



Longridge High School

Excellence and ambition from all, for all

Careers Information

Year 10 Career Day – Inspiring Futures

We were delighted to host our Year 10 Career Day, a dynamic event designed to broaden horizons and prepare pupils for the world beyond school. The day was packed with inspiring workshops delivered by industry professionals and education specialists, giving pupils the chance to develop practical skills, gain valuable insights into future career pathways, and build confidence for the challenges ahead. From road safety awareness to CV writing, exam positivity, and lifesaving first aid, every session offered something meaningful to help pupils take their next steps toward success.

Workshop One - Wasted Lives – Road Safety Awareness

WASTED LIVES CHANGING ATTITUDES
INFLUENCING BEHAVIOUR
SAVING LIVES

Dave Gilmore from Lancashire Fire Service came into school to deliver a powerful workshop on Road Safety Awareness. Wasted Lives is an award-winning road safety education programme aimed at reducing the number of young people killed or seriously injured on our roads. The session focused on the dangers of the Fatal 5 driving behaviours:

- Inappropriate Speed – Driving too fast for the conditions or exceeding speed limits greatly increases the risk of a crash and the severity of injuries.
- Not Wearing a Seatbelt – Seatbelts save lives. Failing to wear one is one of the most common causes of death and serious injury in collisions.
- Using a Mobile Phone While Driving – Distractions behind the wheel can be fatal. Even a quick glance at a phone takes your eyes off the road and your mind off driving.
- Careless Driving – Poor judgment, lack of attention, and risky manoeuvres put everyone at risk.
- Driving Under the Influence of Drink or Drugs – Alcohol and drugs impair reaction times and decision-making, making driving extremely dangerous.

The workshop also addressed other important topics such as peer pressure, car insurance, and the crucial role of passenger responsibility. Pupils were encouraged to speak up when they felt unsafe and to make responsible choices.

Why It Matters... Every year in Lancashire, over 700 young people are injured or killed in car crashes. Globally, road traffic collisions are the leading cause of death for 15–24-year-olds. These are not just statistics—they represent lives, families, and futures cut short. Wasted Lives exists to change this by raising awareness, challenging attitudes, and promoting safer behaviours.

Remember: Your choices matter. Speak up. Stay safe. Save lives.



Workshop Two – Preston College CV Workshop

Pupils took part in an interactive and practical session led by Preston College, focusing on the essentials of creating a strong CV and understanding what employers look for.

