



Careers Newsletter Summer 2025

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This academic year has absolutely flown by with another busy year for the Careers Team. Back in September we started off the careers activities in school with a visit from the up and coming Leicester band The Mercians, we have held three Super Learning Day which have been well attended by various employers and organisations, there has also been careers trips to The National Centre of Food Manufacturing, Cambridge University, The Lincolnshire Showground, The Innovare Off Site factory in Coventry, Bishop Grosseteste University and The College of West Anglia. You can catch highlights of these previous activities by visiting the careers section of the school website at <https://www.uals.org.uk/Careers-Newsletters/>

Careers education from Year 7 to Year 11 plays a crucial role in shaping young people's futures. It promotes informed choices, raises aspirations, reduces inequality, and equips students with the knowledge and skills they need to succeed beyond school. For these reasons, it is essential that careers education is fully embedded across all year groups as part of a whole-school approach. This newsletter highlights some of the activities that our pupils have participated in for this term to support them with their careers education.

Careers Section on the School Website

For any careers related information we have a careers section on the school website, this can be found at <https://www.uals.org.uk/Careers/> The careers information is up to date and saves pupils, parents, carers and teaching staff the time searching for information. If there is anything additional for the website that you feel could be useful please email Mrs Gilman at gilmanj@uolat.co.uk

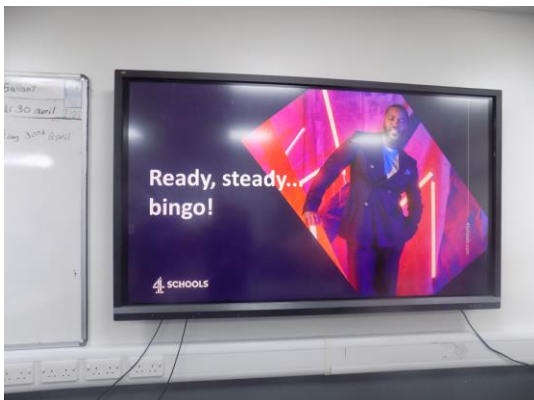
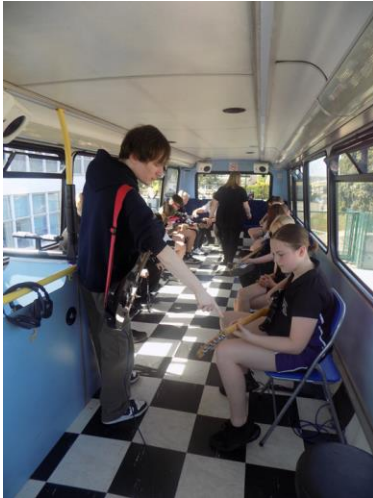
Feedback

To run our careers programme in school it is important to gather pupil, parent/carers and teacher feedback. We encourage pupils to use Unifrog for this feedback but could parents/carers please use this link to add their feedback

https://forms.office.com/Pages/ResponsePage.aspx?id=pxhrms7S-kKNSpWRuv5duN_kQ_ie0ddBpim_KA0n7sxUQ1BaUIVaVkJQ4R1E5TFBQQ0tNNk42WDg1VC4u

