



De La Salle
School

Mill Brow, Eccleston, St. Helens,
Merseyside WA10 4QH

Telephone: 01744 20511

Email: delasalle@delasalleschool.org.uk

Headteacher: Mr. A. Rannard BA (Hons) NPQH

28th February 2025

Dear Parent / Carer,

Parental Update 20

A purposeful start to the new half term has seen a number of activities taking place: Year 9 vaccinations, the introduction of our Year 11 form time booster sessions, a number of parental meetings regarding upcoming trips, work began on dismantling and replacing the rostra seating in the main hall, our Year 10 Scholars work continues, Tutor Trust maths intervention for years 7 and 8, a range of fixtures, practices and rehearsals, the launch of our next staff and student darts competition and we finish next weekend with Duke of Edinburgh practice walks at the weekend.

Looking ahead to next week, it is a big week, as we begin our Lenten journey on Ash Wednesday, we also begin a 2-week assessment window for Year 8, a Year 10 visit to the Health Care and STEM skills show, a range of activities around World Book Day (see later) and Year 9 Options Evening (see later) on Thursday 6th.

With today's update there is:

- Weekly Careers newsletter
- Chaplaincy newsletter (issue 12)
- Careers Week Parental Guide

Whole School Focus – DLS Youth Choice Awards

Before Christmas, a group of students from our SVP group came to see me saying they didn't think the staff at the school got enough praise and thanks, and asked whether they could arrange an awards ceremony for the staff. Resisting my grumpy cynical temptation to say "Well they are getting paid aren't they!?" I agreed and the students went off to draft some plans.

A couple of weeks later they met with me and shared their very impressive plans. Some elements of which, as we have no money, had to be scaled back (so fewer helicopters, limos and ice sculptures!), but the essence of the plans were given the green light, and I was able to rearrange parts of the February 14th INSET Day to allow time in the afternoon for the awards.

The awards were absolutely brilliant and I can't thank the students (SVP with support from 1719 Society) enough for all their hard work and effort. Our student body had made over 5000 nominations for the various awards which the students had painstakingly gone through and eventually shortlisted 3 staff for each award.

Staff returned from lunch to a red carpet, decorated hall, candle lit tables and a dressed stage. Ellis Butler and Ellie O'Hara hosted the event wonderfully, with Evie Lyon, Molly Critchley, Samuel Petko, Francesca Fox, Isabella Thomas, Lucy Evans, Amber Moss, Libby Graney, Olivia Mullins, Nicole Robinson, Olivia Curzon, Bella Bayley, James Lyle, Elliot Meechan and Beth O'Brien presenting the awards. Post-awards, each winner was interviewed by the podcast team of Elspeth O'Connor and Caitlin Pollitt.

You can perform miracles by touching the hearts of those entrusted to your care.

Each of the shortlisted staff had a beautifully written summary of why they were shortlisted, and the winners came up to receive their award and be briefly interviewed by the hosts. I will save the winners and runners up for the end of term newsletter, but the real highlight was Ellis' performance of '*I Did it My Way*' at the very end.

The whole thing was planned and delivered by the students on their own, including coming in on a day off for them. Though the awards were the students' thank you to staff, the real message I took away was how lucky we are to have such special, caring, considerate and kind students in our school.

World Book Day (Thu 6th March)

We place a strong emphasis upon the importance of reading, and so this year we are pushing the boat out for World Book Day. The various events and activities include:

- Staff and Student Costumes - Thursday 6th March: You read it right! This year, all students as well as staff are encouraged to take part in dressing up as their favourite literary character. Anyone dressing up is asked for a voluntary donation (anything spare going) toward the World Book Day fundraiser. There will be prizes of book vouchers and sweets for inspired costumes!
- Student Book Swap - Thursday 6th March: Students are invited to bring in an old book (or book they no longer want) to swap with another during our 'Mrs. Pratchett's Sweet Shop Book Swap' event at lunchtime on Thursday (6th March) in the English Dept. A ParentMail has gone out with the specifics for students. As mentioned in the ParentMail, books must be age and content appropriate!
- Mrs Pratchett's Sweet Shop Book Swap - English Dept, Thursday 6th March - Lunch Time: As well as an opportunity for students to swap their books with others, the English department will be running a raffle with the chance of winning book vouchers and sweets. Anyone attending wearing their costume will be in with a chance of winning a prize. Light snacks, cakes and refreshments will abound - maybe even a mouse or two in the jars of sweets for that real authenticity!
- Form Time Quiz - All Week: Just like last year, forms in years 7-10 will be sent a World Book Day quiz on Monday but it can be completed at any convenient time closest to World Book Day. All students will be in with the chance of winning book vouchers and sweets simply by answering 20 questions based on children's literature. Complete it any time in the week and send in their results by Thursday to be entered into the draw!
- Literary Labyrinth - All Week: On Monday, Mr Ingham will be sending out a PowerPoint about the 'Literary Labyrinth' activity open to all years all week. In form time, tutors can go through the basic instructions and students are permitted to use their phone to scan the QR code and answer the first question on the quest so teachers can show them how it works. Every correct answer will reveal a riddle that will take students to their next area of the school and their next QR code. We have explained to students that the use of their phone should only be before and after school. Any students completing the entire trail will be in with the chance of winning a £20 book voucher or other prizes!
- Scholastic Book Fair: As per the recent ParentMail, the Scholastic book fair is returning on World Book Day 6th March and staying until 12th March. English teachers have been timetabled to take their classes down to take a look and make purchases. The book fair will also be open after school on Friday 7th and Tuesday 11th. Please remind your child that purchases can take place using contactless bank card or, alternatively, parents can buy book vouchers from the scholastic website and students can come in with the printed voucher.
- World Book Day £1 Voucher: Forms in years 7-10 will receive the annual £1 book voucher next week. Children can swap their £1 token for any of the £1 books or get £1 off a full price title, any full price book or audiobook as long as the book or audiobook costs at least £2.99 at participating booksellers (which can all be found on the world book day website.) Follow the

link here to a short video showcasing the 2025 books which can be exchanged with your free voucher... [World Book Day 2025: Official £1/€1.50 books and campaign reveal!](#)

A big thank you to Mr Ingham and the English dept for all their work in planning these events.

Sporting Updates

Another busy week of fixtures and practices this week, including our U13 girls progressing in the National Cup with a whopping 12-0 win against Liverpool College. With goals from April, Holly (4) and Phoebe (7). Not surprisingly Phoebe was player of the match.

Meanwhile in the County Cup, our Year 7 boys beat Holy Family in a tight game, 2-1. Goals from Fletcher and Du Plessis and player of the match was Cross.

Laetare CMAT Updates

We were joined on the last day of half term by Andy Bridson (CEO), Kieren Done (CFO) and John Waszek (Chair of Directors) for our sessions on Mission and then to meet staff at lunchtime. Andy will also be in on 13th March to meet with members of the Parent Forum.

Elsewhere, the new finance system is now bedded in and our switch of payroll provider will happen at the end of March, with a shadow run this month. The other schools are also moving nearer to joining the Laetare CMAT, and work will then begin to on-board those schools in the South of England who are waiting to join.

Year 9 Options Process

We are at that time of year where the Year 9 students begin to make their choices for next year. The process runs over a number of weeks to ensure that students have time to explore, research and identify the right choices for them. Lots of work has already taken place behind the scenes and the remaining process looks like this:

- Previous weeks: Options assemblies where subjects promote the benefits of their subjects.
- Today: Year 9 Options Assembly and publication of Options Booklet on the school website.
- Thu 6th Mar 6pm: Parental Information Evening
- Thu 7th Mar: Options online goes live for students to enter their choices
- Thu 13th Mar: Options Online goes live for parents to begin to confirm their child's choices
- Thu 13th Mar: Year 9 Parents' Evening
- Wed 19th Mar: Deadline for options choices to be made by students and confirmed by parents
- Either side of Easter: Chasing up missing options and then work begins on curriculum and options allocations
- Fri 6th Jun: Students informed of their allocated option choices

National Careers Week 2025 - Monday 3rd March

As a school who understands the importance of CEIAG (Careers, Education, Information, Advice and Guidance) we will be celebrating National Careers Week in a variety of different ways, including form activities e.g. 'Guess the Teacher', Careers Focused lessons and external visits/trips.

