



Longridge High School

Excellence and ambition from all, for all

Careers Information

Longridge High School are pleased to say all Year 10s will participate in a

Work Experience Programme

Tracy Gardiner, Director of EBP

Tracy is proud to lead an organisation that works alongside schools, businesses and partners to help shape our future workforce together.



Longridge High School is pleased to confirm that all Year 10 pupils will take part in a Work Experience Programme from

Monday 18th to Friday 22nd May 2026.

Preparations will begin with support from Tracy at the Education Business Partnership (EBP), a specialist organisation that helps schools coordinate work experience placements. EBP conducts health, safety, and welfare assessments, provides all necessary documentation, and offers guidance before, during, and after placements.

This programme offers pupils a valuable opportunity to gain first-hand experience of the workplace, helping them make more informed and realistic decisions about their future beyond Year 11.

Benefits of Work Experience?

- A chance to learn new skills and apply existing ones
- Experience a new environment
- Understand what is expected in the world of work and take more responsibility
- Follow a different set of rules and regulations
- You can make a good start on your C.V.
- Helps with college and apprenticeship applications/may lead to other opportunities

All year 10 pupils will participate in a
Work Experience Programme

***'You will get out
what you put in'***

What do we expect as a school.....

- Respect
- Behaviour
- Attitude
- Appropriate Language
- Follow instructions
- Punctuality and attendance
- Read job description
- Interest and enthusiasm

We are expecting pupils to find their own employer: -



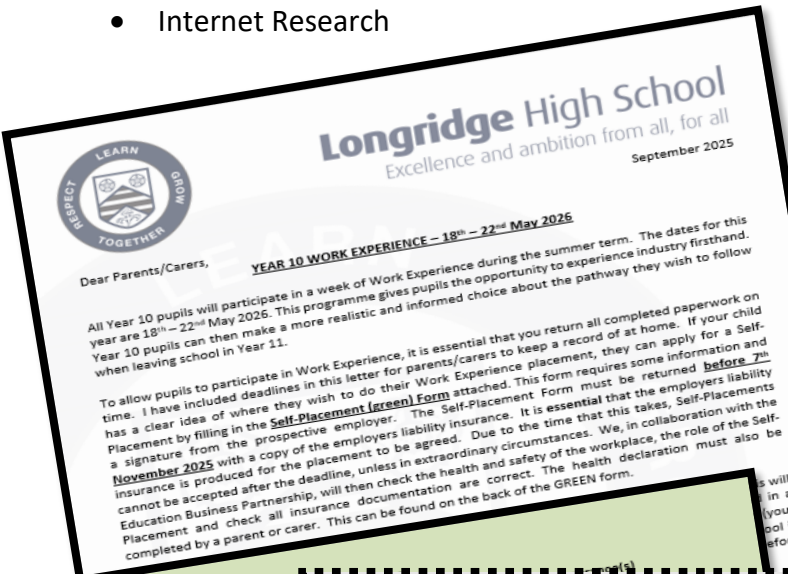
SELF PLACEMENTS – TOP TIPS

- Think about your career interests/hobbies
- Think about where you can travel to
- Look at businesses in your area, on the high street or as you're travelling around – anything catches your eye? ASK....
- Do you have any friends or relatives who could help?
- Do you want to try something new or test the water?
- Research the company before you approach them
- Internet Research

What if an employer says no?

DON'T TAKE IT PERSONALLY

- No insurance
- No supervision
- Not enough work
- Already taking a student
- Bad experience in the past



The following information is required by the employer in order to provide a safe and healthy placement for every pupil

Failure to disclose accurate information could put pupils at risk and will result in the placement being withdrawn: -

to be completed by the parent or carer of:

WORK EXPERIENCE - SELF PLACEMENT
Pupil/Parent/Carer - School will not accept the placement if the deadline for submission to school is not met.

Employer Name & Placement Address

Postcode

Name of Contact

Employer Telephone No.

Mobile No.

Email address

Work Experience Job Title

Brief Description of Duties

I confirm that:

- We will take all possible care of the pupil's health and safety, recognising his/her inexperience, immaturity and lack of awareness of risks.
- We will ensure that the pupil performs meaningful work as previously agreed in the job description.
- We will not discriminate on the grounds of gender, race, disability, religion, age or sexual orientation.
- We will inform the school immediately, should we for any reason have to send the pupil home.
- We understand that if we have not had a placement visit in the last 6 months by EBPNW then a visit may be necessary prior to the pupil taking up the placement.
- We have Employers & Public Liability Insurance and will inform our Insurance Company we have accepted the above named pupil for Work Experience. (See attached copy of my employer's liability insurance)

PLEASE ATTACH A COPY OF YOUR EMPLOYER'S LIABILITY INSURANCE CERTIFICATE TO THIS FORM - SHOULD THE PUPIL BE TRAVELLING IN A MOTOR VEHICLE PLEASE ALSO ATTACH A COPY OF THE RELEVANT MOTOR VEHICLE INSURANCE CERTIFICATE.

