



WEEK COMMENCING 19 JUNE

Careers @ Newstead Wood School

Over the last few months, students across United Learning have been working to develop their own healthy, sustainable juice brands as part of an annual Enterprise Competition with City Pay It Forward.

On Thursday we held the Trust final at Newstead Wood and it was incredible to see the dedication, thought and entrepreneurial skill that has gone into this work across the teams.

The competition was very tight but the judges were delighted to recognise Newstead Wood School as this year's winners with their sustainable Gen Z drink FizziKcal. We will now head to the Grand Final at Drapers Hall in July so watch this space!

Opportunities such as this provide our students with invaluable preparation for the world of work whilst fostering teamwork and creativity - well done to all involved!



We hope you have enjoyed your week, learnt from our visitors and challenged your perceptions. Every single trip, event and interaction gives you the opportunity to learn more about careers and your strengths so keep being curious.

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

Events

LONDON SOUTH EAST COLLEGES



📅 TUESDAY 23 JUNE 2026 ⌚ 5:00PM-7:30PM

📍 HOLLY HILL CONSTRUCTION SKILLS CAMPUS

Holly Hill Open Event

Come to our Open Event at our Holly Hill Construction Campus and find out what London South East Colleges has to offer you. Talk to our friendly staff, meet our students and tour our amazing facilities.

[Read more & Register](#)



📅 TUESDAY 23 JUNE 2026 ⌚ 5:00PM-7:30PM 📍 BEXLEY CAMPUS

Bexley Open Event

Come along to our Open Event at our Bexley Campus and find out what London South East Colleges has to offer you. Talk to our friendly staff, meet our students and tour our amazing facilities.

[Read more & Register](#)



📅 WEDNESDAY 24 JUNE 2026 ⌚ 5:00PM-7:30PM 📍 BROMLEY CAMPUS

Bromley Open Event

Come along to our Open Event at our Bromley Campus and find out what London South East Colleges has to offer you. Talk to our friendly staff, meet our students and tour our amazing facilities.

[Read more & Register](#)



📅 WEDNESDAY 24 JUNE 2026 ⌚ 5:00PM-7:30PM 📍 ORPINGTON CAMPUS

Orpington Open Event

Our Orpington Campus only offers students the opportunity to study a high quality, industry-focused hospitality and catering course. Supported by a number of top companies including the Dorchester Group, Hyatt, D&D London and Hilton Hotels, the College offers young people a truly innovative way to gain the hospitality skills and qualifications employers need.

[Read more & Register](#)



📅 WEDNESDAY 24 JUNE 2026 ⌚ 5:00PM-7:30PM 📍 UNIVERSITY CENTRE

University Centre Open Event

London South East Colleges' dedicated University Centre, based in Orpington, offers students high-quality teaching, small class sizes and flexible learning.

[Read more & Register](#)

APPLYING FOR MEDICINE?

Get **free** personalised advice on your application from an FY1 doctor

Online masterclass
Sunday 26th July



Discuss your application in a small-group setting
Get advice on key areas of the admissions process
Access valuable resources like UCAT practice questions

Open to:

- Year 11, 12 or 13 students
- Gap year students
- Graduate students

Apply by Monday 13th July

Limited places available

Visit rmbf.org/masterclass or scan the QR code




Apprenticeship Webinars

AIM London have published their remaining Spotlight Webinars for this academic year. If you are interested then make sure you book and attend. These webinars are not available to watch later.

Inclusive apprenticeships for SEND learners

Date: 23/06/2026 from 5pm


[Book here](#)

 Join us for an inspiring spotlight webinar exploring how apprenticeships can work for learners with Special Educational Needs and Disabilities (SEND). This session will shine a light on the different pathways into apprenticeships for SEND learners, including supported internships, and how these routes can build confidence, skills and readiness for sustained employment.

Apprenticeships in the experience economy and hospitality

Date: 07/07/2026 from 5pm

[Book here](#)

 Learn about the range of apprenticeships available in this sector and hear from leading industry employers who will discuss their current and pending vacancies including application top tips. Will include apprentices who will describe their experiences.

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.





TO REALITY

Unlock the door to in-person work experiences by completing Virtual Work Experience programme.