There are a number of fantastic free resources available for students, parents and carers to access and get involved, on the National Careers Week website [Welcome - National Careers Week](#)

Parent Guide (see attached)

A great resource for parents to explore the various career options available to their teens and how emerging technologies like AI are shaping the workforce. Also covers vocational routes after GCSE and sixth form, apprenticeships, T-levels and work experience.

Virtual Careers Fair

No registration required - a vast amount of opportunities for students to explore [Countdown - NCW 2025 Virtual Careers Fair](#)

Messages from St Helens Young Carers:

a) Parent Carer Session Supporting Emotional Regulation

Thursday 13/03/2025 (Morning 10:30am – 12:00 /Evening 5.30pm - 7.00pm)

Does your child / young person struggle to regulate their emotions? Do you need support, advice and strategies to understand these behaviours and support their self-regulation at home?

If you are a parent carer and need help to understand emotional regulation difficulties, this session will enable you to pick up some useful tips and strategies to harbour your child's emotional resilience and create a calmer home environment.

Come along to our friendly session, make contact with other parent carers and share experiences to support each other. We will look at and discuss 'What makes us fizzy, visual feelings charts, creating a pre agreed plan for times of dysregulation, creating a calm and safe space in a busy environment, calming strategies and breathing techniques, recognising a trauma response, reflecting on triggers, crisis points and the recovery phase, to enable you to identify barriers, motivators and strategies to be tried in the future. We will also touch on, transition support, soft landings and mindfulness activities.

b) Parent Carer Session Person Centred Planning

Thursday 08/05/2025 (Morning 10:30am – 12:00 /Evening 5.30 - 7.00pm)

Are you a parent carer worried about your child/ young person's transition to a new school/ educational setting? Are you hoping their teachers fully understand their strengths, areas of difficulty and what is important to them?

Come along to our friendly session, make contact with other parent carers and share experiences to support each other. We will look at and discuss useful Person-centred Planning tools to identify what is important to and for your child/ young person. We will discuss the use of 'A good day / bad day' resource to identify triggers and solutions, identifying any strengths and difficulties to be later included in a 'One Page Profile' which can be shared with school and other professionals involved.

We will also look at and discuss useful tips and visual supports to prepare your child for transition.

Both workshops will need to be booked on through the following link [Carer Clubhouse Events](#)

Lateness

A reminder that since half term, that the **registers close at 9am and anyone arriving after 9 will get an unauthorised absence**. Previously they closed at 9.30 but this change brings us in line with national guidance.

College Open Day

Below are the details of upcoming college open day.

- Riverside College open event on Tuesday 11th March (flyers attached)

Upcoming Events

- Sat 1st: Year 10 DofE day walks
- Mon 3rd – Fri 14th: Year 8 Assessment Window
- Tue 4th: Year 10 Healthcare and STEM Skills Show educational visit

- Tue 4th: Year 8 Think Fast educational visit
- Wed 5th: Ash Wednesday Services
- Thu 6th: Year 9 Options Evening 6pm
- Tue 11th: Year 8 Think Fast educational visit
- Thu 13th: Yr 9 Parents' Evening
- Sat 15th: Flame festival educational visit
- Sat 15th: Mock Magistrates Competition
- Wed 19th: Blood Brothers visit (yr 10)
- Thu 20th: Aspire Liverpool EV (yr 10)
- Thu 20th: Song Writing Workshop (yr 9)
- Fri 21st – Sun 22nd: Faith Formation EV to Carfin Grotto Glasgow (yr 9)
- Sat 22nd – Sun 23rd: DofE Bronze Expedition (yr 10)
- Wed 26th: Experience of the Workplace EV (yrs 8 and 9)
- Wed 26th: Local Governing Board Meeting (5pm)
- Mon 31st – Fri 4th: Big Lent Walk
- Mon 31st – Fri 4th: Shakespeare's Italy EV (yr 10)

APRIL

- Tue 1st – Thu 3rd: Yr 8 Careers Insight Days
- Thu 3rd: Peripatetic Music Concert
- Fri 4th: School finishes for Easter (3pm)

And finally...

Flying Update: Yes, at last (Tues of half term) my flying lesson took place, though Sunday's was cancelled. Fingers crossed for tomorrow's lesson as I have moved to Barton Aerodrome, as they seem to have better availability (and hopefully better weather!).

Looking back to half term, the Friday we broke up I was fairly shattered and looking forward to a glass of wine, sitting on the coach and then an early night. Delightfully, however, Mrs R had other plans as she had treated me, for Valentines Day, to tickets to the Burns Night Celebration and Ceilidh at St George's Hall in Liverpool (yes Burns Night was in Jan and no I have no idea why it was being celebrated on 14th Feb).

So rather than sitting on the couch, like a nodding dog, with a chilled glass of white, I was queueing outside St George's Hall, in the bitter cold for the treat of a Ceilidh and some warm bottled lager. For those who don't know, a ceilidh is like an Irish version of a barn dance – a band, with a caller, guide you through group dancing.

Before even finishing my first warm beer, we were up and joined with a group of 6 women, linking arms, skipping around and do-si-doing. All of our groups were very enthusiastic and we were soon dancing around, swapping partners and having to hold and spin each other. From years of safeguarding training and working in schools, I am quite careful not to touch other people but my initial fears of being named in some sort of #metoo moment were soon dispelled as it seemed like it was me being flung from bonnie lass to bonnie lass each time.

I think the highlight of the whole event (apart from coming home) was standing to clap in the haggis which, rather than being some giant spectacle, seemed to resemble a Morrisons own brand Christmas pudding for one. But at least Burns Night, like Valentine's Day, only comes round once a year.

Have a good weekend.

Andrew Rannard

Headteacher

CAREERS NEWSLETTER



This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

OPPORTUNITIES

Schools' Football Week is an ongoing ESFA initiative designed as an opportunity for schools, teams and clubs from across the country to embrace schools' football and the wellbeing benefits it provides to pupils and players.

Schools' Football Week (SFW) 2025 will be back in the calendars of schools across England from Monday 31 March until Sunday 6 April and for the first time, will run in partnership with Pokémon!

So, what if you are considering a career in Football? There are so many more jobs that "just" professional Footballers. Think of all the people who work in a football stadium; stewards, grounds people, physiotherapists, nutritionists, coaches, community engagement officers, analysts, sport photographers and SO many more. You can read more about Career Paths in Football here.



"0.06%. It's a number so small, it's hard to comprehend. But that is the chance of a young boy becoming a professional footballer in this country." - This information was taken from the BBC's Documentary "Football's Broken Dream". We don't want to be negative but if you have got your sights set on a becoming a footballer, you need to make sure you have a back up plan as the chances of making it are very slim.



Did you know that there is a university that specialises in degree courses that relate to Football? It's called UCFB. "UCFB is an established higher education provider, with a proven model for making sports education more relevant, more connected and more embedded in the sports industry, providing our students with the best experience in the world of sport." - You can read more about them here.



Here is the UCAS guide to Sport and Exercise Science.

JOB OF THE WEEK



Sport Coach

A sports coach is a person who trains and motivates athletes to improve their performance in a sport. They work with athletes of all ages and abilities, from amateur to professional.

Watch the video to learn more about how much you could earn, working hours and pathways into the industry.

LABOUR MARKET INFORMATION FACT

The UK sports sector contributes almost £100 billion to the UK economy and supports more than 1.25 million jobs, according to 'groundbreaking' new research.


