online. Both you and your child should think of some questions in advance rather than thinking on the spot.

## Walk and observe (if possible)

Walk around the campus and university town or city. Try to encourage your child to get a good feel for the environment. Can they imagine themselves living there? Do the students look happy? Is it a friendly place to be?

## Don't stress if you can't attend

If you and your child are unable to make the official open day, then you could arrange a private viewing. Call the admissions team to arrange a suitable date and time to visit. Whilst you are likely to miss out on some of the lectures and presentations that are organised during an open day, you may still be able to speak with a member of staff from the relevant faculty. There may also be virtual open days and virtual tours available online.

## Qualifications:

- Will I still be considered if I do not meet my predicted grades or if I do not have the GCSE entry requirements?
- Will you consider other qualifications when making an offer (e.g. music, EPQ)?

## The application process

- What is the university looking for in a student's application - is there anything I can do to increase my chances of being offered a place?
- Can you recommend any reading or activities to inform my personal statement?
- How do you feel about gap years and deferred entry applications?
- Do you hold interviews?

## The course

- How will the course be assessed? Will it consist mostly of coursework or exams?
- Does the university provide any additional support for students with a particular learning difficulty (e.g. dyslexia)?

## The university experience

- Can a student take on part-time employment whilst studying?
- Does the university provide opportunities to study abroad / work in industry (or can you tell me more about these opportunities)?

## Accommodation

- Is a place in halls of residence guaranteed?
- Can you bring a car? Is there parking available?
- Where do most students live in years two and three?

## Career prospects

- What type of careers / jobs do students go on to have after graduating?
- What does the university offer with regards to career support and guidance?
- What's on offer here that will provide opportunities for me to develop my employability skills? Does the university have connections with local employers?



## A-Z University listing

### A

University of Aberdeen  
Abertay University (formerly University of Abertay Dundee)  
Aberystwyth University (Prifysgol Aberystwyth)  
Anglia Ruskin University  
Anglo-European College of Chiropractic  
Archbishop of Canterbury, The  
Arden University (formerly known as Resource Development International)  
Ashridge Business School  
Aston University

### B

Bangor University (Prifysgol Bangor)  
University of Bath  
Bath Spa University  
University of Bedfordshire  
Birkbeck, University of London  
University of Birmingham\*  
Birmingham City University  
University College Birmingham  
Bishop Grossteste University  
University of Bolton  
Arts University Bournemouth  
Bournemouth University  
BPP University  
University of Bradford  
University of Brighton  
University of Bristol\*  
Brunel University London  
University of Buckingham  
Buckinghamshire New University

### C

University of Cambridge\*  
Canterbury Christ Church University

Cardiff Metropolitan University  
(Prifysgol Metropolitan Caerdydd)  
Cardiff University (Prifysgol Caerdydd)\*  
University of Chester  
University of Chichester  
City University London  
Courtauld Institute of Art, The (degrees awarded by University of London)  
Coventry University  
Cranfield University  
University for the Creative Arts  
University of Cumbria

### D

De Montfort University  
University of Derby  
University of Dundee  
Durham University\*

### E

University of East Anglia  
University of East London  
Edge Hill University  
University of Edinburgh, The\*  
Edinburgh Napier University  
University of Essex  
University of Exeter\*

### F

Falmouth University

### G

University of Glasgow\*  
Glasgow Caledonian University  
University of Gloucestershire  
Glyndŵr University (Prifysgol Glyndŵr)  
Goldsmiths, University of London  
University of Greenwich  
Guildhall School of Music and Drama

### H

Harper Adams University  
Hartpury University  
Heriot-Watt University  
University of Hertfordshire  
Heythrop College (degrees awarded by University of London)  
University of the Highlands and Islands  
University of Huddersfield  
University of Hull

### I

Imperial College of Science, Technology and Medicine (also known as Imperial College London)\*  
Institute of Cancer Research, The (degrees awarded by University of London)  
Institute of Education, University of London

### K

Keele University  
University of Kent  
King's College London\*  
Kingston University

### L

University of Central Lancashire  
Lancaster University  
University of Leeds\*  
Leeds Beckett University (formerly Leeds Metropolitan University)  
Leeds Arts University  
Leeds Trinity University  
University of Leicester  
University of Lincoln  
University of Liverpool\*  
Liverpool Hope University  
Liverpool John Moores University

Liverpool School of Tropical Medicine  
University of London  
London Business School  
London Institute of Banking and Finance, The  
London Metropolitan University  
London School of Hygiene and Tropical Medicine  
London School of Economics and Political Science, The (LSE)\*  
London South Bank University  
University College London\*  
Loughborough University

### M

University of Manchester\*  
Manchester Metropolitan University  
Middlesex University

### N

NCG  
Newcastle University\*  
Newman University, Birmingham  
University of Northampton, The  
Northumbria University Newcastle  
Norwich University of the Arts  
University of Nottingham\*  
Nottingham Trent University

### O

Open University, The  
University of Oxford\*  
Oxford Brookes University

### P

Plymouth University  
University of Portsmouth

### Q

Queen Margaret University, Edinburgh



Queen Mary, University of London\*  
Queen's University Belfast

## R

Ravensbourne  
University of Reading  
Regent's University London  
Richmond, The American International  
University in London  
Robert Gordon University, Aberdeen  
University of Roehampton  
Rose Bruford College of Theatre and  
Performance  
Royal Academy of Music  
Royal Agricultural University  
Royal Central School of Speech and  
Drama (University of London)  
Royal College of Art  
Royal College of Music  
Royal College of Nursing  
Royal Conservatoire of Scotland  
Royal Holloway, University of London  
Royal Northern College of Music  
Royal Veterinary College, The

## S

University of Salford  
School of Oriental and African Studies  
(SOAS), University of London  
University of Sheffield\*  
Sheffield Hallam University  
University of South Wales (Prifysgol De  
Cymru)  
University of Southampton\*  
Solent University  
University of St Andrews  
St George's, University of London  
University of St Mark and St John,  
Plymouth  
St Mary's University, Twickenham  
Staffordshire University

University of Stirling  
University of Strathclyde  
University of Suffolk  
University of Sunderland  
University of Surrey  
University of Sussex  
Swansea University (Prifysgol  
Abertawe)

## T

Teesside University  
Trinity Laban Conservatoire of Music  
and Dance

## U

University of the Arts, London  
University College of Estate  
Management  
University College of Osteopathy  
University of Law, The  
University of Ulster

## W

University of Wales (Prifysgol Cymru)  
University of Wales Trinity Saint David  
(Prifysgol Cymru Y Drindod Dewi Sant)  
University of Warwick\*  
University of the West of England, Bristol  
University of West London  
University of the West of Scotland  
University of Westminster  
University of Winchester, The  
University of Wolverhampton  
University of Worcester  
Writtle University College

## Y

University of York\*  
York St John University

\* **Russell Group Universities**





One in ten students will  
take a gap year after finishing  
school or college

# Other choices

## Traineeships

Traineeships are much shorter and last six weeks to six months. They are a great way to prepare for apprenticeships (if your child doesn't have the minimum entry requirements) or to get first-hand experience of what a job is like.