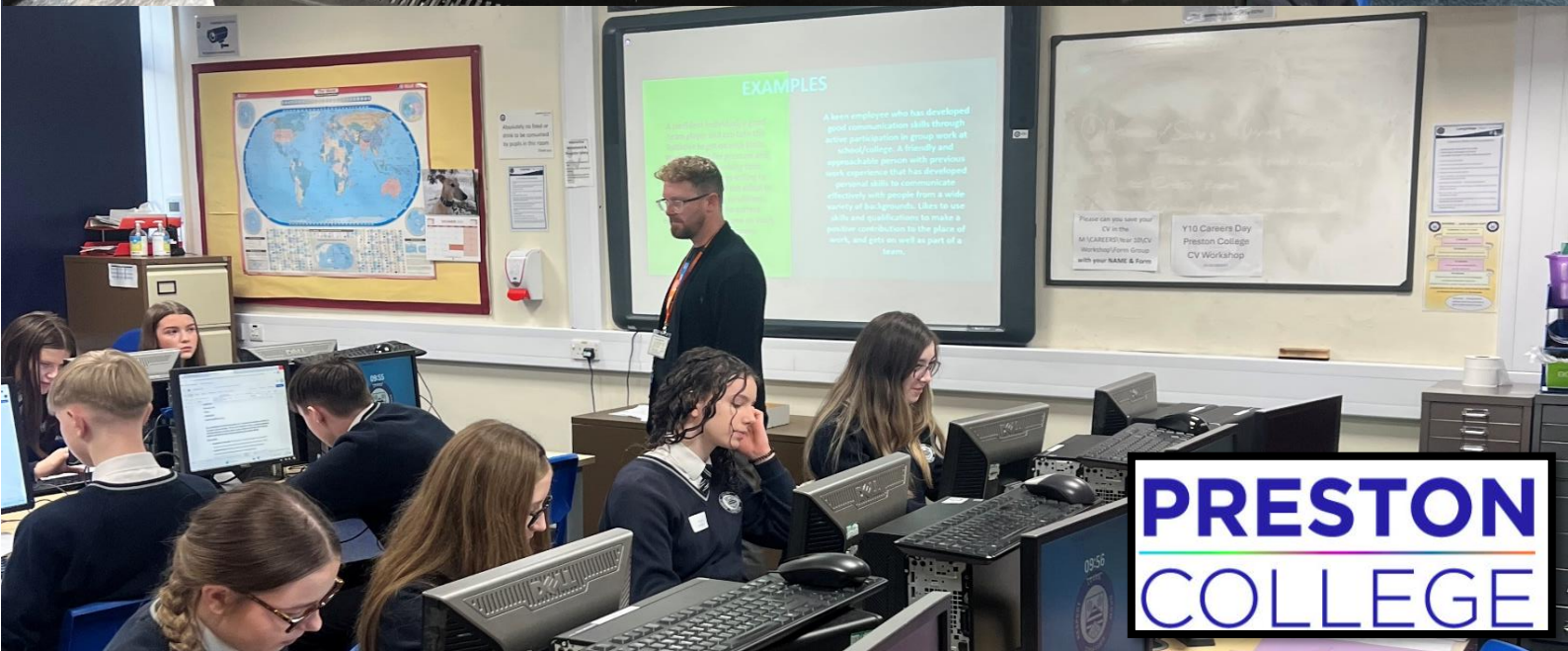
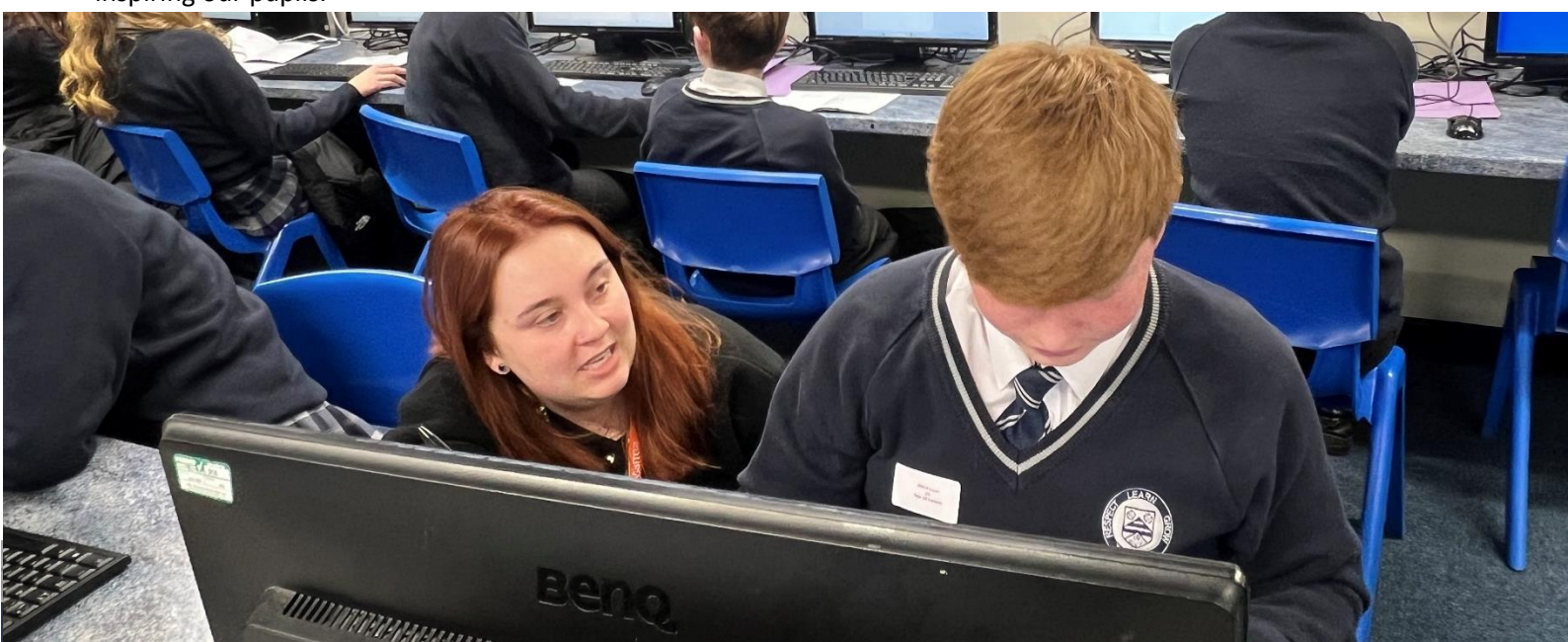
The workshop covered:

- Structure and Layout – How to organise a CV so that it is clear, professional, and easy to read.
- Personal Profile – Crafting a short, impactful introduction that highlights strengths and ambitions.
- Skills and Achievements – Identifying transferable skills and showcasing accomplishments that make a CV stand out.
- Work Experience and Education – Presenting experience effectively, even if limited, and demonstrating commitment to learning.
- Common Mistakes to Avoid – Tips on avoiding spelling errors, unnecessary jargon, and irrelevant details.

Pupils also explored how to tailor a CV for different roles and sectors, and why first impressions matter in the recruitment process. The session emphasised the importance of professionalism, attention to detail, and confidence in self-presentation.

This workshop gave pupils practical tools to start building their own CVs, helping them prepare for future opportunities such as work experience, apprenticeships, and part-time jobs. Thank you to Dan & Ellyce from Preston College for inspiring our pupils.

PRESTON COLLEGE



Workshop Three - Exam Positivity: Managing Challenge with University of Lancashire

This workshop encouraged pupils to explore their responses to challenging situations and provoked discussion around growth mindset, managing the adrenal stress response, problem-solving, and time management.

Pupils practised revision strategies such as:

- Condensing large volumes of notes into key facts
- Repetition and retrieval practice
- Saying information out loud
- Spaced learning over time
- Moving information from short-term to long-term memory



A huge thank you to Abi and Alan from the University of Lancashire for supporting our Year 10 Careers Day with this valuable Revision & Growth Mindset Workshop.

Growth Mindset		Fixed Mindset
I have the ability to learn new things.		I am either good at it or not.
Challenges help me to grow.		I don't like to be challenged.
I can think of different ways to solve problems.		I stick with the same methods.
Failure is an opportunity to learn.		If I fail, I give up.



Workshop Four – North-West Ambulance Workshop – Lifesaving Skills



We were privileged to welcome Yvette Brown, a Community Resuscitation Engagement Officer and Senior Paramedic from the North West Ambulance Service, who delivered an invaluable workshop on emergency first aid and lifesaving techniques. The session was designed to give pupils practical, hands-on experience in responding to cardiac emergencies and other critical situations.

Pupils learnt how to:

- Perform effective chest compressions – Understanding the correct rhythm, depth, and technique to keep blood circulating during cardiac arrest.
- Place someone in the recovery position – A vital skill to maintain an open airway and prevent choking in unconscious patients.
- Apply basic first aid skills – Including how to assess a situation quickly, call for help, and provide immediate care until professional assistance arrives.

Yvette also explained the importance of early intervention and how these simple actions can dramatically increase a person's chance of survival. Pupils were introduced to the concept of the Chain of Survival, which highlights the critical steps in saving a life: early recognition, calling emergency services, CPR, and defibrillation.

The workshop was interactive and empowering, giving pupils the confidence to act in an emergency rather than feeling helpless. These skills are not only valuable in school but in everyday life—helping to create a community where more people are



Hello. We are NWS.
Emergency responders, patient transport providers
and NHS 111 urgent care and advice givers.



We want to congratulate the Year 10 for being absolutely fantastic throughout Tuesday's Careers Day. Thank you to everyone who took part with such enthusiasm and effort – you made the day a real success!