Source


If you have any questions or need support, please contact moranh@delasalleschool.org.uk


CAREERS NEWSLETTER




OPPORTUNITIES

 Careers in Sport LIVE brings the world of sports careers to life. Whether you're just starting out or looking to accelerate your career, our events connect young people and professionals with the diverse opportunities behind every sports team and event. Hosted at iconic sports venues, you'll get an inside look at the roles that drive professional sports clubs and their foundations – offering firsthand experience of the exciting careers available.


 Here are some university students that are currently studying sport. You can chat with them to learn more about their university/course, ask them for advice and learn from their journeys.

 These guides from Prospects about where different sport degrees could take you. You can click in to each job to find out more about how much you could earn, the routes into the industry and potential employers:

- [Sports and Exercise Science](#)
- [Sport Coaching](#)
- [Sport and Leisure Management](#)

 Lots of football clubs offer work experience, even the big Premier League clubs! Here are some examples. If you can't see one you like or if Football isn't your preferred sport, search the name of the club you like followed by "work experience" to find the correct webpage.

- [Liverpool FC](#)
- [Brentford FC](#)
- [Exeter FC](#)
- [Swansea City FC](#)

 By using this resource from Careers in Sport, you can choose from hundreds of interviews with successful professionals across the sports industry for expert advice. From Lawrence Lok, the National Coach Development Lead (Diversity and Inclusion) at the The Football Association to Alison Bender, a Football Presenter and Reporter; there is something for everyone!

EMPLOYER SPOTLIGHT

"We're looking for the best candidates to join us on the journey to building an active nation. There's no quick fix to make this vision a reality.

We welcome ambitious people who share our mission and are driven to lead, collaborate and innovate to help get the nation active."

Read more about [Sport England Careers here](#).

UNI SPOTLIGHT

"What makes our unique educational experience work so well is down to three key components: what we teach, where we teach and how we teach.

We believe this approach gives you the best chance of a successful career upon graduation."

Read more about [UCFB's Courses here](#).

If you have any questions or need support, please contact moranh@delasalleschool.org.uk

Catholic Life at De La Salle



7th Week of Ordinary Time



STUDENTS AFTER LEADING THE STAFF AWARDS

We've had a productive week in Catholic Life...which doesn't always make for the best reading! We wanted to hand over some space for our students to share their experience of the Student Choice Awards as well as update you on the events of this week.

Students Take Charge in Staff Awards Ceremony!

On what would have been a quiet INSET day for staff, a group of students turned the tables—literally!

We planned and hosted our very own Staff Awards Ceremony, a special event to celebrate the amazing people who work at our school. And the best part? It was all our idea!

For weeks, we worked behind the scenes—holding meetings, making plans, and counting down the days. It took a lot of effort, but when the day finally arrived, everything ran so smoothly. Seeing the teachers completely surprised, especially those who won awards, made it all worth it! "It was great to see the genuine shock some of them had, or how it uplifted people," one student said.

The event wasn't just about awards. Some of our talented singers performed for the staff, and it was amazing to showcase our talents to teachers who had never heard us before. "Staff were so supportive of our idea, and we felt like we had done a really good job," another student shared.

One of the most exciting parts? The role reversal! For once, the teachers had to sit back and listen to us, following our lead instead of the other way around. "It must have been strange for them to not be the ones in control for the afternoon!"

Now that it's all over, we feel a little lost—it was our main focus for so long! But even though it's finished, we couldn't be prouder of what we achieved. "Although we're sad it is over, it definitely exceeded our expectations, and we'd love to do it again one day!"

Who knows? Maybe next year, we'll be back—bigger and better than ever!

Sacrament of Confirmation!

A reminder that for students in Year 8 and above that the registration for Confirmation is now open. Confirmation is a significant step in their faith journey, where they receive the gifts of the Holy Spirit and make a personal commitment to their Catholic faith.

Through Confirmation, young people deepen their relationship with God, strengthen their connection to the Church, and are empowered to live out their faith with courage and love. It is a beautiful opportunity for them to grow spiritually and take on a more active role in their faith community.

If your child is ready to take this next step, we encourage you to explore this journey together as a family. More details about preparation will be shared by the Archdiocese once registration closes. In the meantime, if you have any questions, please feel free to contact us.

Shrove Tuesday and Ash Wednesday !

Lent begins next week with our Ash Wednesday service. Owing to the work that is taking place in our Main Hall, we will not gather students in their year groups as we would always do, instead we are visiting form classes throughout the morning to distribute Ashes to staff and students.

On Tuesday we will prepare to bring Ordinary Time to an end with our Shrove Tuesday 'Feast to Fast' bake sale. There will be some lovely treat available to purchase at break time, near the Student Hub desk.

Our Next Theme

Next week is the start of Lent. At this time of year we use the colour purple within our displays and materials produced for times of prayer and liturgy. When we use purple we do so to emphasize the "gloomy" and dark nature of the time within the liturgical year. We use this colour during Advent and Lent as they are seasons of penance and preparation for change in our lives. The theme of our prayer and liturgy will be; **Lent**. Prayer will be lead by our students.

Mission Week (June 2025)

- We're very much thinking about our plans for Mission Week this year and would love your help if you could! If anybody has any contacts or particular skills we would love to welcome you into school, as part of Mission Week this year we're looking for gardeners, singers, dancers, yoga instructors, public speakers, facepainters..we want a real community feel and you're very much invited! Please get in touch if you'd like some more information!

Sacrament of Confirmation

- The registration for Confirmations is now open for Students in Year 8+ To register visit liverpoolcalled.co.uk and follow the details.

Prayer for Pope Francis

We continue to join our global family in prayer for the healing and comfort of Pope Francis. Whilst he seems to be making improvements, he is still very much in ill health.

We lift up to You our Holy Father, Pope Francis, as he faces illness. Grant him strength in body, peace in mind, and comfort in spirit. May Your healing hand rest upon him, restoring him to health so that he may continue to lead Your Church with wisdom and love.

Pray for us...

Loving God, We are pilgrims of hope. May we understand that we are on a journey in this world, and that we have a duty to share your love and will with others. May we use the opportunity of Lasallian Awards to share our gifts, and unique treasures with our community. Amen.

Catholic Life Team

The Parents' Guide to

CAREERS

For National Careers Week 2025

HIGHLIGHTS:

- Options at 16 and 18
- Career pathways
- NCW - day by day
- Work experience

THE
PARENTS'
GUIDE TO

NCW



NatWest
Thrive

The Parents' Guide to CAREERS

For National Careers Week 2025

About us

The Parents' Guide To helps parents and carers with clear, unbiased advice on post-school options, study and exam revision, and wellbeing. Created in partnership with National Careers Week, this guide supports young people in talking about their futures.

School membership

If you represent a school or college, our school membership package may be of interest to you. It offers a year-round solution for significantly enhancing parental engagement. [Click here to discover more.](#)

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Contents



IS YOUR TEEN IN YEARS 9-13?

If you want to help your teen get the most out of GCSE and sixth form – join our parent club! Everything you need, just when you need it.



Welcome to NCW 2025

From The Parents' Guide to:

National Careers Week (NCW) is a week long celebration shining a light on career pathways. It's an ideal time for parents to find out more about what choices your teen has after GCSE and sixth form. There's plenty of options, so how do you know what's right for your child? In this guide, we'll highlight some of the options available and suggest different ways you can help your teen decide what suits them best.

The Parents' Guide to is here to support parents of teens. We provide parents with advice on all the options after GCSE and sixth form, as well as teenage health and wellbeing.



From National Careers Week:

NCW is a celebration of careers guidance and free resources in education across the UK. The aim is to provide a focus for careers guidance at an important stage in the academic calendar to help support young people leaving education.

NCW, this year from 3rd - 8th March 2025, is the perfect platform to advise and inspire the next generation as they enter the world of work.

During NCW every school, academy and college can offer careers advice and guidance to their students, with support from us with free resources, information on current career opportunities and advice on activities and exercises to run.

And access doesn't stop at the end of **#NCW2025!** Our dedicated websites are available throughout the year!



