



# Newsletter

## Welcome to Easington Academy's March 2024 Careers Newsletter.

*The careers newsletter aims to keep students and their families with all the latest information about careers and Post-16 opportunities.*

*All students at Easington Academy receive targeted careers education within World Ready Sessions and within the curriculum, focusing on subject specific careers information. In addition, we provide students with a range of opportunities to access up-to-date careers information through workshops, career fairs, external events and from visitors in school.*

**Our Careers Programme can be accessed here:** [Careers information](#) | [Easington Academy](#)

**For Careers advice please contact our Careers Advisors, Mrs Collins and Mrs Carter:**

email: [julieann.collins@easingtonacademy.co.uk](mailto:julieann.collins@easingtonacademy.co.uk)



## Women into Construction Event

A group of Year 9 students delved into the world of construction with the Association of Women in Construction at Hartlepool College. AWIC, is an international organisation dedicated to promoting diversity and equality within the construction industry. The primary objective of the event was to shed light on the plethora of opportunities available for girls within the construction industry through engaging activities.

One of the highlights of the event was the Design & Build Challenge where students were able to get a hands-on experience in constructing structures using LEGO bricks. The challenge was not just about building—it was about creativity, problem-solving, and making a positive impact on the community. Congratulations to our girls who each won a £25 Amazon gift voucher for the best design.

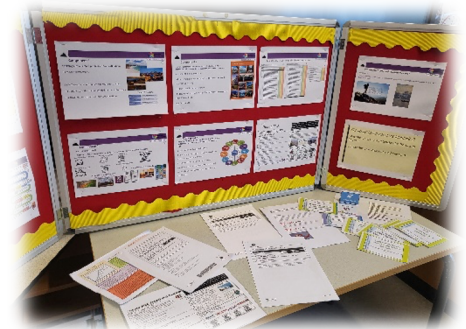
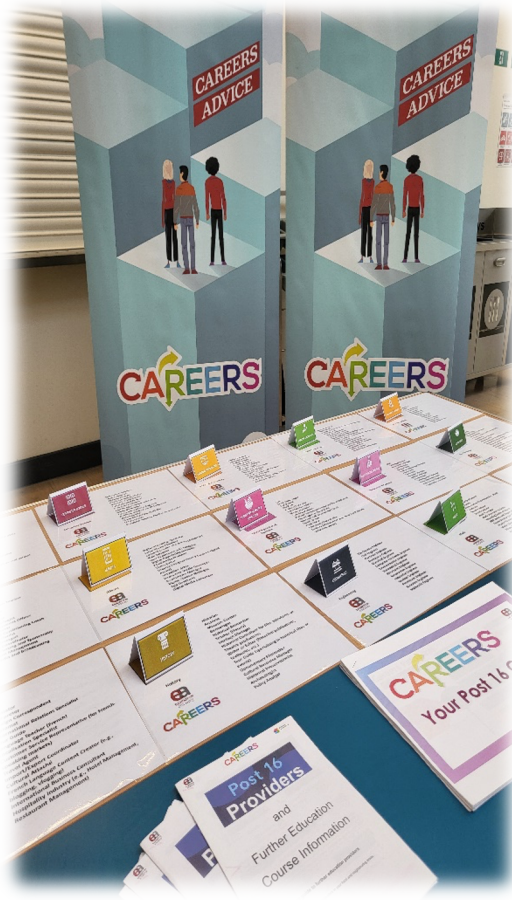


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### Year 9 GCSE Options Evening