Springpod have a selection of virtual to reality placements open to anyone aged 13+. Take a look at some of the opportunities below:



WORK EXPERIENCE PROGRAMME

Connected: The Network Rail Virtual Work Experience



Network Rail

Be a part of building a better world through civil engineering!

Virtual-to-Reality



MOORE Kingston Smith

WORK EXPERIENCE PROGRAMME

Women in Accounting: Moore Kingston Smith Work Experience



Moore Kingston Smith Group Services

Looking to build a meaningful future? Discover exciting career opportunities in

Virtual-to-Reality Eligibility Criteria



WORK EXPERIENCE PROGRAMME

Severn Trent Sustainability: Water Industry Virtual Work Experience



Severn Trent

Sustainability, Support and STEM

Virtual-to-Reality



WORK EXPERIENCE SPRINT

Aviation and Aerospace: Spaceport Licence



Civil Aviation Authority

Overview Space - the final frontier, now closer in reach than ever before.

Virtual-to-Reality



WORK EXPERIENCE SPRINT

Aviation and Aerospace: Sustainable Aircraft



Civil Aviation Authority

Overview A sustainable future is critical for us all - and the way we get to a greener

Virtual-to-Reality



WORK EXPERIENCE SPRINT

Aviation and Aerospace: Airport Security



Civil Aviation Authority

Overview Airports are huge transportation hubs - with millions of passengers arriving

Virtual-to-Reality



WORK EXPERIENCE PROGRAMME

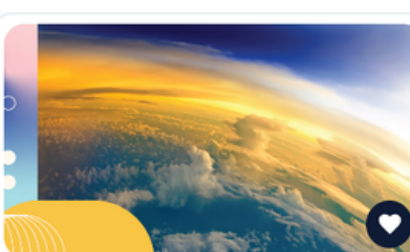
Hospitality Work Experience



Marriott Bonvoy

This virtual experience gives you a behind-the-scenes look at the hospitality industry

Virtual-to-Reality



WORK EXPERIENCE PROGRAMME

Met Office Careers - Forecasting Your Future



The Met Office

Explore Met Office career opportunities & develop transferable employability skills.

Virtual-to-Reality



WORK EXPERIENCE PROGRAMME

Healthcare Science Careers: Virtual Work Experience with NHSE



NHS England

Explore Healthcare Science Careers with NHS England!

Virtual-to-Reality

Unifrog Events



Business taster: how brands build loyal fans

Students Virtual

Why do we remember some brands and forget others? In this session with the University of Bath, you'll explore how businesses create strong, memorable brands that people trust and follow. Discover how awareness grows into loyalty and advocacy, and learn the key stages of building brand success. Come along if you're curious about marketing, business, or how brands influence what we buy!

> Mon 22 Jun 16:30-17:15 UK time

[Sign up >](#)



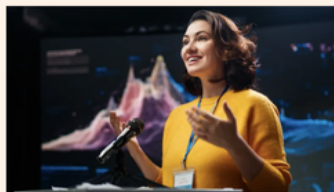
Politics taster: should 16 year olds be allowed to vote?

Students Virtual

More democratic countries are committing to 'Votes-at-16', but does this make sense? Are 16-17-year-olds 'adults' who deserve the right to representation? 18-24-year-olds are far less likely to vote than any other group, so should we be looking to increase, not decrease, the voting age? Join Lancaster University to explore the evidence related to this debate and its relevance to key political ideas such as the nature of adulthood, democratic representation, and inter-generational fairness.

> Mon 22 Jun 17:30-18:15 UK time

[Sign up >](#)



Business taster: what does AI mean for the future of management?

Students Virtual

Artificial intelligence (AI) is transforming how businesses operate and how decisions are made. Its influence is growing rapidly, but success still depends on how managers choose to use it. This session with the University of Essex will explore what managers actually do, how their responsibilities are evolving, and what AI means for the future of business leadership. Learn how being aware of AI now can give you an edge in your future studies and career.

> Tue 23 Jun 16:30-17:15 UK time

[Sign up >](#)



Where can an English degree take you?

Students Virtual

Studying English at university is about more than just reading and discussing things like books, comics, films, and plays. It opens the door to a range of careers (including ones you wouldn't expect) and gives you a rounded, critical perspective on the world. Join Edward Paleit from City St George's, University of London for an interactive tour of what a modern English degree looks like and the creative, critical, and professional skills it can give you.