Educational Routes

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 comparing the different routes to higher education.

School membership

School membership enables you to share any of our specialist guides with your parents at no cost to them Discover more

[Discover more](#)

Level	Qualification				
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)		Higher apprenticeship / NVQ 4	
4	Higher National Certificate (HNC)				
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

Talking to Your Teen

It can be tricky to get teens to talk about anything, especially what they might want to do next.

It's 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.

You don't have to have all the answers! Just listening is often enough.

To help make these conversations more productive, here are some of our favourite tips to keep in mind when talking to your teen about their future.



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

Help them if they are struggling to look far ahead

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

6

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.

7

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.

8

Empower them: they have control over their future

The decisions they take and what they do matters.

Explore our Full Range of Parent Guides:

The Parents' Guide to **Post 16 Options**
2024-2025



HIGHLIGHTS:

- A levels
- BTECs
- Apprenticeships
- The EPQ
- Other options

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The Parents' Guide to **Post 18 Options**
2024-2025



HIGHLIGHTS:

- Best next steps
- Work or further study?
- Meeting university costs
- Applying for an apprenticeship
- Getting ready to leave home

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The Parents' Guide to **Apprenticeships**
2024-2025




HIGHLIGHTS:

- Covers all entry levels - from 2-7
- How to apply
- Getting interview ready
- Degree apprenticeships
- Where apprenticeships lead

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The Parents' Guide to **University**
2024-2025



HIGHLIGHTS:

- What's the right course
- Questions for open days
- UCAS explained
- Personal statements
- Results Day 2025


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For parents:

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

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The Parents' Guide to **Homelife & Study (GCSEs)**
2024-2025

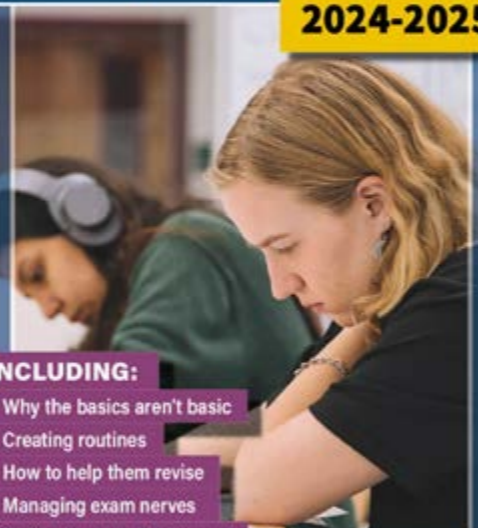


INCLUDING:

- Why the basics aren't basic
- Creating routines
- How to help them revise
- Managing exam nerves
- Setting them up for success

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The Parents' Guide to **Homelife & Study (sixth-form)**
2024-2025




INCLUDING:

- Why the basics aren't basic
- Creating routines
- How to help them revise
- Managing exam nerves
- Setting them up for success

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The Parents' Guide to **Helping your teen stand out**
2024-2025



HIGHLIGHTS:

- Hobbies and passions matter
- Most sought after skills
- How to get work experience
- Which hobbies develop which skills
- Play to their strengths

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The Parents' Guide to **Teenage stress & anxiety**
2024-2025



HIGHLIGHTS:

- Spotting the signs
- Quick-fix solutions
- Building their resilience
- Why the basics aren't the basics
- Where to get support

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For schools:

Licence our guides and personalise them with your school logo. You can then share them with parents in any way you prefer—on your website, Intranet, by email, or in a newsletter.

Learn more

Career Pathways

Options after GCSE:

Full time study

A levels
(level 3)

T Levels
(level 3)

BTECs
(levels 1,2,3)

Other technical qualifications
(levels 1,2,3)

Exam retakes

Work and study

Apprenticeships
(levels 2,3)

Supported internships

Traineeships

Options after sixth form:

Full time study

University
(levels 4,5,6,7)

Higher technical skill courses
(levels 4,5)

Work and study

Apprenticeships
(levels 3,4,5,6,7)

School leaver programmes / Internships / Traineeships

Work

Employment

Start a business

Other

Gap Year

Exam retakes

Options after Higher education:

Full time study

Postgraduate study e.g Masters degree or PHD
(levels 7.8)

Work / work and study

Graduate jobs or paid employment

Apprenticeships
(levels 6,7)

Internships / work experience

Non-paid employment / volunteering

Start a business

Other

Gap Year / travel

Strengthen job applications with:

Work experience

Volunteering

Travel/gap years

Hobbies and interests demonstrating soft skills

Academic enrichment opportunities

Testimonials and references

Kick Your Start Career



Discover your future at our upcoming Open Events and explore the exciting courses waiting for you!



30 APRIL 2025
WED 5pm - 7pm

City of Westminster College – www.cwc.ac.uk/openevents

21 JUNE 2025
SAT 10am - 1pm



10 MAY 2025
SAT 10am - 1pm

BOOK NOW

College of North West London – cnwl.ac.uk/openevents

Vocational Options After GCSE

The main options for your teen are for them to continue in full time education or take an apprenticeship/training. They cannot go into the workplace without some educational component to the role. Things they should consider are the type of qualification they are going to study; what type of learning suits them best (classroom or practical); and what they enjoy. Options can include:

◆ **BTEC Nationals**

Study takes place over a two year period and is a combination of both practical and theory. Knowledge is tested through course work and a final examination (comprising 40% of the total grade).

◆ **T Levels**

T Levels are a vocational alternative to A levels and involve a mix of classroom learning (about 80%) and practical experience (about 20%) including a 45 day on-the-job placement in a genuine business.

◆ **Other technical qualifications**

Other qualifications available include Cambridge Technicals, City and Guilds, National Vocational Qualifications and Tech Bac (similar to the International Baccalaureate).

They are vocational driven courses – i.e. centred around jobs and are well suited to students who prefer a more practical working style but still want to include classroom learning in their education.

◆ **Apprenticeships**

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Sixteen year olds can start an apprenticeship at Level 2 or 3.

◆ **Internships**

Internships are usually short term arrangements without a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

◆ **Traineeships**

Traineeships are short-term work placements lasting up to a maximum of six months. The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

Discover University for Parents and Supporters

We understand how important it is for parents and supporters to be well equipped to support their young person's journey to higher education. Our dedicated Discover University webpages, newsletters and social media feeds will provide the key information

needed at each stage of the journey. We host online webinars throughout the year specifically for supporters covering topics such as financing higher education, applying to university, making the most of an open day and becoming a student.



To attend any of our free virtual events or sign up to receive our dedicated parent and supporter newsletter visit: exeter.ac.uk/supporter



Vocational Options at 18

Important considerations are whether they want to include some form of studying, how they will finance living expenses and course fees (and whether you can afford to help them), whether they're happy to move away from home or stay close by and what they enjoy.

◆ University

University offers the opportunity to gain an academic qualification, usually a degree, in a subject of interest while building critical thinking, research, and transferable skills. It provides a pathway to careers requiring advanced qualifications and often includes additional opportunities such as placements, internships, and the chance to study abroad.

◆ Apprenticeships

Apprenticeships are real jobs that combine work with learning, which might take place at a university, college, or other education provider. They were developed to address the skills shortage in UK businesses and offer a practical pathway to gaining qualifications while earning a salary. Apprenticeships range from Level 2 (equivalent to GCSEs) to Level 6/7 (degree or master's level), providing opportunities for various career stages and industries.

◆ Employment

Going straight into a job offers valuable work experience but doesn't usually provide a formal qualification. However, some employers offer on-the-job training or the chance to gain certifications. It's also possible to take part-time courses alongside work to develop skills. This option can help build independence and financial security while gaining practical experience.



Vocational Options at 18 (cont.)

◆ 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.

◆ Internships

Internships are typically short-term, informal arrangements with an employer and do not lead to a formal qualification. However, they provide valuable insights into a business, opportunities to build professional networks, the potential for job offers, and a chance to develop practical and transferable skills.