## School leaver programmes

School leaver programmes offer opportunities to join the workplace straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification.

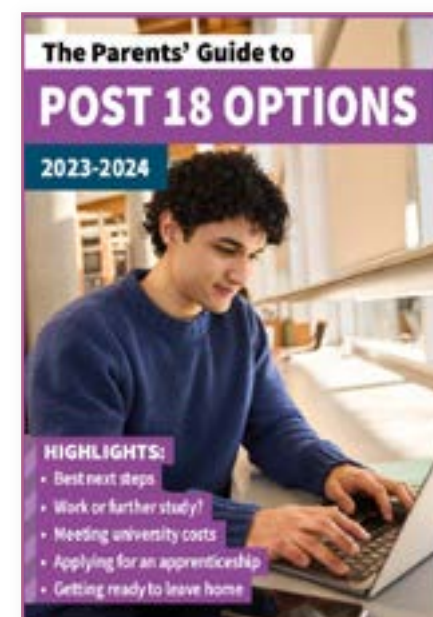
Entry requirements vary from employer to employer.

## Gap year / deferred entry

Taking a year out between school and university can provide the opportunity to find out a little bit more about personal preferences. Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated and inform your child's likes and dislikes, as well as giving them valuable first-hand experience in a variety of areas they may not have had chance to try out. However, for some a gap year can be distracting and, if not well-planned, could prove somewhat directionless, which is unlikely to be beneficial.

A gap year can be taken while entry to university is being deferred, once a place has been accepted, or if university is not the next step at all.

## You may also be interested in:



## The Parents' Guide to Post 18 options

### Includes information on:

- University
- Apprenticeships and degree apprenticeships
- Higher education courses at college
- Traineeships
- Jobs with training
- Gap Years
- Starting their own business

**Buy now**





# Leaving home

Whether they're heading to university, to an apprenticeship or off to full-time work, there may come a time when your child needs to live away from home so they can fulfil their dreams. Make sure they're prepared to fend for themselves by teaching them healthy food choices, how to cook, how to budget and how to balance their time between work and play while they're living at home with you.

## What to pack

When leaving home for the first time, your child may need help deciding what they'll need to take with them. This means everything from work clothes, casual clothes, course materials, laptops, phones to bedding, cooking equipment and all the appropriate paperwork such as bank accounts, TV licences, insurance and new travel passes. It will make their life easier if they know how to plan ahead and it will make you feel more comfortable knowing they are well-prepared.

Try to keep to the basics when it comes to kitchen utensils and try to purchase items, which are easily identifiable - bright colours or patterns will help your child keep track of their items, especially if they are in shared accommodation.

If you are helping your child move, then it may be a good idea to factor in some time for a trip to the local shopping centre for any last minute purchases, such as household cleaning items.

## Don't forget:

### Important documents

- Passport
- Driving licence
- All university / college and accommodation correspondence
- Apprenticeship contract
- Insurance documents
- Bank details
- Parking permit

### Electricals

- Laptop and chargers
- Mobile phone
- Headphones
- Extension cables

### Stationery and course books

### Kitchenware

- Cutlery and crockery
- Kitchen utensils
- Family recipes
- Cook books

### Bedroom

- Coat hangers
- Duvet, pillow, mattress protector and sheets
- Wash kit
- Photographs of family & friends

# 'Leaving home' shopping list - *click here for our best buys*

*I'm interactive!  
Click each item for  
inspiration!*

## BEDROOM

### Essentials:

- ☐ Alarm clock
- ☐ Bin (small)
- ☐ Books
- ☐ Coat hangers
- ☐ Mirror

### Extras:

- ☐ Beanbag
- ☐ Cushions
- ☐ Door wedge
- ☐ Extra storage
- ☐ Family photos
- ☐ Over door hangers
- ☐ Plant
- ☐ Rug
- ☐ Wall art / posters

## SLEEP

### Essentials:

- ☐ Bed sheets
- ☐ Duvet
- ☐ Duvet set
- ☐ Mattress protector
- ☐ Pillows
- ☐ Pillow cases

### Extras:

- ☐ Diffuser / oils
- ☐ Mattress topper
- ☐ Night lamp
- ☐ Warm blanket

## BATHROOM

### Essentials:

- ☐ Bath towels
- ☐ Deodorant
- ☐ Hairbrush
- ☐ Hand towels
- ☐ Nail clippers
- ☐ Razor
- ☐ Sanitary towels
- ☐ Shampoo
- ☐ Shower gel
- ☐ Toilet roll
- ☐ Toothbrush / paste
- ☐ Wash bag

### Extras:

- ☐ Bath mat
- ☐ Flip flops
- ☐ Hair dryer
- ☐ Make-up
- ☐ Moisturiser

## FIRST AID

### Complete sets

### Essentials:

- ☐ Antibacterial wipes
- ☐ Antiseptic cream
- ☐ Hot-water bottle
- ☐ Hydration salts
- ☐ Painkillers
- ☐ Plasters
- ☐ Sewing kit
- ☐ Torch
- ☐ Tweezers

## KITCHEN

### Complete sets

### Essentials:

- ☐ Baking tray
- ☐ Bowls
- ☐ Cheese grater
- ☐ Chopping board
- ☐ Cling film
- ☐ Corkscrew
- ☐ Cutlery
- ☐ Glasses
- ☐ Knives
- ☐ Mugs
- ☐ Plates
- ☐ Pots and pans
- ☐ Scissors
- ☐ Tin foil
- ☐ Tin opener
- ☐ Tea towels
- ☐ Wooden spoons

### Extras:

- ☐ Casserole dish
- ☐ Colander
- ☐ Masher
- ☐ Measuring jug
- ☐ Plastic bag sealers
- ☐ Recipe books
- ☐ Scales
- ☐ Shot glasses
- ☐ Slow cooker
- ☐ Spice jars
- ☐ Tupperware
- ☐ Vegetable peeler
- ☐ Whisk
- ☐ Wok

## CLOTHING

### Essentials:

- ☐ Casual clothes
- ☐ Evening clothes
- ☐ Fleece
- ☐ Gym clothes
- ☐ Smart clothes
- ☐ Pyjamas
- ☐ Smart shoes
- ☐ Sports equipment
- ☐ Socks
- ☐ Rain jacket
- ☐ Swimwear
- ☐ Thermals
- ☐ Trainers
- ☐ Underwear
- ☐ Winter clothes

