



# WEEK COMMENCING 20 APR

## Weekly Thoughts

As we begin the summer term, we are excited to share another packed edition of our weekly Careers Newsletter, highlighting the wide range of opportunities our students are engaging with both in and beyond school.

Last week has already provided some fantastic insights and experiences. On Wednesday, we were delighted to welcome Hannah Bellsham-Revell, Consultant Paediatric Cardiologist at Evelina London Children's Hospital, who spoke to students as part of our Work Wednesday programme. Her talk offered a fascinating look into careers in medicine and the pathways into such a rewarding and impactful field.

On Thursday, our Year 8 students took part in the London Lifesavers Schools Project, developing vital life skills and gaining confidence in emergency response techniques—an invaluable experience for all involved.

We finished the week on a high with the Rising Mathematicians Festival on Friday, celebrating curiosity, problem-solving and a passion for mathematics across the year groups.

Looking ahead to this week, our Work Wednesday series also continues with Eilidh Tickle, Deputy Director at the Government Legal Department, who will be delivering a talk on careers in law.

We hope you enjoy reading about these experiences and, as always, we encourage students to make the most of the opportunities available to them as they begin to think about their future pathways.

## Work Wednesday



WE'D LOVE YOUR SUPPORT!

We're inviting volunteers to speak with students during our weekly Work Wednesday sessions. Whatever your profession, we'd really encourage you to consider getting involved.

If you'd like to learn more about how these sessions work, please take a look at the [leaflet](#). To check availability or book a slot, feel free to email [Mrs Clarke-McDermott](#) directly.

**For help or a chat** Visit me on the 2nd floor (opposite Support, next to the library) or [email me](#)



Mrs Clarke-McDermott  
CAREERS LEADER

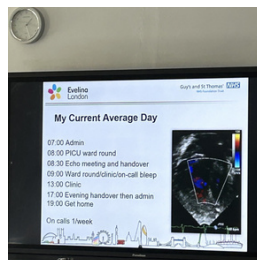


# Hannah Bellsham-Revell Evelina London Children's Hospital

We were delighted to welcome Hannah Bellsham-Revell, Consultant Paediatric Cardiologist at Evelina London Children's Hospital, as part of our Work Wednesday programme. Hannah gave an inspiring and insightful talk about her career in medicine, offering students a fascinating overview of what it is like to work in paediatric cardiology and the different pathways into the medical profession.

Students were highly engaged throughout the session, asking thoughtful questions about medical training, daily responsibilities, and the challenges and rewards of working in a specialist hospital environment. Hannah took time to share her own experiences and offer practical advice, which students found particularly valuable.

Many students left the session with a deeper understanding of the dedication required for a career in medicine, as well as a clearer sense of the academic routes and personal qualities needed to succeed in such a competitive and rewarding field.



## London Lifesavers

We were delighted to welcome eight paramedics into school to deliver essential CPR and defibrillator training to students. The session provided hands-on experience, helping students build the confidence and practical skills needed to respond quickly and effectively in emergency situations.

In addition to the lifesaving training, the workshop formed an important part of our careers programme by developing key employability skills such as communication, teamwork, problem-solving, leadership, and the ability to remain calm and respond appropriately under pressure. Students engaged well with the session and left with valuable knowledge and greater confidence in their ability to act in real-life emergencies.





# Upcoming Events

unifrog

Let's explore: doing a degree, sustainably

Monday 20 April 4.30-5.15pm. [Sign up here](#)

Let's explore: alternative courses to medicine

Monday 20 April 5.30-6.15pm. [Sign up here](#)

Let's explore: degrees that get you career ready

Tuesday 21 April 4.30-5.15pm. [Sign up here](#)

Parents and caregivers session: what else is out there? Post-18 options you might not have considered

Tuesday 21 April 5.30-6.15pm. [Sign up here](#)

Beyond the game: how does sport shape society?

Monday 27 April 5.30-6.15pm. [Sign up here](#)

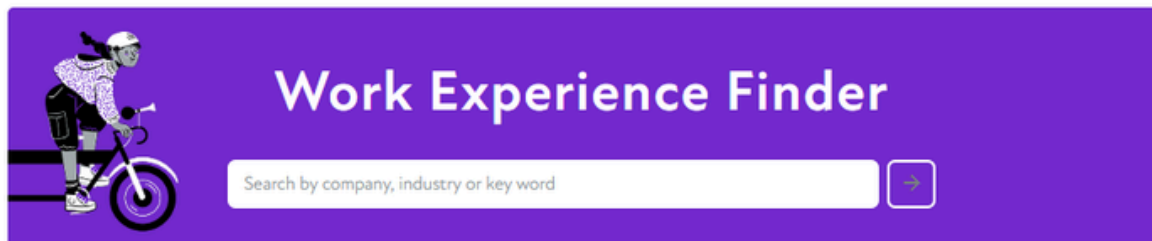
Parents and caregivers session: how university builds career-ready skills

Monday 27 April 6.30-7.15pm. [Sign up here](#)

Psychology taster: why do people behave badly online?