◆ Traineeships

Traineeships are short-term work placements lasting up to a maximum of six months to help young people become “job ready”. The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

◆ Gap Year

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated.

◆ Starting a business

If your teen has the enthusiasm and ability, starting a small business needn't be costly and could give them an edge over others when it comes to interviews. This doesn't mean full-time commitment – it's something they could fit around studies or part-time work.



Learn more about your teen's options at 16:



- What qualifications are on offer;
- Choosing the right qualifications;
- Where they can study – the pros and cons of different learning environments;
- Considerations in making the right choices;
- GCSE results day – what to do if they don't get the results they need.

[Click here](#)

Learn more about your teen's options at 18:



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

[Click here](#)



A Spotlight on T Levels

T Levels are an exciting new option in sixth form education that provide a recognized 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.

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. 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.

T Levels are a vocational alternative to A levels (because they focus on industry) and include practical study as well as classroom learning. They differ from apprenticeships because the study and working time is reversed. Unlike BTECs, T Level courses were developed with businesses and offer an industry placement.

Find out all about T Levels, including:



- What's involved and where they might lead afterwards
- The subject choices available as of 2023
- What they'll learn on the course
- The qualifications needed to take them The industry placement - why it's a winner
- A summary of alternative options if T Levels are not right for them

[Click here](#)

FIND YOUR NEAREST T LEVEL

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

Enter your postcode

All T Level courses



Search

Virtual Careers Fair!

Every year since 2020, we've delivered a multi-room Virtual Careers Fair (VCF) and this year's no different.

We'll have rooms sponsored by our headline sponsors, partners and friends across all types of organisations in loads of sectors:

- business,
- industry,
- charity,
- government,

- health,
- education,
- manufacturing,
- logistics
- and loads and loads of others.

Click on the graphic below to go through to the VCF page, find the countdown clock and the video guide to what you can expect from Day One of #NCW2025 onwards!

#NCW2025

VIRTUAL CAREERS FAIR

Headline Partner:



A Spotlight on Apprenticeships

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. Apprenticeships can last from one to five years – and result in a professional qualification.

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.



A Spotlight on Apprenticeships (cont.)

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 recognized, 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. This means they don't have to make decisions about long-term commitment when they are young or unsure of their future direction, but needn't miss out on getting higher level qualifications if they decide later that's what they want to do.



Work and study

As well as doing the job itself, apprentices will get dedicated time during the working week to study the education element of the apprenticeship. This usually takes place at a college, university or other education centre. However, it may also be necessary to spend personal time completing projects and keeping on top of studies, so just like being in full-time education, there may be "homework" during evenings and weekends.



Finance

Tuition fees for apprenticeships are paid by the government/employer. Apprentices are also paid a wage for their time, so they will usually complete their apprenticeship debt free.

However, there will be costs for education materials, travel to and from work and possibly living expenses (if they are not based at home).

After the apprenticeship

Many apprentices are offered full-time roles with the company where they have served their apprenticeship. However, if your teen wants to try a different company, or even a different industry, they'll have first-hand experience in the workplace. This can provide a significant edge over those that have obtained qualifications through full time education, when applying for other jobs elsewhere.

Find out all about apprenticeships, including:



- Types of apprenticeship
- The pros and cons
- Degree apprenticeships - how they differ from full-time university degrees
- How to research an apprenticeship
- The application process
- How you can help them prepare for interview to make the best impression
- What you can do to help them get them ready for life at work

[Click here](#)





LEVEL 2 Intermediate apprenticeships

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.



LEVEL 4/5 Higher apprenticeships

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.



LEVEL 3 Advanced apprenticeships

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.



LEVEL 6/7 Degree apprenticeships

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.

How to Find an Apprenticeship

There's a wide range of ways to seek out apprenticeships and we recommend using a selection of options rather than relying on one.

◆ Government website

Most apprenticeships are posted on the Government's website. By creating an account, your child can set up alerts and filters to see opportunities that are of most interest to them and to be emailed when new opportunities arise. However, not all apprenticeships will appear.

◆ Industry sector

It's smart to check apprenticeships directly on company, university or college websites. If your child doesn't know which of these sites to select, then they should first do some research on which industry sector may be of interest, and then find companies within this sector.

◆ School careers advisor

If your child is still at school or college, then getting them to speak with their careers adviser is a good move. Careers advisers are often the first to hear from companies advertising new apprenticeships

◆ Companies direct

Another alternative is for them to identify companies that are of interest and check those websites for apprenticeships.

Be warned! Applications to well-known international companies (such as Amazon, Coca-Cola, Facebook, Google, Virgin) will be highly competitive; however, it might be a good starting point for identifying what's included in the apprenticeship and seeking out other companies that provide similar content. The descriptor names can then be used in search functions on the government website or job boards. Not all companies offer apprenticeships.

◆ Job boards

National job agencies will also advertise apprenticeships and options can be narrowed to review within local distances from home or specific job types. This might be a particularly good way to seek out apprenticeships in level 3-5 range.

◆ Reviews

To find out what other students have thought about an apprenticeship and how they rate them, there are reviews on [Rate my Apprenticeship](#).

FREE ENTRY

BOOK TODAY

THE NATIONAL



APPRENTICESHIP & EDUCATION EVENTS

The National Apprenticeship & Education Events are designed to inspire School & College leavers as well as young adults to discover more about career and FE opportunities.

Our inspirational careers events take place in Edinburgh, Newcastle, Manchester, Birmingham, Cardiff, North London and South London every year.

Our events bring together thousands of Students aged 15+ from schools, sixth forms & colleges, parents, guardians & individuals together with Top UK Employers, Universities, Colleges & Training Providers.

Book online today or call the events team on **0800 023 5407** for more information.
nationalapprenticeshipevents.co.uk/group-bookings/

Before the event, a lot of the pupils had shown an interest in apprenticeships but didn't know the path they wanted to take. We are now going to go through their options. Events like this, where they can get all the information in one go is really useful to us.

Teacher

It's been absolutely brilliant. It's been informative and it's been really fun as well.

Student



share with us nationalapprenticeshipevents @careersevent nationalapprenticeshipevents