Pupil Achievements – Amazon Voucher Winners

Jake Bateman (10D)

Awarded for:

- Outstanding work and positive attitude during the CV Workshop, as recognized by Preston College.

Ben Hutchinson (10L)

Awarded for:

- Excellent participation and insightful questions in the Road Safety Workshop.
- Strong effort in CV preparation.
- Consistently helpful and supportive in class.

Ben Pendlebury (10D)

Awarded for:

- Demonstrating resilience and focus.
- Working hard independently.
- Showing exceptional effort throughout.



Prize Draw Winners – Sweet Treats!

Congratulations to the following pupils who were selected in our prize draw.

1. Hyrum Silsby (10D)
2. Lyra Coolican (10D)
3. Josh Garnham (10O)
4. Abigail Keighley (10R)
5. Ethan Newport (10D)
6. Lucas Birch (10L)
7. Malachy Kilpatrick (10D)
8. Gracie Banks (10R)

Selection Box Recipients

George Timbrell (10N)

- Worked diligently to produce a detailed CV.

James Kendal (10N)

- Demonstrated strong effort in creating a comprehensive CV.

Sophie Ellis (10O)

- Showed excellent team leadership skills.

Liam Willan (10G)

- Engaged fully and responded positively throughout activities.

Nearly 50 Pupils Recognized for Excellence!

Staff and guest speakers highlighted almost 50 pupils for their outstanding contributions during the event. They were praised for:

- Asking great questions
- Showing a brilliant attitude
- Working hard on CV preparation
- Demonstrating teamwork
- Engaging fully in activities
- Displaying kindness

Some pupils even received multiple mentions—an amazing achievement and a true reflection of their commitment and character.



Outstanding Feedback from Our Guest Speakers

Our guest speakers were incredibly impressed with the way you conducted yourselves during the sessions.

They described you as:

- **Respectful** – showing courtesy and professionalism throughout.
- **Enthusiastic** – engaging fully with activities and asking thoughtful questions.
- **Engaging** – making discussions lively and meaningful.
- **Curious** – demonstrating a genuine interest in career opportunities.
- **Team-Oriented** – working well with peers and supporting each other.
- **Positive** – maintaining a great attitude all day.

This feedback reflects the fantastic qualities you displayed



WELL DONE TO EVERYONE INVOLVED!

T-LEVEL INSIGHTS

FRIDAY 5 DECEMBER, 9.30AM-2PM

PRESTON COLLEGE

On Friday 5th December, Mr Brown took 15 pupils to the T-Level Insight at Preston College, T Levels are a qualification after GCSE that will take your future to the next level. The pupils thoroughly enjoyed the day after choosing which workshop they wanted to attend.

- **T-Level Childcare & Education** - In the Childcare and Early Years T level students put theory into practice learning how making crispy cakes supports child development theory. They also learnt about Christmas around the world and why this is important for equality and diversity in early years.
- **T-Level Digital** - In the Digital T level students used Python programming skills to design and develop an interactive quiz. They also created their own fully functioning websites, employing professional HTML and CSS techniques to structure and style their pages. Students also took on the role of Digital Forensic Investigators, meticulously reconstructing a simulated cyber-attack scenario set at Preston College.
- **T-Level Professional Construction** - In Professional Construction T level students learnt about the importance of designing and planning in construction. They created their own 3D designs and put into practice their drawing skills to create a construction project.

EQUIVALENT TO 3 A LEVELS

T Levels are an alternative to A levels, apprenticeships and other 16 to 19 courses. Equivalent in size to 3 A levels, a T Level focuses on vocational skills and can help students into skilled employment, higher study or apprenticeships.

80% CLASSROOM, 20% WORK

T Level students spend 80% of the course in their learning environment, gaining the skills that employers need. The other 20% is a meaningful industry placement, where they put these skills into action.

A 45-DAY INDUSTRY PLACEMENT

Each T Level includes an in-depth industry placement that lasts at least 45 days. Students get valuable experience in the workplace; employers get early sight of the new talent in their industry.



DEADLINE EXTENDED

Year 10 Work Experience Deadline has been Extended until after Christmas.