## HOUSE KEEPING

### Essentials:

- ☐ Coat hangers
- ☐ Door wedge
- ☐ Iron
- ☐ Laundry bag
- ☐ Washing powder
- ☐ Wet wipes

### Extras:

- ☐ Drying rack
- ☐ Mini vacuum
- ☐ Laundry basket

## STUDY

### Essentials:

- ☐ A4 folders
- ☐ File Dividers
- ☐ Highlighters
- ☐ Notepad / paper
- ☐ Pens and pencils
- ☐ Plastic wallets
- ☐ Post-it notes
- ☐ Stapler
- ☐ White-tac

### Extras:

- ☐ Calculator
- ☐ Desk lamp
- ☐ Diary / planner

## DOCUMENTS

### Essentials:

- ☐ Bank accounts
- ☐ CV and references
- ☐ Discount cards
- ☐ Exam certificates
- ☐ NHS number
- ☐ NI number
- ☐ Passport
- ☐ Passport photos
- ☐ Uni paperwork

### Extras:

- ☐ TV licence

## ELECTRICS

### Essentials:

- ☐ Batteries
- ☐ Chargers
- ☐ Extension lead
- ☐ Laptop
- ☐ Laptop case
- ☐ Multi plug adaptor

### Extras:

- ☐ Mouse
- ☐ Keyboard
- ☐ Printer
- ☐ Printing ink
- ☐ Speakers
- ☐ Television

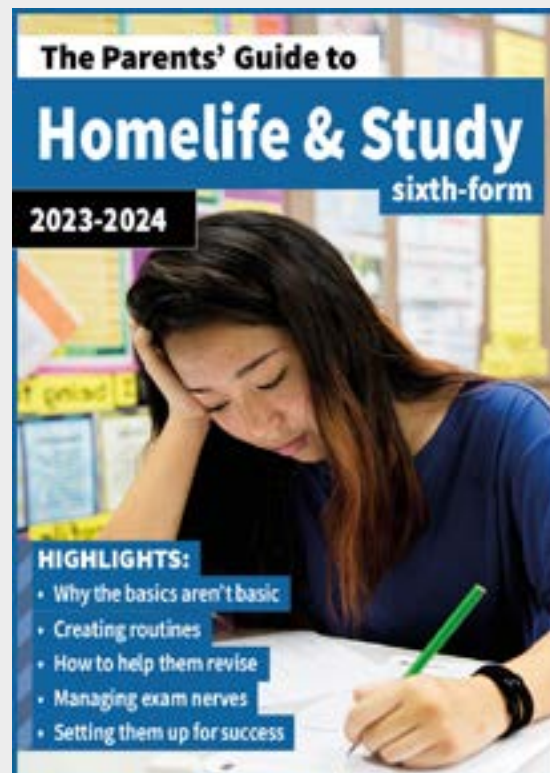
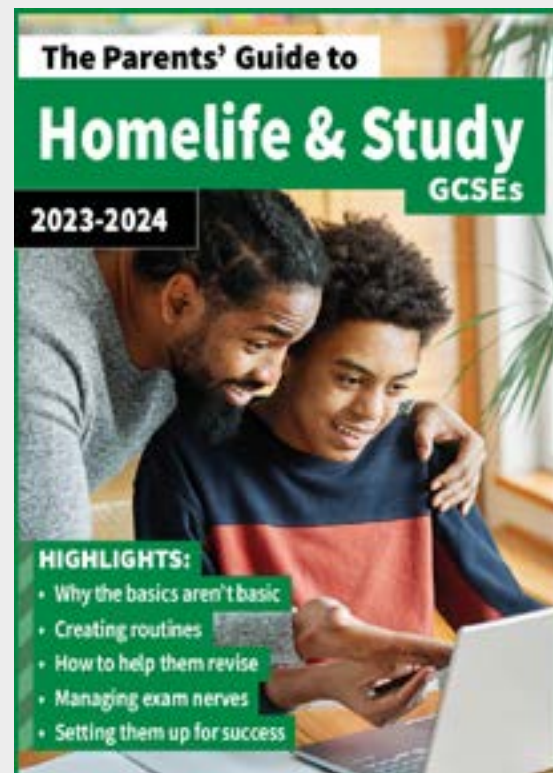
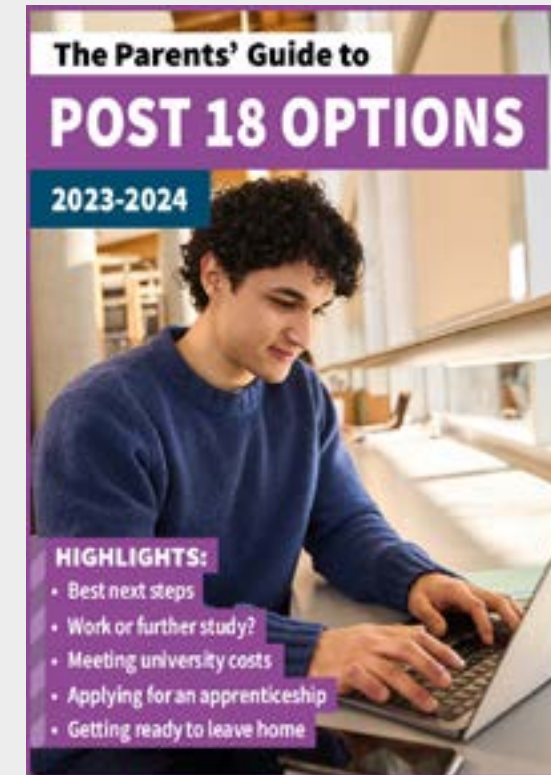
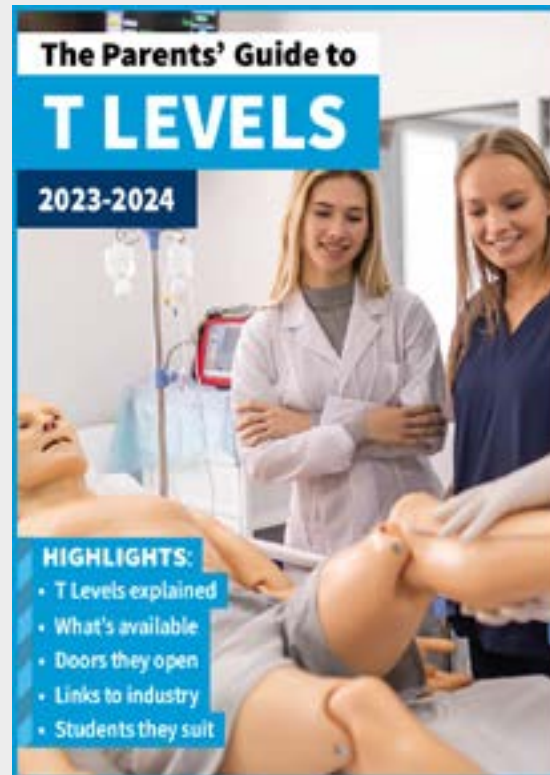
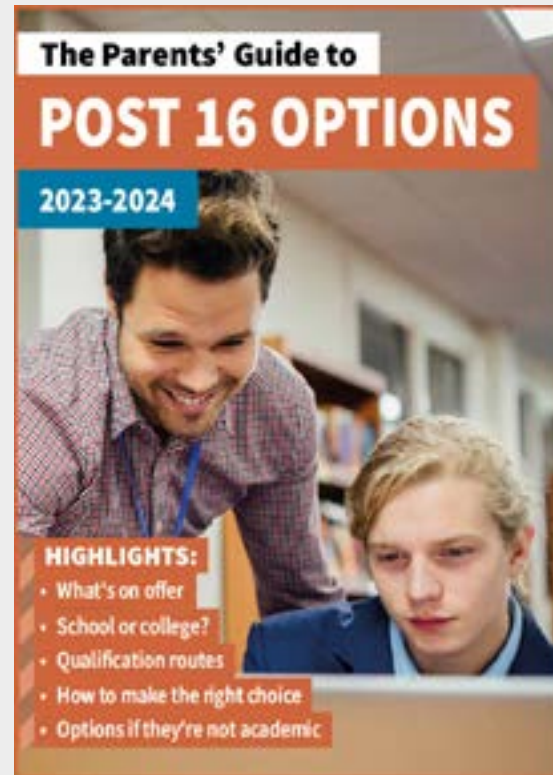
## FUN & GAMES