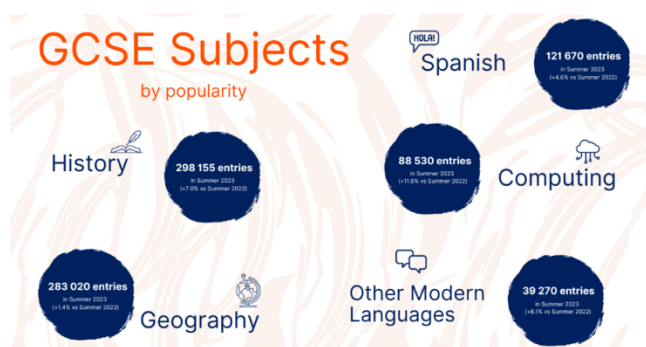
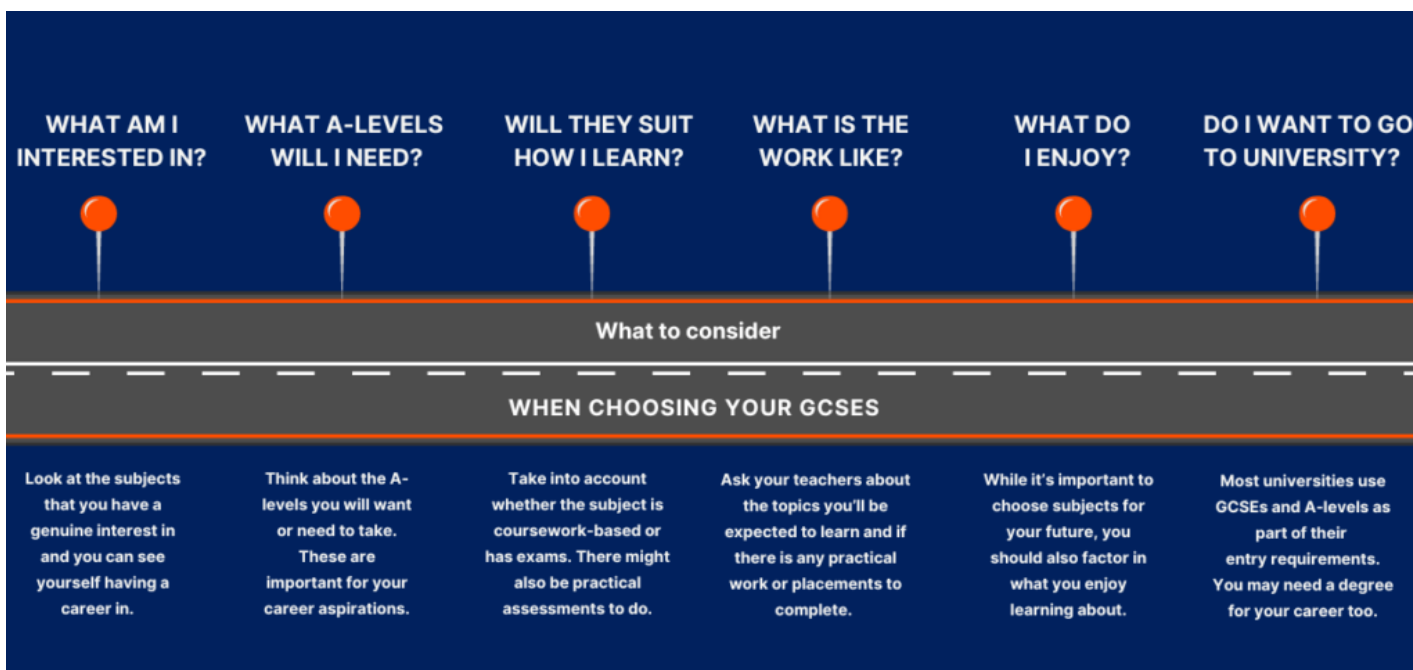
We welcomed students and their parents/carers to explore the diverse range of GCSE subjects on offer at Easington Academy. From sciences to humanities, languages to arts, there was something for everyone. Our aim was to empower students with the information they need to make informed decisions about their future academic pathways.

Mrs. Collins, our Careers Advisor, was present at the event providing guidance, helping students navigate through the plethora of options available to them. Additionally, representatives from local colleges were on hand to provide further insights and advice about post-GCSE pathways, ensuring that students and parents/carers felt supported every step of the way.





## Choosing GCSEs – Thinking Ahead



### What happens after taking GCSEs?

GCSEs typically take two years to complete. After that, the next step is typically studying **A-levels**, which are essential for progressing on to university or higher education. In a similar way to choosing GCSEs, you should keep in mind what your future aspirations are, what you are interested in or passionate about, and what you'll need to do in order to fulfil those hopes.