Work Experience Update

The deadline for securing work experience placements has now been extended to after Christmas. This extra time is to support pupils who are still working to find a suitable placement. Please feel free to come and see Miss Lovatt if you are struggling with anything at all related to Work Experience—we're here to help!

Next Stage: Student Agreement Process

Once all placements have been confirmed, the next step will be completing the Student Agreement (Yellow) Form. This is an important document that ensures everyone understands the expectations and responsibilities during the work experience. **The Yellow Form will be issued at the end of January.**

Please look out for this, as it is a key requirement before the placement begins.

The Student Agreement will include:

- Full Job Description – outlining the tasks and responsibilities your child will undertake.
- Working Hours – including start and finish times, and any specific requirements.
- Health & Safety Information – highlighting any safety considerations relevant to the role.
- Workplace Code of Conduct – detailing the standards of behaviour expected in a professional environment.

The form must be signed by:

- Parent/Carer
- Student
- Employer

To obtain the employer's signature, your child will need to visit the workplace in person. This visit is a great opportunity to ask any questions and confirm details before the placement begins.



Thank you again for your continued support

**BAE SYSTEMS****Pioneer****+****Protect**

We're excited to announce that BAE Systems Air Apprenticeships are now open for applications!

All role details, application guidance, and entry requirements can be found on our website via this link:

[Job Search | BAE Systems](#)

Take the time to explore—there are plenty of opportunities available. Here are just a few examples to get you started:

 **SAMLESBURY, UK**

Degree Apprentice Aerospace Engineering

Description Job title: Degree Apprentice Aerospace Engineer Location: Samlesbury and Warton Salary: Starting from...

 **SAMLESBURY, UK**

Advanced Apprentice Manufacturing Engineering

Description Job title: Advanced Apprentice Manufacturing Engineer Location: Samlesbury and Warton Salary: Starting from...

 **SAMLESBURY, UK**

Degree Apprentice Project Control

Description Job title: Project Control Degree Apprentice Location: Samlesbury and Warton Salary: Starting from £23,748 with annual...

 **SAMLESBURY, UK**

Degree Apprentice Integrated Project Management

Description Job title: Integrated Project Management Degree Apprentice Location: Samlesbury and Warton ...

 **SAMLESBURY, UK**

Degree Apprentice Digital Technology Solutions – Business Analyst

Description Job title: Degree Apprentice Digital and Technology Solutions – Business Analyst Location: Samlesbury and Warton Salary: Starting...

 **SAMLESBURY, UK**

Higher Apprentice Manufacturing Engineering Technician

Description Job title: Higher Manufacturing Engineering Technician Apprentice Location: Samlesbury and Warton Salary: Starting...

Start your journey today and discover where a career with BAE Systems can take you!

**BAE SYSTEMS**

Choose the right opportunity for you



Stronger
Starts



**STRONGER STARTS PROGRAMME
OPEN FOR APPLICATIONS!**

Tesco's Stronger Starts apprenticeship programme is now open, offering two fantastic apprenticeship pathways for young people, the well-established Retail Apprenticeship and the brand-new Maintenance Apprenticeship. Stronger Starts is a fantastic opportunity for young people to kickstart a career in retail or maintenance, enjoy a brilliant starting salary, and receive lots of support and coaching along the way.

THE ROLES

Stronger
Starts



Maintenance Apprenticeship

Stronger
Starts



Retail Apprenticeship

Maintenance Apprenticeships - Stronger Starts are now offering a Maintenance Apprenticeship! Apprentices will work alongside earning a Level 2 Property Maintenance Operative qualification – equivalent to 5 GCSE passes. The 18-month programme sets you up with the skills you need for everyday duties in maintenance jobs.

[Stronger Starts Maintenance Apprenticeship | Tesco Careers](#)

Retail Apprenticeships - Retail apprentices will work, earn and learn, gaining a Level 2 National Standard in Retail qualification over the course of the programme. You'll gain hands-on experience of how a store operates and have the opportunity to experience different roles and tasks across the store.

[Stronger Starts Retail Apprenticeship | Tesco Careers](#)

DISCOVER APPRENTICESHIPS AT TESCO WEBINAR

08 Dec 25

16:00 - 17:00

What are T Levels!!!!