### Extras:

- ☐ Bicycle
- ☐ Board games
- ☐ Computer games
- ☐ Dress-up costumes
- ☐ Fairy lights
- ☐ Games console
- ☐ Gym equipment
- ☐ Photo albums
- ☐ Playing cards
- ☐ Polaroid camera
- ☐ Projector
- ☐ Recipe books
- ☐ Sports equipment



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## Parent Guides:

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**SAVE THE DATE**  
6<sup>TH</sup>-11<sup>TH</sup> NOVEMBER 2023

**#NCW2024**  
**SAVE THE DATE**  
4<sup>th</sup> - 9<sup>th</sup>  
March 2024

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### Parent newsletter

Sign up to our parent newsletter and receive free support, advice and resources on how you can help your teenage children straight to your inbox.

### Support articles

You may be interested in:

1. [Helping your teen find work experience](#)
2. [Teach your teen the skills to study effectively](#)
3. [Stressed out teen? – 10 ways to reduce stress instantly](#)
4. [Why starting a business helps develop transferable skills](#)
5. [Ways to keep your teen safe online](#)



**[www.theparentsguideto.co.uk/parents](http://www.theparentsguideto.co.uk/parents)**

**The Parents' Guide to**

# **What's Next**

**2023-2024**





# The Parents' Guide to GCW 2023

## For Green Careers Week



THE  
PARENTS'  
GUIDE TO

National Careers Week

**NCW**

**GCW**  
GREEN CAREERS WEEK

**STEM**  
LEARNING



# The Parents' Guide to Green Careers Week

6 - 11 November 2023

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# Contents



Green Careers Week is a fantastic new initiative launched last year

# Introduction

*Green Careers Week is a fantastic new initiative launched last year. In 2023, it will take place between 6th and 11th November to provide young people with an insight into careers that specifically protect the environment and will help the UK achieve its pledge of reaching Net Zero by 2050.*

Led by National Careers Week in partnership with a wide range of organisations including **STEM.org.uk** and the **UK Space Agency**, Green Careers Week promises to be an inspiring week, with plenty of information on how young people can get actively involved in careers that focus on positive environmental impact and change.

## JOIN US

If you're interested in regular updates about other ways you can help your teenage children, click here and join our online community.

[Sign up here](#)

## How to get involved:

Get involved with Green Careers Week by:

- Following [@Green\\_Careers](#), [@CareersWeek](#) and [@parentsguideto](#) on Twitter to explore what's on offer and download resources, films and opportunities as they're released.
- Visiting [greencareersweek.com](#) and [nationalcareersweek.com](#) to access the latest resources and information on Green Careers Week.
- Having conversations with your teen about their future and what careers interest them. Use the Green Careers Week resources to help guide conversations.
- Looking out for [#GCW2023](#) on social media to see what individuals, schools and organisations are doing throughout the week.
- Signing up to the [Parents' Guide to parent/carer newsletter](#) for regular updates on how you can help your teen through years 10-13.



# Why Green is a Priority For Teens

According to a 2021 study by Bath University (speaking to 10,000 young adults across 10 countries including the UK), two-thirds of the 16-25 year olds surveyed were worried about climate change and three-quarters felt the future was frightening. Almost half said the way they feel about climate change adversely affects their day-to-day lives.

Young people want (and need) to be involved in finding solutions to our environmental challenges, so it's vital that we provide opportunities to show them how they can play an active role within the world of work. Knowing how they can find careers that play a significant part in improving our environmental credentials should contribute towards restoring their confidence in a positive and sustainable future.

## Useful links

Bath University findings

## Bath University:

### Additional findings from the study include:

- 59% of children and young people surveyed were very or extremely worried about climate change.
- More than half of the respondents said they had felt afraid, sad, anxious, angry, powerless, helpless, and/or guilty.
- 55% of respondents felt they would have fewer opportunities than their parents.
- 65% felt governments were failing young people, and 61% said the way governments deal with climate change was not effectively protecting them, the planet, or future generations.
- Almost half (48%) of those who talked with others about climate change felt ignored or dismissed.

## Does your teen have green credentials?

Show don't tell! If your teen is interested in a green career, they should try to get some first-hand experience to demonstrate their personal commitment and values. This could be joining environmental groups, helping community clear-ups, and most of all being able to demonstrate their own personal steps in being green

(such as buying less and avoiding fast fashion, choosing local foods, recycling, using green transport).

If they're taking a gap year between school and university, many voluntary projects overseas involve green initiatives, such as providing access to clean water, making communities more resilient or conservation interventions - and there's no experience required.



# Exploring Green Careers

In the simplest terms, green careers include roles within businesses that benefit the environment and conserve natural resources. These roles have been growing over recent years and are bound to increase further as the

necessity for greater energy efficiency and sustainability becomes more urgent. In this guide, we'll explore both the obvious and less apparent opportunities within this field.