Spring and Summer Term Highlights

Super Learning Day April



Year 7

Super Learning Day

Year 7 pupils enjoyed a vibrant and engaging timetable filled with exciting activities designed to develop new skills, build confidence, and encourage teamwork. There were workshops from the Rock Bus, where pupils explored rhythm, music, and creativity. These hands-on sessions offered a unique way to express themselves and work collaboratively with their peers. Channel 4 joined us for an inspiring session on skill-building, highlighting the importance of communication, problem-solving, and adaptability—skills that are vital both in school and in future careers. A key part of the day included First Aid workshops, where pupils had the chance to practise resuscitation techniques and learn how to respond in emergency situations. This vital training helped develop a sense of responsibility and could one day make a real difference in someone's life. Mr Smith and Miss Frost led activities focused on Team Building Skills, encouraging pupils to work together, support one another, and solve challenges as a group. These sessions were full of energy and helped to strengthen relationships across the year group. In a more physical but equally fun session, pupils took to the trampolines with Mrs Green, enjoying a great workout while improving coordination and boosting their confidence through movement. Meanwhile, Top Set Maths pupils took on an Enterprise Challenge led by the Talent Foundry. They worked in teams to design and budget for a fictional music festival, learning key business terminology and decision-making skills along the way. This exciting project gave pupils a taste of the business world and introduced them to financial planning and entrepreneurship. Overall, Super Learning Day was a fantastic success, offering something for everyone. It was a day packed with laughter, learning, and new experiences—helping Year 7 grow not only academically, but personally and socially too.



Our Year 8 pupils enjoyed an inspiring and action-packed Super Learning Day, packed with exciting STEM challenges and eye-opening career insights!

The day involved high-flying enthusiasm as industry leaders Rolls-Royce and Boeing led thrilling STEM sessions. Pupils had the chance to become mini aerospace engineers, designing and launching their own indoor rockets. It was a fantastic opportunity to learn about aerodynamics and engineering directly from world-renowned companies. Bakkavor introduced pupils to the world of local careers in the Agrifood sector. Through interactive activities, students explored the vast range of roles involved in bringing food from farm to fork – from food technology to logistics, marketing, and sustainability. We were also delighted to welcome staff from Queen Elizabeth Hospital, King's Lynn, who delivered a hands-on NHS careers session. Pupils discovered just how many exciting and vital roles exist within the healthcare sector – from nursing and radiography to physiotherapy and medical science – all while taking part in practical activities that brought these professions to life. Adding a creative and constructive edge to the day, Mr. Penn ran a dynamic Design & Technology session. Super Learning Day was a brilliant way for pupils to discover how the subjects they study in school connect to real-world jobs.



Year 9 Super Learning Day

:Inspiring Futures and Unlocking Potential our Year 9 pupils stepped out of their usual classroom routine and into a world of opportunity, discovery, and aspiration.

The day was packed with a variety of exciting and interactive sessions designed to broaden horizons and help pupils start thinking about their future pathways. One of the highlights of the day was the visit from the K9 Drugs Search Team, who provided an engaging demonstration on how specially trained dogs assist in keeping environments safe. Pupils learned about the importance of these working dogs and the discipline and training involved in the role. The NHS Talent Academy delivered a dynamic session, offering both practical activities and detailed information about the vast range of careers available within the NHS. Pupils were given the chance to explore different roles and understand the qualifications and skills needed to pursue a future in health care. Representatives from Bishop Grosseteste University also joined the day to talk to pupils about Higher Education. Their informative and motivational session helped pupils see the potential of university study and the different routes available to get there. A particularly exciting event was the speed networking session run by Maddy Austen, Head of Employer Engagement at UAH Sixth Form, and her team. They brought along 20 sixth form students currently studying a wide variety of courses, including A Levels, T Levels, and Technical BTECs. Year 9 pupils had the opportunity to speak directly with these students, ask questions, and gain first-hand insight into life in the sixth form and what their future choices could look like. There was also a fun and challenging STEM Lego activity, led by LinHigher. This session encouraged creativity, collaboration, and critical thinking, as pupils worked together to solve problems using Lego.