Tuesday 28 April 4.30-5.15pm. [Sign up here](#)

## Futures for All - Work Experience



[View all opportunities](#)

[In-person](#)

[Remote](#)

[All filters](#) ▾

It's easy to  
get started

### 1 Discover work experience

Browse, search and filter our opportunities to find what suits you.

### 2 Register, sign in and apply

To apply, you need an account – it's quick, free and simple to sign up.

### 3 Application review and decision

Once your application has been submitted your teacher will review it before it's sent to the employer who will let you know if you're successful!

DON'T FORGET TO LOG ANY INTERACTIONS ON UNIFROG

## JPMorganChase (Y10 and 11)

An exciting programme combining virtual and in-person experiences in London.

Develop key skills including:

- CV writing
- Interview techniques
- Networking



Gain insight into careers in finance while working with professionals at JPMorganChase.

To take part, students must be available for all sessions:

- Tuesday 4th August 2026 (virtual)
- Tuesday 11th–Wednesday 12th August 2026 (in person, London)
- Thursday 18th February 2027 (virtual)

Open to motivated students aged 14-16 interested in future careers in finance. To find out more, please visit their [website](#).

## Young Professionals Conference

We are excited to invite you to the [Young Professionals Summer Conference](#) in London at Friends House, Euston on Saturday 18th July, 2–6pm, where students can meet leading employers across business, finance, law, engineering, and technology.

The event features keynote talks, interactive workshops, and networking opportunities with global companies, plus insights from industry leaders including founder Dan Miller, as well as free professional LinkedIn headshots and career resources.

This is a unique chance for ambitious students to build connections, gain career insight, and explore future opportunities in top organisations.

## Imperial Summer School

Applications for our free residential and non-residential summer programmes are now open. [Visit the Summer Schools webpage](#) to learn more about the programmes, eligibility criteria, and how to apply.

## Work Experience (Years 10 & 12)

Work experience week (13th–17th July 2026) is fast approaching. Students should now be actively securing placements and completing the required paperwork on Unifrog. If support is needed, please speak to the careers team – we are here to help.





Years 10  
and 12  
only

# WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026 (5 DAYS)

## WHAT'S THE POINT?

Work experience is crucial for exploring career paths and gaining essential skills. It provides real-world exposure, boosts confidence, and helps build a professional network.

Key benefits include:

- Testing personal interests
- Developing transferable skills like communication and problem-solving
- Understanding the relationship between education and job opportunities

## LOCAL BUSINESSES

You can find a list of local businesses in this file. Please note, the places listed here have not agreed to offer work experience, this is just a directory.

[Local businesses](#)  
[Unifrog contacts](#)

## FINDING A PLACEMENT

If you're not sure where to start, here are some useful ideas:

- **Ask around:** Speak to family members, friends, or neighbours – someone may know a workplace that can offer you a one-day placement.
- **Local businesses:** Visit shops, hairdressers, cafes, garages, nurseries, or offices nearby and ask politely if they offer short placements.
- **Email or phone employers:** Write a short message explaining that you're a student looking for a placement (include the dates)
- **Think about what interests you:** Whether you're interested in animals, technology, sport, healthcare, or something else, try contacting places linked to your interests.
- **Be flexible:** Many places are busy, so be open-minded and positive about a wide range of opportunities.

If you're stuck or need help, speak to your form tutor or the careers team – we're here to support you.

## HOW TO GUIDES

Helpful links:

- How to guide - [finding a placement](#)
- How to guide - contacting potential employers
- How to guide - [Researching possible placements](#)
- How to guide - [Uploading your placement on Unifrog](#)



# WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026

## CONTACTING POTENTIAL EMPLOYERS

It can be really nerve-wracking contacting employers to ask them for work experience. But it doesn't have to be that way!

On this page, we'll discuss how to be prepared when contacting employers.

- Use your school email address
- Use a straight-to-the-point subject.
- Use the employer's name if you know it, or Sir/Madam if you don't.
- Remember to proof read the email so there aren't any mistakes.

## SETTING THE EMAIL OUT

Your email should be professional and include all relevant information:

- **Paragraph 1:** Introduce yourself and the school or college you go to.
- **Paragraph 2:** Say a little about why you are interested in the industry; a couple of sentences is enough. This shows that you've done research and have thought carefully about where you'd like to do work experience.
- **Paragraph 3:** Politely ask about work experience opportunities on dates you are able to attend. You can also ask for a meeting/phone call here too.