## The Built Environment

Building and construction accounts for nearly 40% of global CO2 emissions according to the World Green Building Council. Whether it's creating new structures or modifying existing ones, there's no doubt that any role within the built environment will need to look at ways of improving environmental impact.

This reaches across architects, civil and structural engineers, manufacturers, procurement managers, site workers, and transportation managers to name a few. Notwithstanding roles within all of these areas can vary in skill level, each will have a significant part to play. Think outside the box for different careers:

- **Building performance analyst** - identifying performance issues with energy, maintenance and comfort in buildings
- **Recruitment consultant** - specialising in permanent or temporary assignments within environment, planning, energy or civils
- **Waste Operations manager** - implementing best practices and ensuring compliance

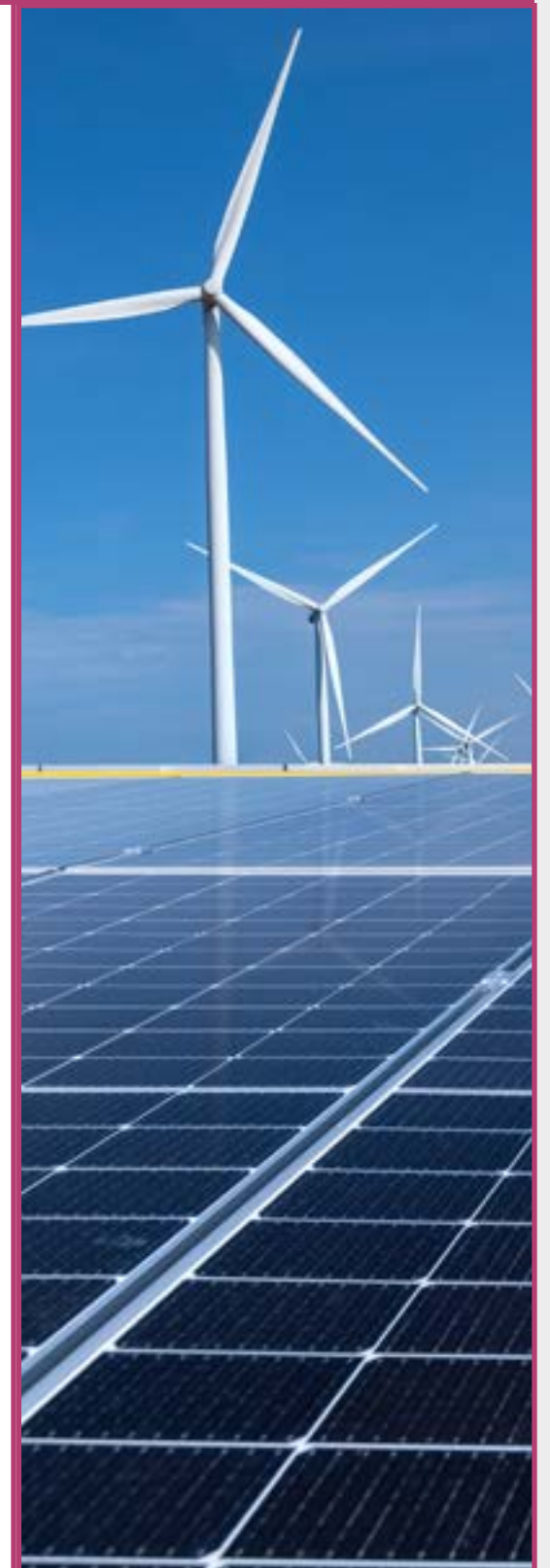


## Energy

Energy is crucial to climate change, not least because many greenhouse gases are generated through energy production. Renewable energy (where resources are replenished faster than they are consumed) will play an important role in moving towards a green Britain.

Renewable energy sources include hydropower, bio, solar and wind energy. Roles can include project managers, solar power technicians, tidal power developers and wind energy engineers. Less obvious ways to be involved include:

- **Energy project officer** - Supporting project managers in managing project budgets, monitoring expenditure and costs, realising project outputs and looking after technical equipment
- **Offshore consent manager** - supporting the development of offshore renewable energy projects
- **Greenhouse Gas Analyst** - Assisting in analysing and tracking greenhouse gas emissions to help organisations reduce their carbon footprint
- **Recycling Coordinator** - Managing recycling programs for cities and businesses
- **Water Resource Manager** - Overseeing the sustainable management of water resources, including water conservation and quality





## The great outdoors

When thinking about the environment it seems natural to consider the great outdoors and there are plenty of roles that focus on protecting the land and wildlife around us. There are 15 national parks in the UK, covering over 10% of the land mass and welcoming 100 million visitors each year. They need looking after! Then there's local parks and commons, a myriad of stately homes with public access, and 100s of nature reserves. Roles to consider:

- **Forestry creation officer** - Increase tree cover to 30% in the country's largest environmental regeneration initiative
- **Gardening assistant** - Traineeship to develop sustainable gardens in public access country estates



## Consultancy

Not everyone is practical and hands-on, but that doesn't mean there aren't roles for people with business and project management skills to contribute to helping businesses go green. Sustainability consultants advise how companies can lower their carbon footprint through assessing and evaluating the business. What's interesting here is that virtually all large companies have sustainability teams. This means for students keen on certain industries but without the relevant skills, it's possible to get a role in that sector looking at their sustainability impact.

Likewise, choosing to work for a company that has a reputation for ethical practices won't tie them into a job role, but will enable them to pursue work with companies that are aligned with their values.



## Farming, food production & distribution

We can't live without food! There may be variances in the impact of meat or meat free diets, but all our food has a significant environmental impact. It's not just in growing/producing it. Take a stroll round the supermarket to see first hand what's involved.

Food has to be harvested, processed, packaged and transported. Any role within the food industry has the potential to be 'green', including educating people to eat local, natural and in-season produce. You need only look at what sells in s/markets to know that for many consumers convenience often trumps good intentions.

- **Environmental lawyer** - specialising in environmental regulations and advocate for clients in cases related to environmental issues
- **Head of food transformation** - supporting the food retail sector to deliver sustainable, healthy and affordable food for all



## And some surprises...

Your teen doesn't have to go mainstream to find a role they love. If they have interest, passion and the curiosity to find out more, they can find a job that's rewarding and satisfying - it might just need a little imagination and investigation! How about:

- **Sustainable Fashion Designer** - Creating clothing and accessories using environmentally friendly materials and production methods
- **Urban grower** - Farming to produce pesticide free food using less water and fertiliser than traditional methods





# How to Talk to Your Teen About Their Future

It can be tricky to get teens to talk about anything, especially what they might want to do next. However, it is important they think about their future, what they might like to achieve and what they need to do now so they can get themselves on the right track.