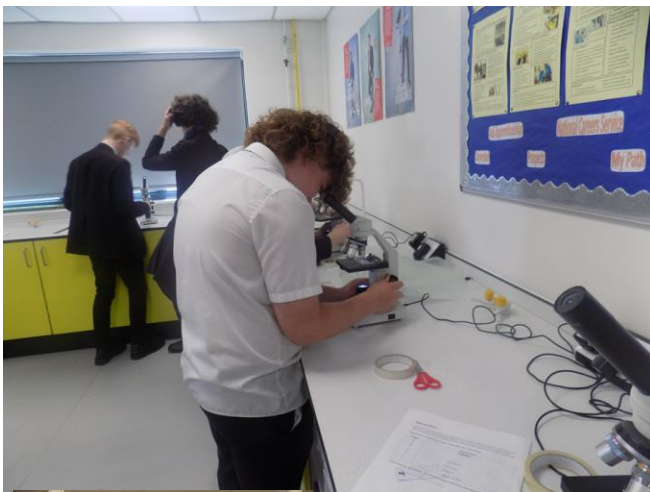


UNIVERSITY ACADEMY
HOLBEACH



Year 10 Super Learning Day: Crime Scene Investigation Experience

On Super Learning Day, Year 10 pupils took part in an exciting and immersive Crime Scene Murder Investigation organised by Miss Jay and the Science Team. The day was designed to give pupils a hands-on experience of forensic science in action, transforming the classroom into a full-scale investigation unit. Pupils arrived to find a simulated crime scene, complete with evidence markers, mysterious clues, and a scenario that demanded their sharpest thinking. Working in teams, they stepped into the role of forensic investigators, applying a variety of scientific methods such as fingerprint analysis, fibre examination, blood typing, and chromatography to solve the mystery. Throughout the day, pupils showcased excellent teamwork, problem-solving, and critical thinking as they pieced together the evidence to identify the culprit. The engaging activities not only challenged them intellectually but also gave them valuable insight into real-world careers in forensics, criminology, and other science-based fields. Miss Jay and the Science Team did a fantastic job delivering an experience that was both educational and fun. Pupils left the day inspired, with a new appreciation for how science can be applied in exciting and meaningful ways.

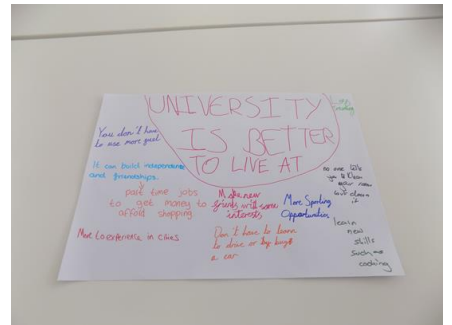


Scenes of Crimes Officer (SOCO)

Qualifications required - an undergraduate degree in a relevant subject like forensic science, biological sciences, chemistry, or photography
at least six months' experience in police work or a related field, like intelligence gathering and analysis
a driving licence

Trip to BGU

Back in April, 30 Year 9 pupils had the exciting opportunity to visit Bishop Grosseteste University (BGU) in Lincoln, as part of a day designed to inspire and inform young minds about the possibilities of Higher Education. The day began with a warm welcome from university staff, who introduced students to the benefits of going to university — from broadening career prospects to building independence and life skills. This session was engaging and thought-provoking, offering pupils a glimpse into how university life can shape their future. Pupils then took part in an interactive workshop where they explored student accommodation options. They learned about the various types of living arrangements available, the costs involved, and what day-to-day life is like for university students. This session gave them a realistic and reassuring insight into one of the major aspects of university life. One of the highlights of the day was the opportunity for pupils to get creative in a real-life marketing challenge. They worked in small groups to develop ideas for a marketing campaign aimed at attracting future students to BGU. The enthusiasm and innovation shown by our Year 9 students was fantastic — their campaigns included slogans, social media ideas, and pitches! The visit concluded with a guided tour of the beautiful BGU campus. Students explored key facilities including lecture halls, the library, sports areas, and student common rooms. The tour gave them a real feel for the university environment and helped them visualise what it might be like to study there in the future. The trip was both educational and inspiring. It helped demystify university life for our pupils and gave them a head start in thinking about their own educational journeys. A huge thank you to Bishop Grosseteste University for hosting such a valuable and enjoyable day.