Please note that the pupil cannot join you without this information

GDPR By providing your data to us you are instructing us to act as your Data Processor. We will carry out our work in relation to work placements and site visits with you and will hold your details with your instruction. We acknowledge our GDPR responsibilities and will communicate the data to any other party unless instructed by you to do so, other than the schools/colleges and their pupils or if HSE request it. Unless otherwise instructed, we will retain your data for a period either dictated to by law or by our policy (usually no more than 7 years) or after you send newer details/complete a revisit, whichever is the sooner. All files will then be securely and confidentially destroyed. Our privacy notice is available online at www.ebpnw.co.uk Our ICO registration number is: 229835

Signed Date / / Position in Company

All pupils should have received the following paperwork:

- LHS Work Experience letter
- Self-Placement Green Form
- Health Declaration Form

	YES PLEASE	DETAIL
Experience fits or fainting attacks?		
Have significant colour vision defect or other visual disability?		
Take any prescribed medication? (If yes, can they take it independently or do they need assistance?)		
Have any other health or medical problems or important information not previously shared above which may impact on placement (such as sensory processing, additional support, GP points etc.)		

..... Parent/Carer Date:

If you need any help or assistance, please speak to: -

- Your Form Tutor.
- Mr Wright- CEIAG Lead.
- Mrs Kin -Head of Year 10.
- Miss Lovatt-Teaching Assistance/Careers.



HSBC are excited to announce our virtual work experience opportunities, taking place in October for pupils in year groups 10-11 (Next Step). Our events take place outside of school hours, making them easily accessible for all pupils.

NEXT STEP - Year groups 10-11

Thursday 2nd October at 5pm (virtual session hosted on Zoom)

"HSBC and The Nature Trust UK - Nature Projects That Make a Difference"

- A 45-minute virtual briefing with the HSBC team
- Complete the career challenge at their own pace
- Certification awarded on completion
- [Register now!](#)



ARMY WORK EXPERIENCE

Welcome to your Army Work Experience. Are you ready to be challenged? To dig deep and discover what you are capable of? To achieve more than you think you can?

During your Work Experience you will develop important skills and personal qualities, like discipline, determination, teamwork and cooperation. You will grow in confidence and discover your full potential.

Your Army Work Experience will help you to understand and develop the following skills and positive personal qualities, in addition to the Values and Standards of the British Army.

- | | |
|---|---|
| <ul style="list-style-type: none">• Personal appearance• Attitude• Determination• Personal organisation and time management• Communication | <ul style="list-style-type: none">• Teamwork and cooperation• Problem-solving• Decision-making• Numeracy• Literacy |
|---|---|

WORK EXPERIENCE

FREE Work Experience for young people who are interested in finding out more about a potential career in the British Army.





Application Form - [Virgin Media O2 Virtual Work Experience](#)

Any queries email - Virginmedia02@school-outreach.com

- > Are you aged 14-16?
- > Are you curious to learn what Virgin Media O2 is all about?
- > Are you passionate about STEM?

Virtual Work Experience Week

27th – 30th October 2025



Apply now!

Click or scan the QR code to apply with code **VMO2C3**

Our four-day programme will immerse you in the world of telecoms, help boost your potential and enhance your knowledge of Virgin Media O2 and our offerings.

You'll hear from business leaders what it's like to work in a dynamic industry, learn the latest from the world of broadband, TV, fixed line and mobile and gain insight into our purpose 'See What You Can Do!'

Explore our graduate, industrial placement and apprenticeship opportunities whilst working on a dynamic project that will help you earn your Bronze Industrial Cadets accreditation.

Hear first-hand testimony and tips from graduates, interns, apprentices and STEM (Science, Technology, Engineering, Math) ambassadors! Delve into the importance of hands-on problem-solving and critical thinking skills, company and sector research.

Take control of your future and make a difference in the world around you.