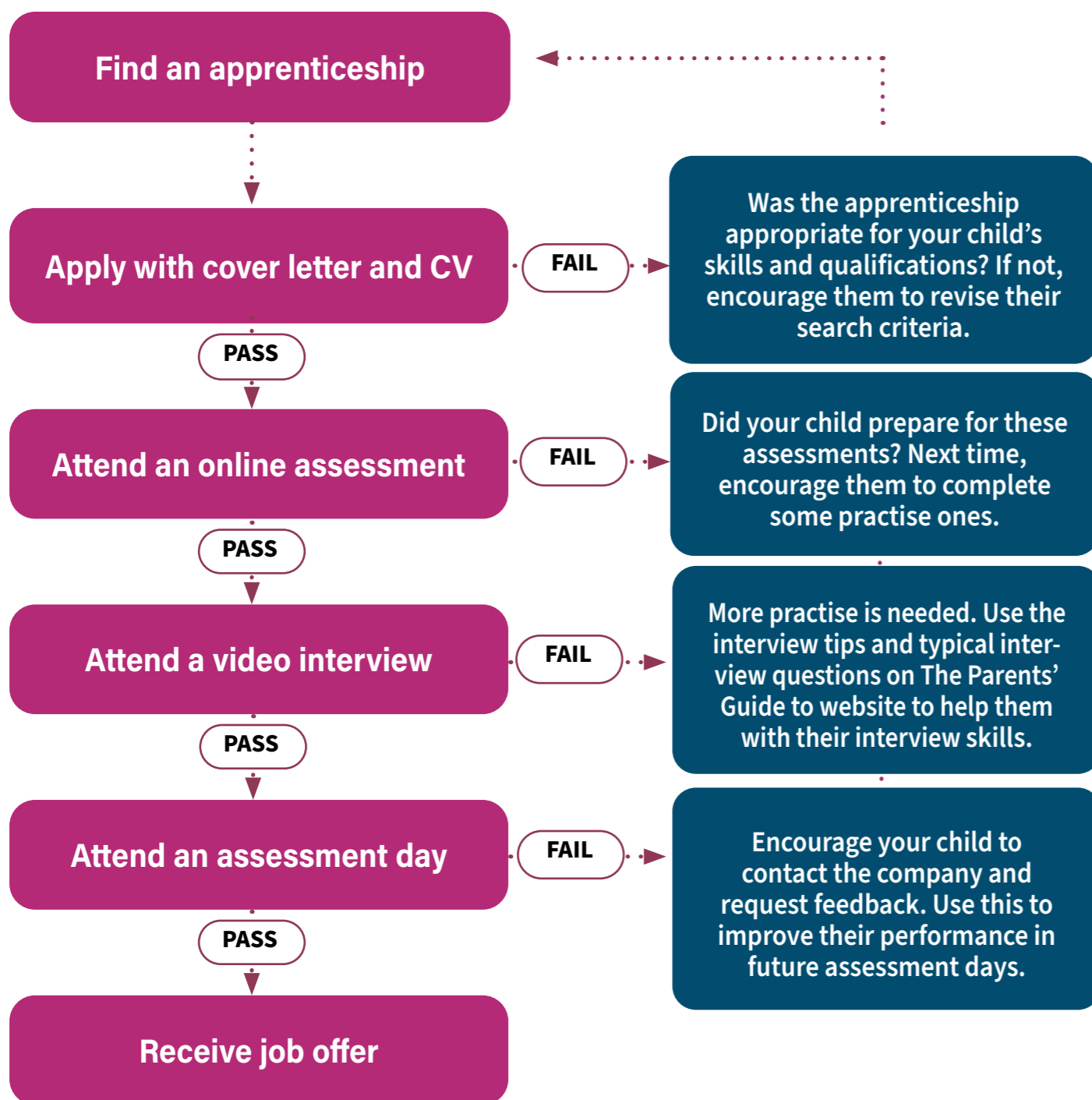
Supported by



Applying For an Apprenticeship

The application process is very similar to applying for a conventional job and, with the exception of degree apprenticeships, opportunities can arise at any time of the year.

Your child will need a CV, to be able to complete an application form, be interview ready and may need to complete aptitude tests. Plenty of practise is a good way to prepare.



Dealing with rejection

As apprenticeships continue to grow in popularity, so too have the number of student applications. For some of the larger company names, places can be highly competitive.

Bear in mind that letters of rejection are likely to happen in the lead up to exams. Try your best to prevent this from having a negative impact on your child's study by following some of these strategies.

1. Encourage your child to research and apply for more than one apprenticeship—aim for at least five. Applying to several increases their chances of success and avoids putting all their eggs in one basket.

2. Encourage your child to request feedback from the company. Feedback will help your child understand the reasons for not being successful and will help them improve for future interviews.
3. Be there. Listen carefully to their feelings and reassure them that in the long-run, things will work out.
4. Apprenticeships are available all year round. If they have not been successful yet and have already finished school, encourage them to take on an internship or some additional work experience to help strengthen future applications.

Help your teen cope with stress, including:



- How to spot the signs of anxiety and stress
- Ways to help right away
- Long term strategies to build their resilience
- Coping with rejection
- Encouraging healthy routines
- Looking after the basics
- Habits that can make stress worse
- Where and when to get help and support

[Click here](#)

Day by day - #NCW2025

We want you to get the most out of #NCW2025! Check out the timetable on the following pages to see the day sponsors for the week. These incredible partners will be leading the social media focus, sharing exclusive content and video

resources, and, in some cases, hosting activities and talks you can take part in.

Many of these resources are available all year round, so be sure to explore them!

Monday 3rd March



NatWest
Thrive

NCW2025 represents **ten years in partnership** with NatWest – in the past decade NatWest and NCW have reached **SEVEN MILLION** Young People and their teachers through National Careers Week, the Virtual Careers Fair and ongoing activities and promotions.

Take a look at early career pathways at NatWest with apprenticeships opening in Spring!

[Explore careers at NatWest](#)



Tuesday 4th March



On Tuesday in #NCW2025, WorldSkillsUK will inspire young people from all backgrounds to choose high-quality apprenticeships and technical education as prestigious potential career routes.

Technical education and apprenticeships give young people the skills and knowledge needed to kickstart their careers. Created with industry and jobs in mind, this is an exciting time to choose technical education and apprenticeships as a next step,

with courses and pathways driven by industry demand.

On Tuesday 4th and Wednesday 5th March you can join WorldSkills UK's free webinars with Education and Employers and Speakers for Schools highlighting diverse career pathways in engineering, business, creative and digital sectors.

In the **Careers Advice Toolkit** you'll find video and resources on a number of potential career routes and technical pathways in different sectors, created with Skills Champions, leading employers and organisations.

[Find out more](#)



Wednesday 5th March

NOT JUST LAB COATS

We are thrilled to welcome Not Just Lab Coats as Wednesday's Day Sponsor for #NCW2025. Not Just Lab Coats pretty much does what it says on the tin! Representing jobs and career paths in science and technology they work to open eyes and minds to the many and varied careers in the science and technology fields.

We are so excited to help break down some stereotypes and encourage more young people

to consider careers which can change the world and change the future.



[Read more here](#)

Thursday 6th March



DID YOU KNOW? There are more than 350 careers within the National Health Service.

As a partner for many years, the NHS has Thursday the 6th March as their #NCW2025 Day.

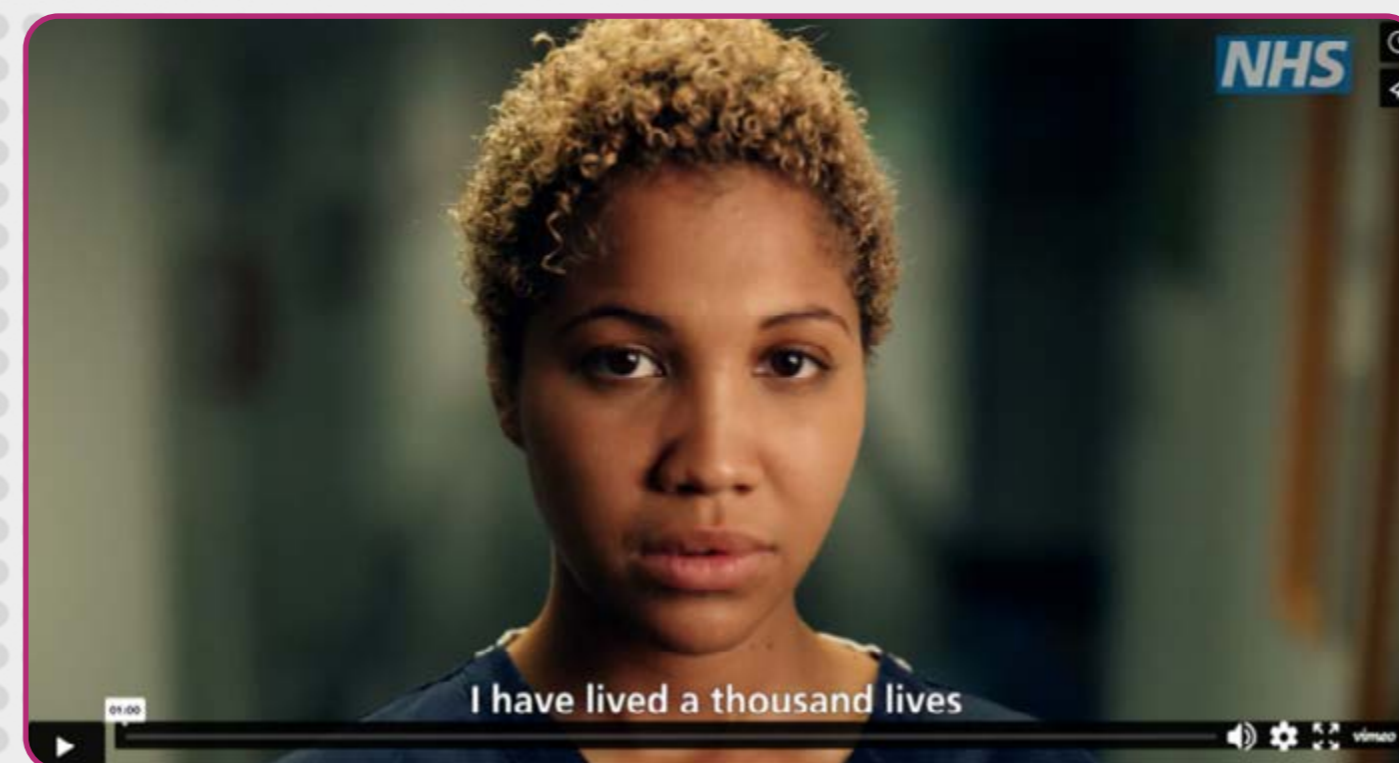
The NHS is the largest employer in the UK. Free at the point of use,