## Emailing an employer

<b>To:</b> hello@StarkIndustries.com
<b>Subject:</b> Work experience
Dear Mr. Stark,
My name is Peter Parker and I am a student at Midtown High School.
My interest in work experience with the Avengers was sparked when I visited your laboratory in Malibu, where I got to see your inventions. I have worked very hard to develop my teamwork skills and spider sense. I feel that with some guidance, I would be a great addition to the Avengers team.
I am looking to do some work experience between the dates of 10-24th February, to help develop my competencies and start to learn how to protect Earth. Do you have any spaces for work experience students at that time? I have attached a copy of my CV for your records.
Yours sincerely, Peter Parker



# WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026 (5 DAYS)

## RESEARCHING POSSIBLE PLACEMENTS

It can be difficult to know where to start looking for work experience and find a workplace that you're interested in. This session is here to help though!

Your placement will give you the chance to explore a workplace of interest to you. That way, you'll find out whether you it could suit you in the future!

Researching the work experience options in your area is great way to figure out what you are interested in learning about.

## THE UNIFROG APPRENTICESHIP TOOL

The Unifrog Apprenticeships tool isn't just for looking for apprenticeships!

The tool can help you to:

- Search for businesses to approach for work experience
- Get an idea of the types of industries that are available in your area

The Apprenticeship tool also shows you businesses that you're interested in on a map, so you can see how far they are from home!

Start by logging into your Unifrog account...

To use the Apprenticeships tool on your homepage:

- Search across various industries and select up to ten to explore.
- Filter results by travel distance using the map.
- Rank your results by "Distance from home" on the next page.
- Choose your preferred opportunities to create a shortlist.

This shortlist provides employer information, required skills, and job locations.

- Use the tool to identify companies for work experience.
- Note company names and your reasons for interest.

Conduct further research for contact details before reaching out. Don't forget to save to your Locker!

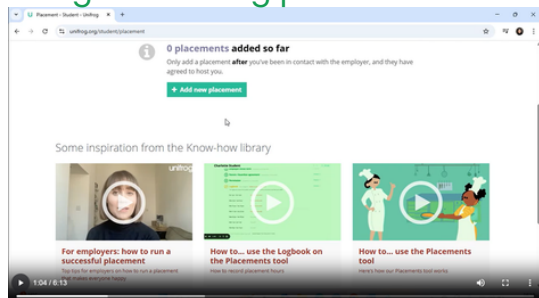


# WORK EXPERIENCE

MONDAY 13TH – FRIDAY 17TH JULY 2026

## UPLOADING YOUR PLACEMENT

We use Unifrog's placement tool to make sure all the paperwork and compliance is completed before you go on your work experience. Once you have agreed with an employer that you are able to work, you need to complete a form online. You can watch this handy [video](#) which will lead you through using the Unifrog placement tool.



## THE UNIFROG PLACEMENT TOOL

At a basic level the tool is a series of forms which need to be completed by specific people at specific times; when one person finishes their form, the system automatically messages the next person in the chain.

The tool makes it easy:

- For students to get the ball rolling, then reflect on the placement afterwards;
- For the employer to follow
- For the parent/guardian to agree to the placement and stay informed of what's happening;
- For the school/college coordinators to have an overview of the whole process

Open the **placements** tool, via a tile on your homepage.

- Click 'Add new placement'
- Enter your start and end date, and placement advisor (Mrs Bull)
- For time commitment, choose 'full time', and choose 'in-person' for how you will meet the employer
- Complete the employer details, you will need to put in an address including postcode.
- Explain how you will travel to your placement
- Write down your objectives for the placement, this will go to the employer
- Enter the employer details - double check to make sure this is correct. It must be accurate or the employer won't get their email!
- Input your details, and your parents details. Again, make sure the email is correct as they will need to approve the placement.
- Check the tick boxes and click 'add placement'

**Placements**  
0 placements added so far

**Logistics**  
\* Describe the time commitment: Full time  
\* Will you meet the employer in-person (not on a video call) at any point during the placement? --select--

**Employer contact details**  
\* Employer placement lead: name: eg Tim Cook  
\* Employer placement lead: email: eg tcook@apple.com  
\* Employer placement lead: email (again): eg tcook@apple.com  
\* Employer placement lead: phone number: -- country code -- Phone number

**Do you agree to:**  
-Lifting sending your details to the employer email address you've provided;  
-Abiding by any confidentiality policies held by the employer;  
-Observing all safety, security and other policies laid down by the employer;  
-Informing the employer and school/college as soon as possible of any absences?

\* Agree  I agree to all four points above.

Form finished?  Check this form as finished and notify employer to fill in their initial form  Add placement  Cancel changes