WORK EXPERIENCE

This term, our Year 10 students had the fantastic opportunity to take part in Work Experience Week, gaining valuable insight into a wide range of careers and professional environments. The week provided a chance for pupils to step outside the classroom and into the world of work—an important milestone in their educational journey. Pupils secured placements across a variety of industries, including education, healthcare, engineering, retail, IT, construction, hospitality, and more. From shadowing teachers in local primary schools to assisting in offices, shops, and even veterinary clinics, pupils embraced the challenge with enthusiasm and maturity. Many pupils returned to school full of stories about what they had learned, with some discovering new interests or even career paths they hadn't previously considered. Employers were highly complimentary, praising our pupils for their punctuality, professionalism, and willingness to get involved. One pupil commented, **"During the placement I am most proud of not only being able to style my hair properly but also communicating with customers in the working environment talking to them/ making teas and coffees and making conversation with them."** Another pupils in their reflection said **"After the placement the director offered me an apprenticeship after year 11, so this has now given me something to work towards in school and have clear grade requirements I need to achieve"** We would like to thank all the local businesses, organisations, and family connections who supported our pupils by providing placements. Your time, guidance, and generosity helped make this week a valuable and memorable experience for our Year 10s. Well done to all involved—you've made us proud!



For the small number of pupils who were unable to find a placement, Bowmer + Kirkland who are the builders of the new school, came in to set these pupils a sustainable task which they had to work on over the week and present to Helen Bedford Social Value Manager. The task involved pupils using waste material from the building site to develop a concept and design which could be recycled and used by the public. Helen was so impressed with the design, she has invited these three pupils to tour the new school before it is opened to the other pupils and staff.

Exploring the Future: Year 7–9 Pupils Visit Innovaré Factory Site

As part of our commitment to broadening pupils' horizons and raising aspirations, two groups of pupils from Years 7, 8, and 9 recently had the unique opportunity to visit the Innovaré Systems factory in Coventry, where the new panels for our upcoming school building are being manufactured. During the visit, pupils got a behind-the-scenes look at how these state-of-the-art panels are created, gaining a real-world understanding of modern construction and engineering processes. Pupils interested in STEM careers were particularly inspired by the scale of the work and the advanced technology involved, while those with a passion for Art and Design were fascinated by the technical CAD (Computer-Aided Design) drawings that showed how architectural plans come to life. The second group visit was organised to coincide with International Women in Engineering Day, with a special focus on promoting careers in engineering for young women—a field still significantly underrepresented in the UK. Eleven female pupils took part in this empowering experience, hearing from a female apprentice about their own career paths and the exciting possibilities that engineering can offer. A huge thank you to the team at Innovaré Systems for welcoming our students and providing such an engaging and informative experience. These visits were a fantastic way to connect the curriculum to the real world and inspire the next generation of engineers, designers, and innovators. We look forward to seeing the final building take shape—and maybe even welcoming some future engineers back as alumni in years to come!