its 1.6 million staff diagnose, treat and care for 1.7 million people every day. It's incredible to live in a place where the NHS exists and cares for people at every stage of their lives from birth to old age.

There are hundreds of career pathways to choose from, what better way to find out than a dedicated day during NCW?

For a preview of what the NHS has to offer, watch the video below.

Chemical View sector >	Coatings View sector >	Life Science View sector >
Nuclear View sector >	Low Carbon View sector >	Medicines View sector >



Friday 6th March

COMIC RELIEF

Launched back in 1985, Comic Relief is celebrating 40 years of using the power of laughter to change lives. In that time, the Great British public has raised an astonishing £1.6 billion to support over 100 million people across the world and here in the UK.

Donations made to Comic Relief help our incredible partners work on the ground to provide food, essential healthcare and safe shelter. They keep mobile food clubs on the road, stock multibanks with anything from beds to breakfast, help communities to prevent HIV/AIDS, get children living tough lives onto sports fields for kickabouts that will kickstart their confidence – and give refugees and people living on the streets a warm welcome

in temporary homes and new communities.

It's the cocktail of comedy and compassion that makes Comic Relief so special. For every celebrity appearance or record-breaking feat; for every bake-sale, fancy-dress outfit, or sponsored swim; for every Red Nose, t-shirt, or novelty pin-badge sold - there are countless moments of impact quietly unfolding: families given hope, communities rebuilt, and lives uplifted.



Working at Comic Relief

Having a job at Comic Relief isn't quite the same as just 'having a job'. The work we do really does make a difference. It really does change lives.

Comic Relief has a wide remit of roles, so whether you're passionate about fundraising, project management, content creation, IT, backend engineering, or finance, there's likely to be a role for you. We're not looking for degrees or titles but a genuine desire for working together to achieve our goal of a just world free from poverty.

Taking part in fundraising activities can have a real impact on pupils as individuals, learners and citizens (and can be a great thing to put on a CV!)

Confidence, self-belief, leadership skills, empathy, engagement, understanding of the world, enjoyment- all have been reported as benefits of pupils taking part in Red Nose Day. So, get your children involved!

This year's Red Nose Day is Friday 21 March.

[Visit our career pages!](#)

[Sign up here](#)



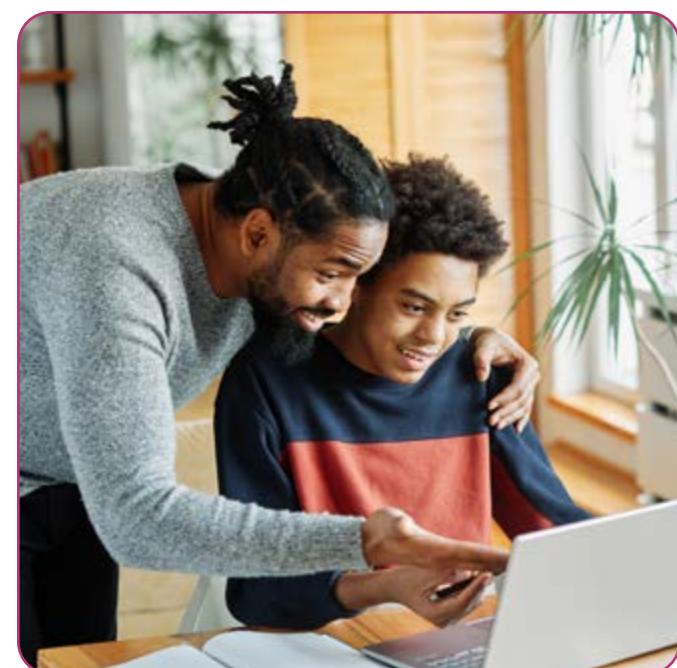
Parent Resources

Parent Club!

Help your teen get the best out of GCSE or sixth form. Our parent club gives you the info you need, right when you need it:

- what you can do at home to support them with school work, study and exams
- what to ask so they make the right choices after GCSE and sixth form
- how you can help them stand out at interview
- support on teenage wellbeing, including keeping them healthy and safe online

Sign up here: theparentsguideto.co.uk



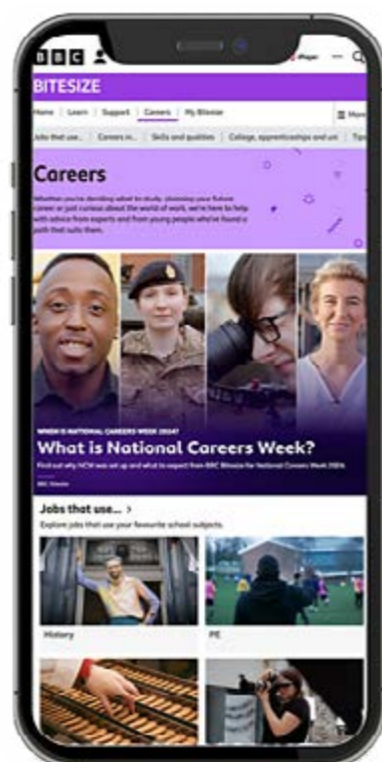
BBC Bitesize Careers

The BBC Bitesize Careers website has a wealth of free videos, quizzes and resources to support and inspire young people to find a career that is right for them.

From video podcasts and hundreds of job profiles to quizzes, there's expert advice and resources for parents, teachers and young people as they consider their future career pathway.

There's something for everyone!

<https://www.bbc.co.uk/bitesize/careers>



The Green Buzz

We believe everyone should aim high when planning their career path.

This includes asking, "How green are my options?". With Green Buzz, you can match your natural strengths to the green career options available to you.

ncw2020.co.uk/activities



Careers board game

To help you talk to your teen about their future, we've created a board game that saves you worrying about which questions to ask. You can play too!

By playing the game together you create a two-way conversation, with them finding out more about you, as well as you finding out more about them:

theparentsguideto.co.uk



Work Experience

Work experience covers a range of opportunities, from attending the workplace in person, shadowing or observing a particular person or job role, volunteering or carrying out work remotely/virtually. What's important is that your teen gets some first-hand experience of what it's like to work.

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!

Work experience covers a range of opportunities, from attending the workplace in person, shadowing or observing a particular person or job role, volunteering or carrying out work remotely/virtually. What's important is that your teen gets some first-hand experience of what it's like to work.

TODAY'S : THE DAY

A blank canvas when anything is possible if you choose to make it happen.

It all starts with skills



HM Government



Finding Work Experience

Join our
Parent Club!

Your questions
answered
click here to sign up

Face to face work experience

1. 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. Contact employers directly and ask.
4. Apply for a job (Saturdays, evenings, holidays) – it may not be their aspirational job, but they'll learn a lot from it.
5. Use websites like LinkedIn or Indeed.