RUNSHAW COLLEGE

You are invited to our

Open Event

Saturday **20 September** 10am - 2pm



RUNSHAW COLLEGE

Open Days:

- **Saturday 20th September**
- **Saturday 15th November**
(10am–2pm at Runshaw College, Leyland)

[Runshaw College – Open Day –](#)
[Runshaw College – Open Day](#)

PROFESSIONAL PERFORMANCE PROGRAMME PROFESSIONAL PERFORMANCE PROGRAMME PROFESSIONAL PERFORMANCE PROGRAMME



ACTING



MUSICAL THEATRE & DANCE



THE PROFESSIONAL PERFORMANCE PROGRAMME



ROYAL WELSH COLLEGE OF MUSIC & DRAMA
COLEG BRENHINOL CERDD A DRAMA CYMRU

3 OUT OF EVERY 4 STUDENTS WHO APPLY TO PRESTIGIOUS PERFORMING ARTS SCHOOLS GAIN A PLACE.



Manchester School of Theatre



MOUNTVIEW



EAST 15 ACTING SCHOOL

OPEN EVENTS – SAT 20TH SEPTEMBER & SAT 15TH NOVEMBER – 10AM-2PM

COME AND TALK TO STAFF & CURRENT PPP STUDENTS AND SEE OUR STUDIOS AT RUNSHAW COLLEGE LEYLAND

PROFESSIONAL PERFORMANCE PROGRAMME PROFESSIONAL PERFORMANCE PROGRAMME PROFESSIONAL PERFORMANCE PROGRAMME

Runshaw College – Professional Performance Programme (PPP)

Runshaw College offers a full-time **Professional Performance Programme (PPP)** designed for pupils passionate about pursuing a career in the performing arts. This elite course supports the most talented young performers in the Northwest, helping them refine their skills and prepare for progression to top drama schools or universities. The PPP offers two pathways: **Acting & Musical Theatre & Dance**



Open Events

Tue 23 Sep
4.30pm - 7.30pm

Wed 1 Oct
4.30pm - 7.30pm

Sign up now 

blackburn.ac.uk/event



Open Events at Blackburn College and Sixth Form –

What to Expect?

If you're in Year 11 and starting to plan your next steps after school, this Open Event is the perfect place to begin.

Find out what makes Blackburn College the college of choice and experience what it truly feels like to be a student here. Explore our industry leading facilities, chat with our supportive teaching staff, and hear first-hand from current students about life at college.

With a wide range of courses designed to match your ambitions, this is your chance to picture your future and see why Blackburn College could be the right choice for you. Come and experience it for yourself - tell us you're coming! [September College and Sixth Form Open Event](https://blackburn.ac.uk/event)



Lancaster University School of Mathematics (LUSoM) is a specialist maths and STEM sixth form in Preston. As the first purpose-built maths school in the country, we offer pupils with an exceptional aptitude and passion for mathematics to be part of a like-minded community that will not only challenge them but provide them with the necessary knowledge and skills to pursue a career in maths and STEM.

[Lancaster University School of Mathematics, Preston, Lancashire](#)

Applications for September 2026 entry are open!

We would like to inform you that Lancaster University School of Mathematics applications for September 2026 entry are now open and invite you to share this with your high-attaining mathematics students.

Our application form can be found on our website, or through the following link:

[CEDAR - Apply Online: Lancaster University School of Mathematics](#)



Pupils will have the opportunity to tour our purpose-built building, attend a talk from the Head of School, Peter Tiltman and speak with staff and current students to learn more about life at LUSoM.

To book your place [LUSoM Open Day - Cardinal Newman College](#)


At **Steven Gerrard Academy** we pride ourselves on our history of success. We have built a strong football programme which enables players to develop and reach their potential. Our UEFA-qualified and experienced coaches lead stimulating training sessions and are responsible for various teams. Training is designed to improve personal fitness, tactical and technical awareness, team and individual performance. We use a sport science approach to introduce innovative and up-to-date methods and to monitor player performance.


Fill in the form below and we will invite you to one of our trial sessions or virtual taster evenings. Take your first step towards joining our leading academic programme, playing football multiple times a week and turning your passion for football into a career.

[Apply Now - Steven Gerrard Academy](#)



Army Basic Training & Job Role Information Day

 **Date:** Saturday, 25th October 2025

 **Location:** Reserve Centre, Kimberley Barracks, Preston PR1 6PR

 **Time:** Arrive anytime between 10:00 and 11:45

Who Can Attend:

- Students in Years 10, 11, or Further Education
- Family and friends are welcome

What to Expect

15-minute presentations each hour on basic training

Interactive stands including:

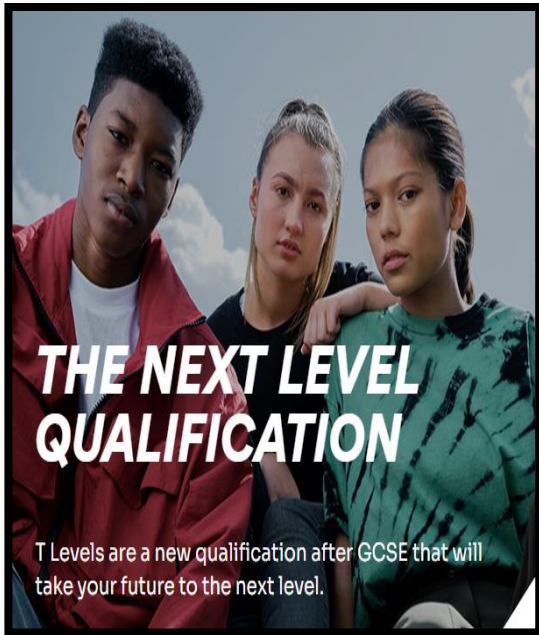
- Map Reading
- First Aid
- CBRN (Chemical, Biological, Radiological, Nuclear)
- Weapon Systems
- Personal Kit & Equipment
- RA (Royal Artillery) & RLC (Royal Logistic Corps) specialist recruiters
- Application Progress Check



Booking & Contact

- To book your place: **Call:** 01772 203030

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

[T Levels for students | T Levels](#)
[T Level subjects | T Levels](#)
[Resources for parents | T Levels](#)

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.

Fire Cadets in Lancashire.

Preston Fire Station
Blackpool Road,
Preston,
PR1 6US.

Runs every Thursday 18:30 – 20:30hrs



Are you aged between 13-18? Want to learn important life skills and firefighting skills too?

We aim to provide young people with an insight into a uniformed service with basic firefighting skills being learnt alongside personal and social skills. We strive to deliver a quality programme that combines key operational skills with invaluable knowledge of the Fire and Rescue Service.

[Fire Cadets | Lancashire Fire and Rescue Service \(lancsfireandrescue.org.uk\)](https://lancsfireandrescue.org.uk)

As a fire cadet, you will:

- Be treated like a young firefighter.
- Be provided with a service uniform and name badge as part of our uniformed service.
- Attend the weekly two-hour session at your local fire station.
- Represent Lancashire Fire and Rescue Service at community events.
- Learn important skills such as team building, leadership and communication.
- Learn self-discipline, respect and consideration for others.
- Foster inclusive values.
- Possess a 'can do' attitude and always try your very best.
- Have the opportunity to be mentored by our operational firefighters and community safety team staff.
- Work as part of a team to build a safer and stronger Lancashire and wider community.
- Have a real passion and genuine interest in learning about Lancashire Fire and Rescue Service.



Steps to becoming a fire cadet

1. Complete a Fire Cadets application form. [fire-cadets-application-form-2024.docx \(live.com\)](#)
2. Once completed return your application form to the Fire Cadet Co-ordinator by [email](#) or post to Gemma McDonough, Fire Cadets, Lancashire Fire and Rescue Service Headquarters, Garstang Road, Fulwood, Preston, PR2 3LH.
3. If your application is successful, you will be invited to an informal interview at your local fire station.

JOB OF THE WEEK

FIREFIGHTER

Firefighter

To become a firefighter, your personal qualities and physical ability are more important than your academic qualification. Most trainee firefighter roles ask for you to have GCSEs at grade 9 – 4 in English & Maths as a minimum. The selection and training process will include physical and written tests to ensure that you are capable of performing this job.

As a fire fighter your day-to-day tasks. Every day will be different, but you could:

- ❖ inspect and maintain equipment
- ❖ carry out practice drills and take part in training
- ❖ respond to emergency call-outs
- ❖ rescue people and animals from burning buildings and accident sites
- ❖ control and put out fires
- ❖ deal with bomb alerts and floods
- ❖ manage chemical or hazardous substance spills
- ❖ give presentations to schools and community groups
- ❖ inspect buildings to make sure they meet fire safety regulations

Working environment

- ❖ You may need to wear safety clothing and use safety equipment and a uniform.
- ❖ You could work at a fire station, at a client's home or at a client's business.
- ❖ Your working environment may be at height, physically and emotionally demanding and cramped.

All fire services have a programme that lets you plan and track your career development.

You could work your way up to crew manager, watch manager or station manager. If you're prepared to move between services, you could become an area manager, a brigade manager or a chief fire officer. If you're involved in fire safety and prevention work, you can take professional qualifications leading to membership of the Institution of Fire Engineers (IFE). You could also get a Heavy Goods Vehicle (HGV) licence for driving fire engines.

[JOB OF THE WEEK - EPISODE #06 - FIREFIGHTER - YouTube](#)

[Careerpilot: Job sectors: Water, gas, oil, etc: Job profiles: Firefighter](#)

Firefighters help to protect people from fire and other dangers and give advice on fire prevention.

The average starting salary for this job is around £28,000 per year. With experience, salaries can expect to rise to £38,000 per year.

Firefighters can work full time or work on an on-call basis in their local area. You could work evenings, weekends, bank holidays or shifts.



WORKING HOURS

42 to 48 a week

You could work: evenings / weekends / bank holidays; on shifts

Firefighters