- T Levels are new, two-year technical education courses that will follow GCSEs and will be equivalent to 3 A Levels.
- T Levels have been developed in collaboration with employers, so that the content meets the needs of industry and prepares students for work.
- T Levels will offer students a mixture of classroom learning (80%) and 'on-the-job' experience (20%) during an industry placement of a minimum of 315 hours, with an average of 350 hours (approx. 45 days)
- T Levels provide the knowledge and experience needed to open the door into skilled employment, further study or a higher apprenticeship

Apprenticeships

How apprenticeships work

Apprenticeships are real jobs with real employers, allowing you to work, earn a salary and gain valuable qualifications and experience. With over 600 different apprenticeship standards covering everything from accountancy to zoo keeping, there is an apprenticeship out there for everyone. Apprenticeships offer choice, opportunity, qualifications, support and a head start into a future career.

Apprenticeships combine practical training in a job with study. As an apprentice, you will:

- ✚ be an employee earning a wage and getting holiday pay
- ✚ work alongside experienced staff
- ✚ gain job-specific skills
- ✚ get time for training and study related to your role (at least 20% of your normal working hours)

Apprenticeships take 1 to 5 years to complete depending on their level.

Please visit: - <https://www.gov.uk/apply-apprenticeship>



Amazing Apprenticeships is a leading organisation in the education sector.

[Amazing Apprenticeships](#) | [Explore Technical Education & Apprenticeship](#)
[Resources - Amazing Apprenticeships](#)

For over a decade we have been working to tackle misconceptions about apprenticeships and technical education, promote their benefits, and push the boundaries of what the sector can do. Working with teachers, government and leading employers, we've already brought about a culture change in schools across England. And we're only just getting started.

[Step-by-step guide to applying](#)

JOB OF THE WEEK

PRISON OFFICER

ANNUAL SALARY

£22,000 to £38,000

Prison officers supervise inmates in prisons, remand centres and young offenders' institutions.

In your day-to-day duties you could:

- Keep inmates secure
- Carry out security checks and searches
- Supervise prisoners and maintain order - this can involve authorised physical control and restraint
- Support vulnerable prisoners
- Promote anti-bullying and suicide prevention policies
- Go with prisoners on external visits like court appearances or hospital appointments
- Prepare inmates for release through rehabilitation programmes
- Update records and write reports on prisoners

What skills are required?

- knowledge of public safety and security
- the ability to accept criticism and work well under pressure
- patience and the ability to remain calm in stressful situations
- to be thorough and pay attention to detail
- to be flexible and open to change
- leadership skills
- excellent verbal communication skills
- legal knowledge including court procedures and government regulations
- thinking and reasoning skills
- to be able to carry out basic tasks on a computer or hand-held device

Career Path & Progression - With experience and training you could move into specialist projects, like rehabilitation work with specific groups of prisoners and their families. You could become a supervising officer, custodial manager, head of function, deputy governor or governor.

<https://youtu.be/u8u13pvgC0I> Prison Officer

[Careerpivot:Jobsectors:Law:Job profiles:Prison officer](#)

Working Environment.

You may need to wear a uniform. You could work in a prison. Your working environment may be physically and emotionally demanding.

Working Hours

- ❖ 37 to 41 a week
- ❖ You could work: evenings / weekends / bank holidays; on shifts

You can get into this job through:

- An apprenticeship
- Applying directly

Apprenticeship

You could complete an advanced apprenticeship as a custody and detention officer.

To do this apprenticeship, you'll need:

GCSEs grades 9 to 4 (A* to C), or equivalent, in English and maths

Direct application

You'll need to take an online test to check your judgement and your number skills. If you pass, you will attend an assessment day where you will:

- Take another number test
- Take a reading and writing test
- Take part in role plays to see if you have the right personal qualities for the job
- Take fitness tests
- Have a medical and eyesight test
- Be interviewed

Requirements and restrictions

You will need to:

- Pass enhanced background checks
- Be over 18 years of age
- Pass a medical check

For more information speak to a Career Adviser or your local colleges.