innovare
simplifying offsite



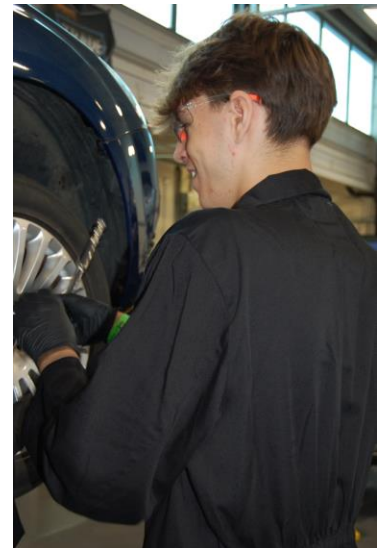


The College
of West Anglia



Year 10 Taster Day at The College of West Anglia Exploring Future Pathways

In June, our Year 10 pupils took part in the annual Taster Day at The College of West Anglia — an exciting opportunity to experience life at a Further Education college and explore potential post-16 options. The event is a highlight of the careers calendar, offering pupils the chance to try out a subject of their choice in a real college setting. Pupils selected from a wide range of courses including Photography, Hospitality and Catering, Engineering, Construction, Sport, Art, Childcare, Beauty Therapy, Music, and many more. The day was designed to give a hands-on insight into the skills and learning styles each course offers. From creating stunning visual pieces in Art and Photography, to preparing dishes in Hospitality, pupils were fully immersed in their chosen disciplines. Those interested in practical and technical subjects such as Engineering and Construction had the opportunity to use specialist tools and equipment under the guidance of college tutors, while others explored their creative talents in Music and Beauty Therapy workshops. Childcare sessions provided an interactive look at working with young children, and the Sport workshops saw pupils take part in fitness drills and team challenges. Each session was led by experienced college staff, giving students a genuine feel for the curriculum and teaching environment at The College of West Anglia. The day not only allowed pupils to explore potential career paths, but also helped them understand the wide variety of opportunities available after GCSEs.





UALS School Alumni

One of the joys of my job as a Careers Adviser is speaking to previous pupils and finding out what they are doing once they have left education, this is why the school alumni is important as it allows previous pupils and their parents/carers the chance to reconnect with the school. We have had a number of past pupils supporting us with events, back in November for the GCSE Awards Night, we were joined by Seb Ivanov who spoke about his time in school and his journey towards his current career in finance with PWCUK. We want our pupils to learn more about a variety of careers and there is no better way than speaking to our previous pupils.

If you are interested in supporting us with our school alumni please use the link or QR code below, we look forward to hearing from you.



UNIVERSITY ACADEMY
 LONG SUTTON

JOIN YOUR ALUMNI
 NETWORK TODAY!

STAY IN TOUCH WITH US AND USE
 YOUR SKILLS AND EXPERIENCE TO
 HELP CURRENT STUDENTS

www.futurefirst.org.uk | futurefirstorg Future First

Virtual Work Experience

Below are two websites where pupils can access virtual work experience opportunities for over the holidays. Both organisations work with large national companies to offer industry placements.



[speakers for schools](#)

Speakers for Schools offer some excellent online work experience and insight opportunities for pupils, to search and access opportunities use the link above.



[Springpod](#)

Springpod also offer a range of virtual work experience opportunities which are available during the school term and over the holidays. To access opportunities please use the link above.

Most of the placements are on demand and are for an age range of between 13-18. There is also a certificate which pupils can print off.



Discover the Power of Unifrog – Your All-in-One Careers & Futures Platform!

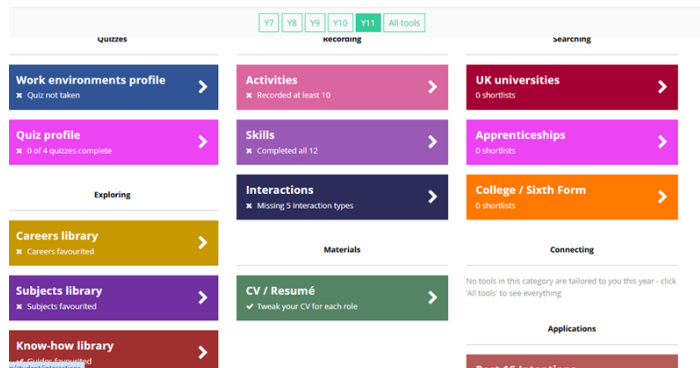
At our school, we're proud to offer all pupils, parents/carers and teachers/support staff access to Unifrog which is a brilliant online platform that supports every stage of your journey, from early career exploration to Post-16 and Post-18 decisions.

For pupils, Unifrog is a personalised toolkit to help you. Complete careers quizzes to match your skills and interests to real-life jobs. Discover Post-16 and Post-18 options, including sixth forms, colleges, universities, and apprenticeships. Search local apprenticeship vacancies with real-time listing, use the Know-How Library to access expert guides on everything from study skills to mental health, interview tips, and more! Whether planning your next steps or just starting to explore, Unifrog puts everything you need in one place.