To help you, here are eight useful tips on how to talk to your teen about their future.

## JOIN US

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1

### Accept their idea of success may be different to yours

*Their dreams and ambitions might not align with your ambitions for them. This can be disappointing, but let them walk their own path.*

2

### It's OK if they're not sure on a career route yet

*They don't need to make that decision right now. They do need to develop skills that will help them progress, and that should be their focus.*

3

### Encourage them to turn passions into money-makers

*They're more likely to be successful (and happier) pursuing a career in something they enjoy.*

4

### Help them navigate their limitations

*Not being academic should not be a barrier to success and there is usually more than one way to reach a destination.*

5

### It's OK if they change their mind!

*Reassure them that if they tell you they have their heart set on one direction, then later change their minds, you won't berate them for it.*

6

### Encourage them to explore all their options

*Help them plan out a route that focuses on their strengths. Different educational routes can often provide entry points into the same industry.*

7

### Help them if they are struggling to look far ahead

*Setting short-term, achievable goals will help them strive towards a long-term ambition.*

8

### Empower them: they have control over their future

*The decisions they take and what they do matters.*





## FIND YOUR NEAREST T LEVEL

Search for colleges and schools who start delivering T Levels in 2020 and 2021




# T Levels and Green Careers

T Levels are an exciting new option in sixth form education that provide a recognised qualification tailored to industry needs and skills. It's a great choice for students that want to learn practical skills relevant to certain jobs, regardless of whether they want to go on to study for a degree, take alternative further education or go straight into the workplace.

## What's involved?

One T Level is equivalent to three A levels and the course lasts for two years. T Levels involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the course time) including a 45 day on-the-job placement in a genuine business.

Students receive a nationally recognised grade and a breakdown of their achievements on the course, including how they did on their work placement.

## Where can they lead?

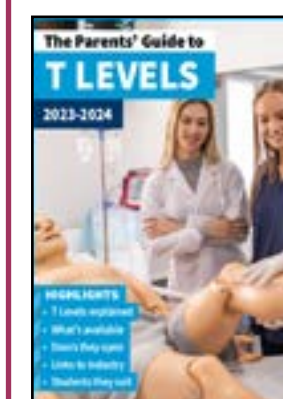
T Levels offer a broad range of further opportunities after sixth form, including job from their placement, jobs from related industries, apprenticeships, university or an alternative further education.

This means that students with a T Level qualification can go on to study for a degree, a related higher level apprenticeship, take a different course or go straight into a job. Alternatively, they can go on to a higher level education or work in a non-related field if, during the course of study, they didn't enjoy their industry specialism and want to take a different path.

## Green options

Students have the option to choose T Levels in various subjects, some of which have a strong focus on the environment. These include courses in "Agriculture, Land Management and Production", "Building Services Engineering for Construction", and "Manufacturing, Processing, and Control". These exciting choices provide students with a clear pathway to pursue green careers and open doors to work with environmentally-conscious organisations.

## Find out more:



*If you're interested in understanding more about T Levels, what it involves and whether it's right for your teen **click here.***



**T Levels turn  
real skills into  
real jobs**

T Levels give you the skills employers want. To see where a T Level could take you, search

**GET  
THE  
JUMP**  
**SKILLS  
FOR LIFE**  
**T LEVELS**





Apprenticeships help build solid, professional skills transferable from one organisation to another

# Apprenticeships and Green Careers

Apprenticeships are a fantastic choice for many students, either straight after GCSE or after sixth form. They provide a way of getting qualifications while doing a real job and are a great alternative to full-time study for those students that prefer practical experience over classroom learning.

Apprenticeships help build solid, professional skills transferable from one organisation to another. Employers pay a salary and tuition fees are covered by the employer and the government.

## Qualifications

Apprenticeships offer students versatility. Depending on their age, experience and qualifications already achieved, there are different entry levels for apprenticeships, starting at Level 2 (straight after GCSE for those that have few or no GCSE passes) through Level 6/7 (degree level). The qualifications obtained at each level range from GCSE/BTEC equivalent, A/T Level, diploma/foundation right through to masters degree. Qualifications are nationally recognized.

## Length of study

Apprenticeships can last for just one year or as long as seven (or more) depending on the final qualification. If your teen

isn't comfortable with committing to several years of further study, they can take one- or two-year options and still gain recognised, valuable qualifications. Better still, if they change their mind later on and decide they wish to extend the apprenticeship to gain higher level qualifications, this is often possible.

## Green options

Every apprenticeship has the potential to teach skills that support Net Zero efforts, but a green apprenticeship goes a step further by involving tasks directly contributing to achieving Net Zero. Numerous apprenticeships, including roles like Waste Management Specialists, Climate Change Policy Advisors, Electric Vehicle Technicians and Greenhouse Gas Analysts align with this goal.

## Find out more:



*If you're interested in understanding more about apprenticeships and how you can help your teen apply for one - **click here.***



# Work Experience

**Work experience is important for getting into any career. It provides your teen with first-hand experience of what it's like to work; dealing with colleagues and the public; working to deadlines and how it feels to do things "for real".**

If they're lucky, they might find work experience within an industry that is related to their course or ultimate job goal. If this is the case, it can help your child discover more about the industry and may help them realise whether it is or isn't for them. A lesson much better learned sooner than later!

## How to find work experience

1. Your child can speak to the careers team at school. They have excellent connections with local and national employers.
2. Do you have any contacts, through your own work, friends or family that could help and take on your child?
3. They can contact employers directly and ask.
4. Get them to apply for a job (Saturdays, evenings, holidays) – it may not be their aspirational job, but it's work experience and they'll learn a lot from it (as well as earning some money).



## Virtual work experience counts

Virtual work experience, also referred to as online, remote or digital, is a broad term that includes any opportunity which provides young people with an insight into what it's like to work in an industry or job role while at home. Opportunities expanded during lockdown and proved so successful they look set to stay. Most virtual work experiences range from half a day to one week, but some may last longer depending on the nature of the work experience and the age of your child.

Not all virtual work experience is the same. Some are open to everyone and provide a platform for students to discover more about the job, view pre-recorded videos on what it's like to work with the organisation and go on virtual tours. Others may require your child to go through an application process and offer regular online meetings with a supervisor, individual project work, networking sessions, training opportunities and video tutorials.

## What are the benefits?

**Think global** - Virtual work placements are open to everyone and location does not need to be a limiting factor. This opens many possibilities for your child to explore new jobs and industries in areas that may not be possible face to face.

**It's free** - The majority of virtual work placements are free and working from home will also mean your child will not incur any travel related costs.

**Future proof** - Remote working is likely to be important to many businesses in the future and learning how to conduct business and work online will develop extremely valuable skills for the modern workplace.