> Tue 23 Jun 17:30-18:15 UK time

[Sign up >](#)



What universities really want to see in your engineering application

Students Virtual

Join the University of Hertfordshire to explore the key entry requirements for different engineering subject areas. The session will cover qualifications, grade expectations, and desirable skills like problem-solving, teamwork, and analytical thinking. Gain insight into what universities look for in strong applicants and how to prepare for a successful application to engineering courses.

> Tue 23 Jun 18:30-19:15 UK time

[Sign up >](#)

Unifrog Events



How to win the world cup – with science!

Students Virtual

What separates the world's best football teams from the rest? Increasingly, the answer lies in sport science. Join Northumbria University to explore how cutting-edge research, data analytics, and performance technology are transforming the way elite football teams prepare, compete, and recover on the world's biggest stage.

> Wed 24 Jun 16:30-17:15 UK time

Sign up >



Marriage glitch? The real laws behind marriages that disappear

Students Virtual

Ever noticed a marriage that ends quicker than a TikTok trend? From Ross and Rachel's drunken wedding in 'Friends', to Britney Spears' 55-hour marriage, annulments wipe marriages off the record in different ways. Join experts from the University of Plymouth as they break down the legal reality of how marriages are declared as 'null and void' today. We'll explore what qualifies vs what doesn't, and how real-life legal cases can sometimes be the most intriguing!

> Wed 24 Jun 17:30-18:15 UK time

Sign up >



Law taster: do children have legal rights?

Students Virtual

Children are often excluded from decisions and policies that directly affect their lives. In this interactive session, join Lancaster University's Dr Rachel Heah to explore the theory and reality of children's rights, and what they mean in practice. Should children have rights, and if so, what kind? How can these rights be meaningfully implemented? And what happens when a child's rights come into conflict with those of their parents?

> Thu 25 Jun 16:30-17:15 UK time

Sign up >



Architecture taster: can building design be a political act?

Students Virtual

Join the University of Plymouth for a session that explores how architecture can become a tool for social and environmental change. Together, we'll look at how design can respond to climate challenges, support communities, and challenge the status quo. Join us to reshape how we build!

> Thu 25 Jun 17:30-18:15 UK time

Sign up >



Neuroscience taster: how does the nervous system work?

Students Virtual

Join Dr Sana Hannan from Lancaster University to discover the organisation and function of the nervous system. You'll examine how it enables communication between the brain, spinal cord, and different parts of the body. You'll learn about the central and peripheral nervous systems, their key structures, and their roles in processing and transmitting information. And finally, you'll find out how sensory input, motor output, and higher-order cognitive functions interact in everyday functioning.

> Thu 25 Jun 18:30-19:15 UK time

Sign up >



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

To: hello@StarkIndustries.com
Subject: 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...

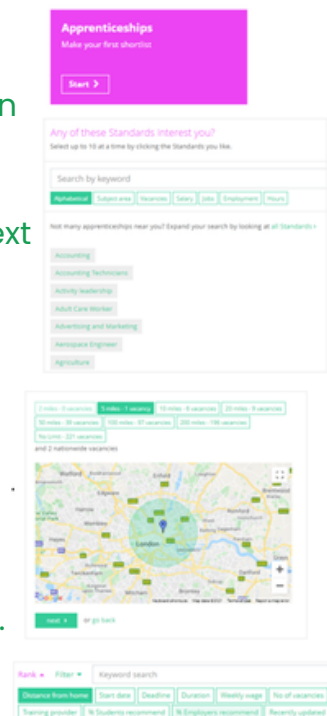
To use the Apprenticeships tool on your homepage:

- 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!

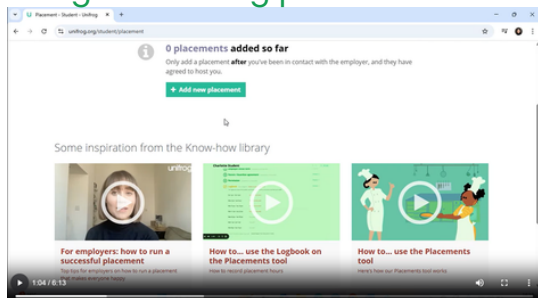


WORK EXPERIENCE

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