Virtual work experience

Virtual work experience took off during lockdown and it's here to stay. It includes any experience which provides young people with an insight into what it's like to work while at home.

Most virtual work placements 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. Check out our article on virtual work placements here, including details of companies offering them.

Part-time work

Don't forget that work experience also counts if your teen is doing weekend, evening or holiday work. Getting a local job means it's much less likely to be closely related to their long-term ambitions, and more likely to be something practical, located close to home (such as a job in a shop, fast food chain or a bar). There's still value to be gained from these roles, including working with others, dealing with the public, working under pressure, working unsocial hours and seeing how management roles differ from ground staff.

Volunteering

Volunteering is a fantastic way to get work experience, give something back to the community and try out new things. It could also be the start of a lifelong way of living that provides a great feeling of fulfilment and is proven to be a contributor to personal contentment.

Volunteering can take place in short bursts (for example volunteering at a festival for a few days in the holidays) or on a regular basis (such as volunteering in a local animal shelter on weekend mornings).

The Hylo, Central London

A 1960s 16-storey building was extended up to 29 storeys, reusing its existing frame and foundations. This doubled its usable area, halving the emissions and materials used compared to constructing a new building.

Building a Greener Future

The future of humanity is endangered by the dual threat of climate breakdown and biodiversity loss from across the globe. Weather systems are changing, leading to more extreme floods and droughts, threatening people's safety, homes, and global food supplies. Nature loss continues to reach new highs, endangering fragile ecosystems.

This breakdown is happening primarily because of the ways in which we make stuff, create energy, grow food, and provide transportation. All four of these industries have engineers at their heart, and so we must transform them if we're going to better protect nature and return our climate to the sweet spot that enables humanity to thrive.

I work in the building industry, and our main impacts on the climate and biodiversity emergency come from two things:

1. Heating and powering our buildings, to keep us at a comfortable temperature and allow us to turn on the lights/TV/kettle.
2. Using construction materials (concrete, steel, bricks, and so on) to create and maintain our buildings.

To engineer buildings that will secure the future of humanity, we need to reduce the heat and power used by our buildings and ensure that all of that power is provided by renewables such as solar panels and wind turbines. We need to stop demolishing existing buildings, upcycling them instead, and then inventing new manufacturing methods to create zero-carbon materials that we can use where we really need to build something new.



We need a revolution

The problem is that most of our plans are based on improvements in efficiency. We aim to use less power and less material. But there are two problems with this.

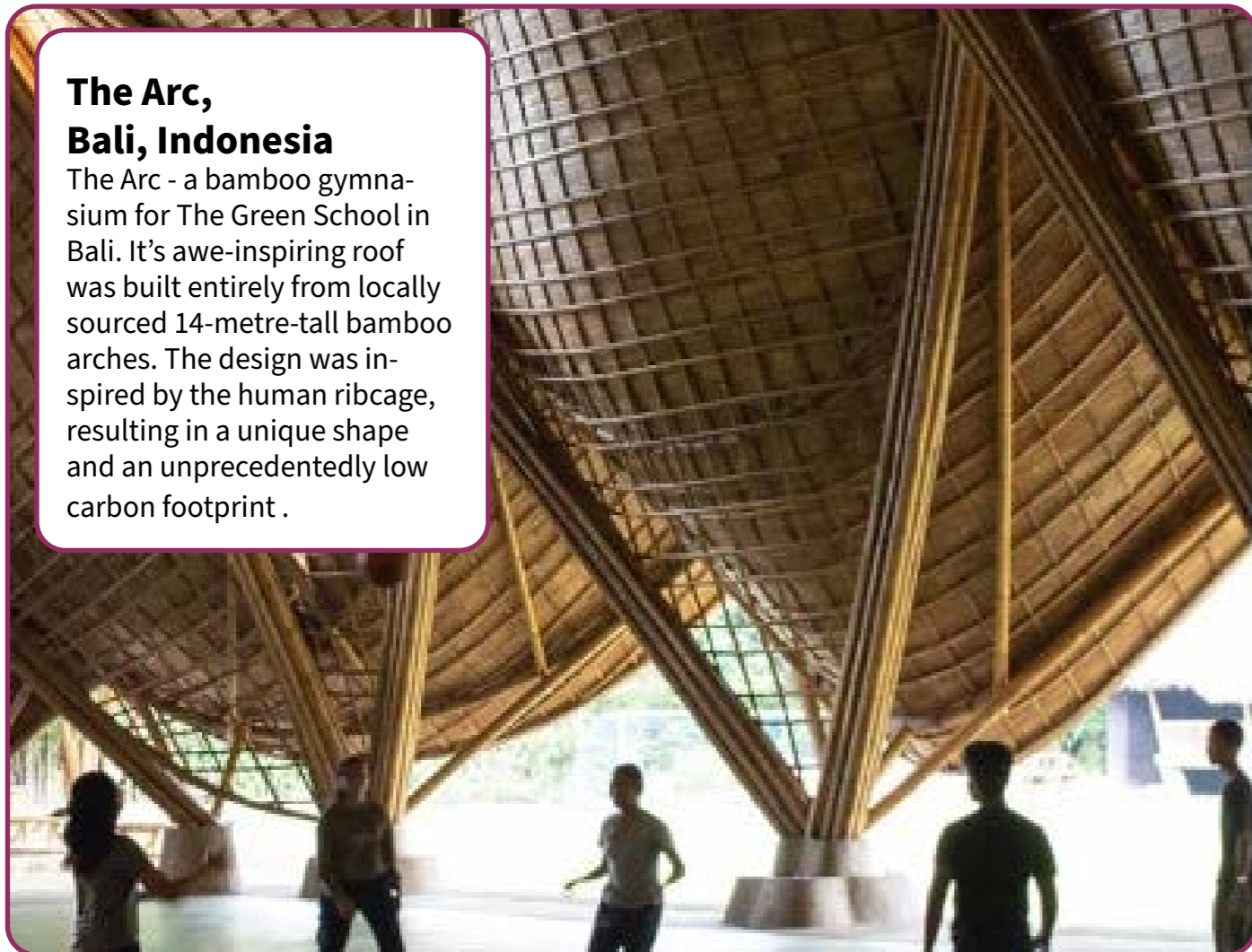
Firstly, it's not quick enough. If you look at how rapidly the world needs to decrease carbon emissions and nature loss, you see that we're not talking about small gains year-on-year – we need something far more powerful than that.

Secondly, whenever we've found an improvement in efficiency in the past, studies show that we've actually increased our consumption as a result! When the chainsaw was invented, lumberjacks didn't start to work two-day weeks, rather, they cut down more trees.

So instead of efficiency increases, we need breakthroughs, game-changers, and transformations. Design evolution just isn't enough. We need a revolution.

The Arc, Bali, Indonesia

The Arc - a bamboo gymnasium for The Green School in Bali. It's awe-inspiring roof was built entirely from locally sourced 14-metre-tall bamboo arches. The design was inspired by the human ribcage, resulting in a unique shape and an unprecedentedly low carbon footprint.



Diverse and creative teamwork

Today, engineering teams around the world are looking for new minds and new ideas.

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Where teams have this diversity, they thrive.

Becoming an engineer of the future

Many engineering courses and apprenticeships now put climate and sustainability at their heart, aiming to produce young engineers who understand the challenges facing humanity even better than their future employers do.

This means that when it comes to climate, new engineers entering the industry are often the most informed members of any given design team. The more senior members of those teams are looking to the next

generation to bring their views and ideas for new ways of doing all of this.

To tackle the climate and biodiversity crisis, we need to develop the most extraordinary solutions to it.

This article is an extract from an original printed in **Ingenia magazine**.



Will is a Chartered Structural Engineer and Chartered Environmentalist and works as Head of Climate Action at The Institution of Structural Engineers.

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- Building their resilience
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- How to get work experience
- Which hobbies develop which skills
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