Of course, there are many **other options** out there. For example, you might decide to take a **vocational course**, an **apprenticeship** or **traineeship** to gain valuable real-world experience or take an alternative course for a specific career. **Regardless, getting a good set of grades at GCSE level is more often than not, where it all begins.**



## Year 11 Careers Guidance

Upcoming

**Post-16**

Further Education Open Events



Provider	Date	Details	Time
Sunderland City College	Saturday 20 <sup>th</sup> April	Open Event	10.00am to 12.30pm
Newcastle College	Saturday 20 <sup>th</sup> April	Open Event	10.00am – 12.00pm
Middlesbrough College	Thursday 25 <sup>th</sup> April	Open Event	5.00pm to 7.00pm
Sunderland Bede College	Saturday 27 <sup>th</sup> April	Open Event	10am to 12.30pm

## GCSE Examinations

Year 11 student are preparing to sit their GCSEs. These standardised exams offer them qualifications in their chosen subjects. For more information about what these exams are, when they are, and how you can help your child follow this link: [Parents' Guide to GCSEs and Nationals in 2024 - BBC Bitesize](#)

### How to help your child revise for GCSEs

- No one wants exams dates to come as a surprise! It's a good idea for those taking exams to **make a timetable** that incorporates key dates. As well as the exam dates themselves, students should work out how much time should be spent studying their subjects.
- **Create a quiet space.** Depending on the space available in your home, you could consider creating a specific area where your child can focus on their studies in peace and quiet. If this isn't an option, investigate accessing this at a local library or school.
- **Set yourself involvement boundaries.** However much you want your child to do well, you've got to know when to leave them to it. Studying is important, but you don't want them to experience extra stress by what they see as you 'hassling' them. Give them space to find their flow, let the revision seep in and don't fire a barrage of questions at them over study progress.
- **Keep them fed.** We all need fuel to keep us going but during the revision periods it's especially important to make sure your child is getting the right sort of food. Snacks that contain plenty of Omega 3, such as oily fish, help with concentration. A good time to dish out the sandwiches! Any food packed with antioxidants can also aid concentration - look for fruit, especially berries. Bananas are recommended too, they contain dopamine which can boost both motivation and concentration.







# Newsletter

## **Support for Parents and Carers**

Making sure that young people are aware and take advantage of all the opportunities available to help set them up for a successful career and a good quality of life is a challenge for every parent/carer. In partnership with the school, parents/carers have an important role to play in helping their child to access information and make decisions about their career paths. We strongly encourage parents/carers to take an active role in this process. Information on how you can support your child can be found on the school website: [Careers information](#) | [Easington Academy](#)

## **College Websites**

**Byron Sixth Form:** <https://www.st-bedes.durham.sch.uk/byron-sixth-form-college/>

**Durham Sixth Form Centre:** <http://www.durhamsixthformcentre.org.uk/>

**East Durham College:** <https://www.eastdurham.ac.uk/>

**English Martyrs Sixth Form:** <https://ems6.bhcet.org.uk/>

**Hartlepool Sixth Form:** <https://www.hartlepoolsixth.ac.uk/>

**Hartlepool College:** <https://www.hartlepoolfe.ac.uk/>

**Middlesbrough College:** <https://www.mbro.ac.uk/school-leavers>

**New College Durham:** <https://newcollegedurham.ac.uk/>

**Northern School of Art:** <https://northernart.ac.uk/>

**Sunderland College:** <https://www.sunderlandcollege.ac.uk/>

**Newcastle College:** [College Courses For 16 to 18 Year Olds \(ncl-coll.ac.uk\)](https://www.ncl.ac.uk/college-courses-for-16-to-18-year-olds/)

## **Useful Careers Websites**

**National Careers Service:**

<https://nationalcareers.service.gov.uk/>

**Prospects:** <https://www.prospects.ac.uk/>

**ICould:** <https://icould.com/>

**Careers Box:** [Home - CareersBox](#)

**Careers4U:** [Careers4u –](#)

## **Labour Market Information (LMI) Careerometer**

**Careerometer** lets you compare the average wages and working hours of up to three jobs in England. You can also use it to find out the predicted demand for these jobs in the future.

**How to use it:** Type in the first career that you're interested in and select from the drop-down list, then add your second and third choices to see the comparison.

Check it out here: [Careerometer – LMI For All](#)

You could also check out the **National Careers Service:** [Careers advice - job profiles, information and resources](#) | [National Careers Service](#) They provide careers information, advice and guidance. They can help you make decisions at all stages in your career,



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