**Transferable skills** - It's not always easy working from home and taking part in virtual work experience placements will help your child develop those soft skills that all employers are seeking, such as self-motivation and time-management.

**Knowing what's right (or what isn't)** Understanding what a job or a career entails might help your child make decisions about whether or not that role is right for them in the future.

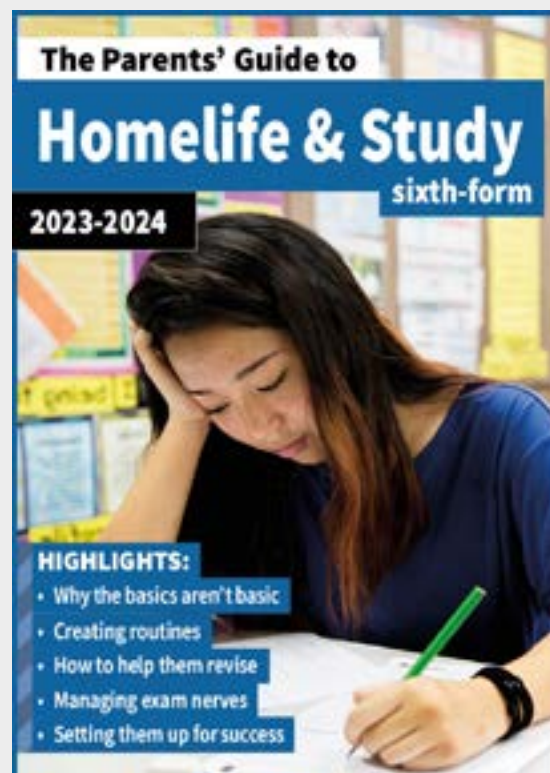
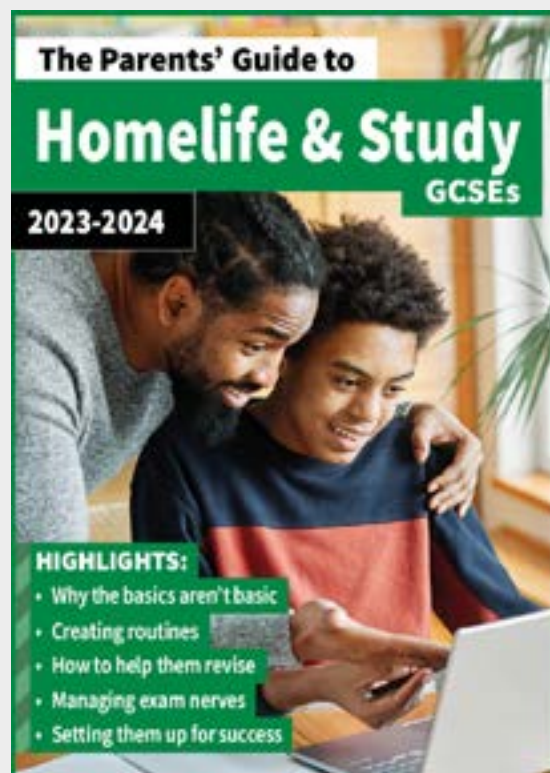
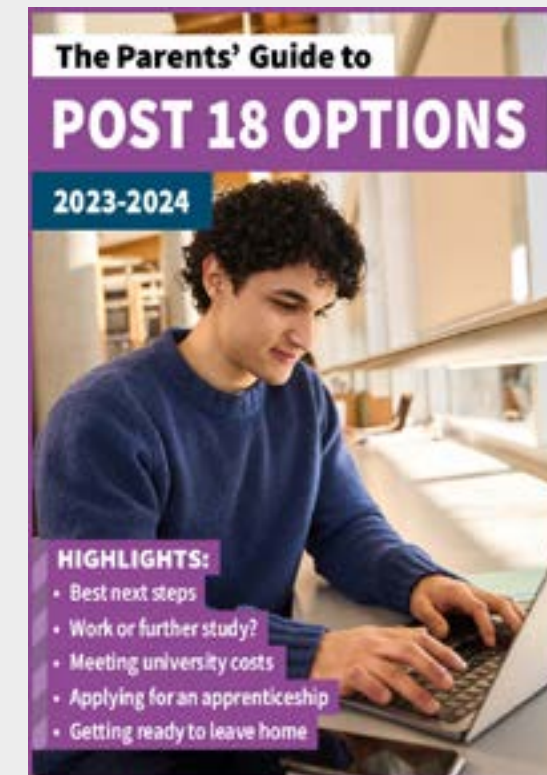
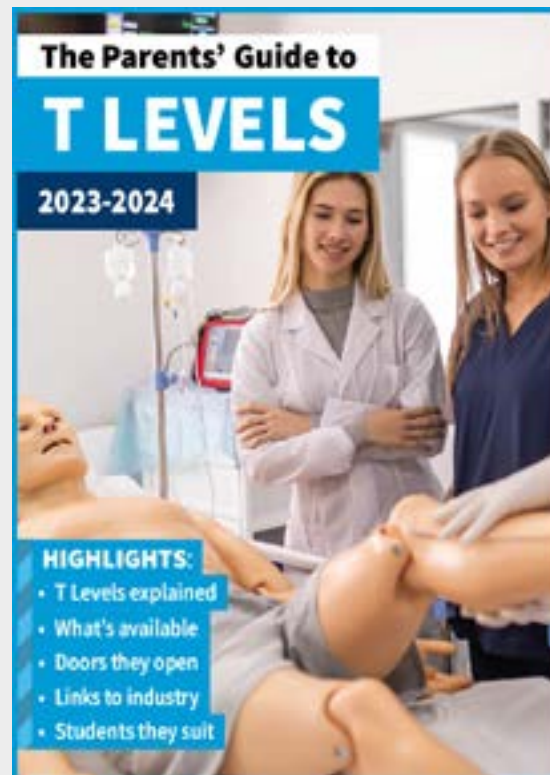
## Find out more:



*If you're interested in other ways you can help your teen gain the competitive advantage, mostly by doing things they enjoy - **click here.***



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National Careers Week

**NCW**

06-11 MAR 2023

#NCW2023

**VIRTUAL**

**Careers Fair.**

is still open!