For Parents/Carers Unifrog gives you the confidence to support your child's choices with clear, up-to-date information on careers, pathways, and qualifications Insights into the apprenticeship and university application processes and guidance on how to help your child stay on track and make informed decisions. Ask your child to show you around their dashboard – you might be amazed at what's on offer. If you would like your own Unifrog account please contact Mrs Gilman at gilmanj@uals.org.uk who will supply you with the parent/carers passcode.

For Teachers and Tutors, Unifrog is a fantastic tool to support careers education, tutor time, and personal development. It allows you to track pupil progress and engagement, suggest tailored activities, quizzes, or research tasks, deliver high-impact careers sessions using the Know-How Library, packed with ready-made resources on CV writing, mental wellbeing, finance, revision, and more.

An example of a Year 11 Unifrog dashboard





What is the Labour Market

The labour market is just a way of talking about the Jobs available in your local area. People who can do those jobs think of it like a big matching system: businesses need workers, and people need work. The labour market shows how well that match is working.

Why is it important for parents/carers to know about the labour market and discuss with their children;

- **Helps prepare** them for future career choices and success in an ever-changing world.
- **Informed Decisions** - Understanding the labour market helps children make informed decisions about their education and career paths
- **Realistic Expectations** - Parents and carers can help set realistic expectations about job availability, salaries, and career progression. This reduces the risk of disappointment or wasted time pursuing goals that don't align with labour market realities.
- **Early Career Awareness** - Children who learn about different jobs early on are more likely to explore a wider range of careers. This expands their horizons beyond the jobs they see daily or hear about at school.
- **Understanding Required Skills** - By learning about the labour market, children can better understand the importance of skills such as communication, teamwork, digital literacy, and adaptability—traits increasingly valued across many job sectors
- **Adapting to Change** - The job market is constantly evolving due to technology, globalization, and economic shifts. Conversations with parents and carers can help children understand that career paths are not always linear and that adaptability is key.
- **Reducing Anxiety** - Talking about jobs and the future can reduce fear or uncertainty about adulthood. When children feel supported and informed, they're more confident about their options.
- **Role Modelling and Values** - Parents and carers can share their own experiences and values about work, helping children understand the social and emotional aspects of working life—not just the economic ones.

Where do I find this information?

<https://www.theworldofwork.co.uk/> (Greater Lincolnshire LEP)

<https://www.nomisweb.co.uk/> (Government data)

<https://cambspeterboroughlmi.co.uk/> (Cambridgeshire Combined Authority)

<https://www.unifrog.org/> (The careers and subjects library)

<https://www.uals.org.uk/Labour-Market-Information/> (Academy careers section)



Below are confirmed careers events for the next academic year. If parents/carers and older siblings are able to offer any workshops or come in to speak to pupils about their career that would be much appreciated. If you would like any further information please contact Jacqui Gilman at gilmanj@uolat.co.uk or 01406 362120

GCSE Results Day Thursday 21st August. Mrs Gilman will be present for any questions or support required

Virtual Post 16 options talk for Year 11 parents/carers Wednesday 10th September and Monday 15th September 6-7pm (teams link to follow).

Virtual Apprenticeship and T Level talk all parents/carers welcome date and times tbc.

Exams Made Easy Year 11

Monday 20th October 2026

Careers Fair Wednesday 12th November 2025

Royal Navy Engagement Team

Tuesday 4th November 2025 (Year 9)

Thursday 6th November 2025 (Year 10)

Super Learning Day Wednesday 28th January 2026

Work Experience Year 10 18th-22nd May 2026

College of West Anglia Taster Day Year 10 Wednesday 24th June 2026

Other trips and events will be sent out to parents/carers over the academic year.

The Careers Team wishes you a great summer holiday