Headline Partner:

**NatWest Group**

#NCW2024

**SAVE THE DATE**

4<sup>th</sup> - 9<sup>th</sup> March 2024

National Careers Week

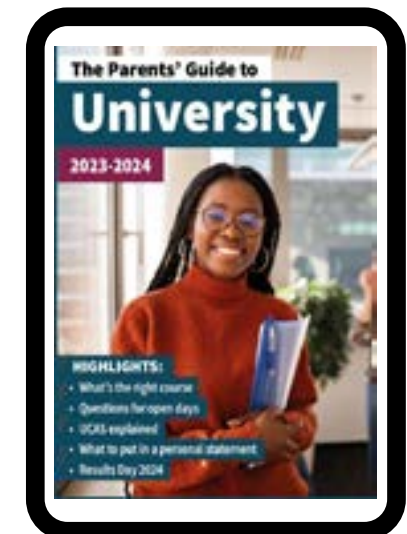
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## Parent Guides

Our range of interactive guides provide you with easy to follow advice, hyperlinks to reliable sources and the most up-to-date information.



## Parent newsletter

Sign up to our parent newsletter and receive free support, advice and resources on how you can help your teenage children straight to your inbox.



## Support articles

You may be interested in:

1. [Helping your teen find work experience](#)
2. [Teach your teen the skills to study effectively](#)
3. [Stressed out teen? – 10 ways to reduce stress instantly](#)
4. [Why starting a business helps develop transferable skills](#)
5. [Ways to keep your teen safe online](#)

**www.theparentsguideto.co.uk/parents**



# The Parents' Guide to GCW 2023

## For Green Careers Week



THE  
PARENTS'  
GUIDE TO

National Careers Week

**NCW**

**GCW**  
GREEN CAREERS WEEK

**STEM**  
LEARNING



Dear Parents,

We understand that there may be a feeling of unrest amongst parents and pupils because of an incident that took place last week (outside of term time) involving pupils of Sir Robert Pattinson Academy, with some parents choosing to keep their children from site.

We understand how important the safety of your children will be to you, and we would like to reassure you that we are not aware of any or ongoing issues around pupil safety which would see a need to keep pupils at home, whether it be at the Academy or as part of journeys to and from site.

Whilst we cannot talk about the specifics of on-going Police investigations, we can explain a bit more about how we work with the Academy to help put your minds at ease. The Police and the Academy have a very close working relationship with one common goal: ensuring the safety of its pupils. We pride ourselves on the effectiveness of this relationship and making sure that North Hykeham remains one of the safest places to live/work/study.

We understand that there may be a small group of parents who have concerns over the steps taken by the Academy and Police following the incident. As professionals entrusted with the care of children, we work together and share information to ensure that pupils are safe and that the learning environment within the Academy is a positive one. We urge parents to trust us and allow us to carry out our jobs, as we often have information that you won't be aware of, which influences the decisions we make.

If you have concerns regarding the safety of your child, or other pupils, these should be reported to the Academy or the Police to ensure that we can manage any risks. We will stress that it is not appropriate for adults to share details of other children online as it may present risks to the children or jeopardise on-going investigations/safeguarding measures in place.

Parents are reminded that the Academy has a search policy in place that is supported by the Police; if there is a reason to search students, Academy staff will carry that out, and this may lead to Police involvement. The policy on searching can be obtained from the Academy.

If there are any questions you may have, or information you wish to make us aware of, please contact us via [Jordan.bathie-drexler@lincs.police.uk](mailto:Jordan.bathie-drexler@lincs.police.uk) or [hteacher@srpa.co.uk](mailto:hteacher@srpa.co.uk).

Kind regards

**PC 839 BATHIE-DREXLER**  
**Community Beat Manager – NC33 North Hykeham Town**  
**Neighbourhood Policing Team**

**Mr D Hardy**  
**Headmaster**  
**Sir Robert Pattinson Academy**





## Welcome to the Duke of Edinburgh Award at SRPA!

This page has all the important details you'll need to know when you're thinking about, starting, and completing your Duke of Edinburgh Award at bronze level. If you have any questions, feel free to shoot Mr. White an email at [jwhite@srpa.co.uk](mailto:jwhite@srpa.co.uk). He's here to help you out!

### To be successful in the Duke of Edinburgh Award, you'll need to complete four important sections:

1. Volunteering Section
2. Physical Section
3. Skills Section
4. Expedition Time for an exciting adventure! We'll help you plan and carry out a memorable expedition.

**Don't fret! You'll have lots of support for each of these activities, so you won't have to go it alone.** More details about each section are available at the bottom of this page.

### The Cost of the Duke of Edinburgh Award:

Participating in the Duke of Edinburgh Award costs £150, and here's what that covers:

- **Support:** Your fee includes all the help and guidance you'll receive to successfully complete the award.
- **Expedition Costs:** It also takes care of the expenses related to the expeditions such as campsites and transport
- **Registration Fee:** The £150 covers the cost to sign up for the award.

There may be some other kit you will need on the expeditions and you can find a full kit list on the SRPA website under Duke of Edinburgh Award

### The Expedition: A Big Part of Your Bronze Award!

Your expedition is a major part of completing your bronze award. While most of your other sections happen outside of school, the expedition is different. We'll handle it right here at SRPA.

Here's how it works:

- The expedition spans over two weekends. One is for practice, and the other is the real deal, where you'll be assessed.
- During the expedition, you'll explore the beautiful Lincolnshire landscapes in small groups, working together to achieve a common goal.
- You'll also have the exciting opportunity to camp with your friends and learn how to cook your own food in the great outdoors.

It's a fantastic adventure, and we'll guide you every step of the way.

### Provisional Dates for the Expedition (these may change):

20/21 April 2024

11/12 May 2024

## 1. Volunteering

**\*3 months**

Whether it's giving time to a local charity or helping organise activities for your youth club, get out there and make a difference in your community by helping others, the environment or your local charity.

### Ideas to get you started:

Help in a charity shop, fund-raise for a local cause, conservation work, campaigning, mentoring.

## 2. Physical

**\*3 months**

From skateboarding to scuba-diving, wheelchair basketball to ballet, choose your own way to get active. You'll track your progress and get fitter, happier and healthier while you're at it.

### Ideas to get you started:

swimming, netball, fitness classes, dance, hockey, football, wheelchair tennis.

## 3. Skills

**\*3 months**

Learn something you've always wanted to or maybe get better at something you already do. From film-making to a musical instrument, cooking to animal care, what will you choose?

**Ideas to get you started:** photography, playing a musical instrument, drawing, first aid, cooking, singing.

## 4. Expedition

**\*2 days, 1 night**

As part of a small team you'll have an unforgettable experience getting to grips with the great outdoors, and improving your communication and leadership skills along the way.

\* one section needs to be extended to 6 months



# *Christmas Fayre*

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**NORTH HYKEHAM TOWN COUNCIL**

**Saturday 18 November 2023**

**2pm – 6pm**

***Free ICE RINK***

***Free SANTA's GROTTO***

***Free RODEO BULL***

***lots of Stalls & Food***

***Christmas Carols performed  
by the Scouts at 5pm***

**Civic Offices, Fen Lane, North Hykeham, LN6 8UZ**