



# Longridge High School

Excellence and ambition from all, for all

Careers Information



## STONYHURST

### Stonyhurst College Open Events

On Thursday 9<sup>th</sup> October 2025

6.00PM – 9.00PM

Discover Stonyhurst College and St Mary's Hall Prep School at our Open Day Tour our stunning campus, meet inspiring staff and pupils, and experience our vibrant co-curricular life - from artists in action to live music and more. Explore newly renovated Playrooms and our exciting new art and design spaces and subjects for 2025-2026.

A warm, family welcome awaits as you discover the magic of Stonyhurst.

After an inspiring welcome from Headmaster John Browne, meet subject specialists, academic leaders, and current pupils to explore your options - from the focused approach of A levels to the breadth and global recognition of the IB Diploma.

Find out how our expert careers and university guidance team, alongside our enrichment programme, will prepare you for top universities and future success.

[Open Days at Stonyhurst College & Prep School](#)

## Next Open Events

### Sixth Form Open Evening

🕒 6:00 PM - 9:00 PM

📍 Stonyhurst College





**CARDINAL  
NEWMAN  
COLLEGE**



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. 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.

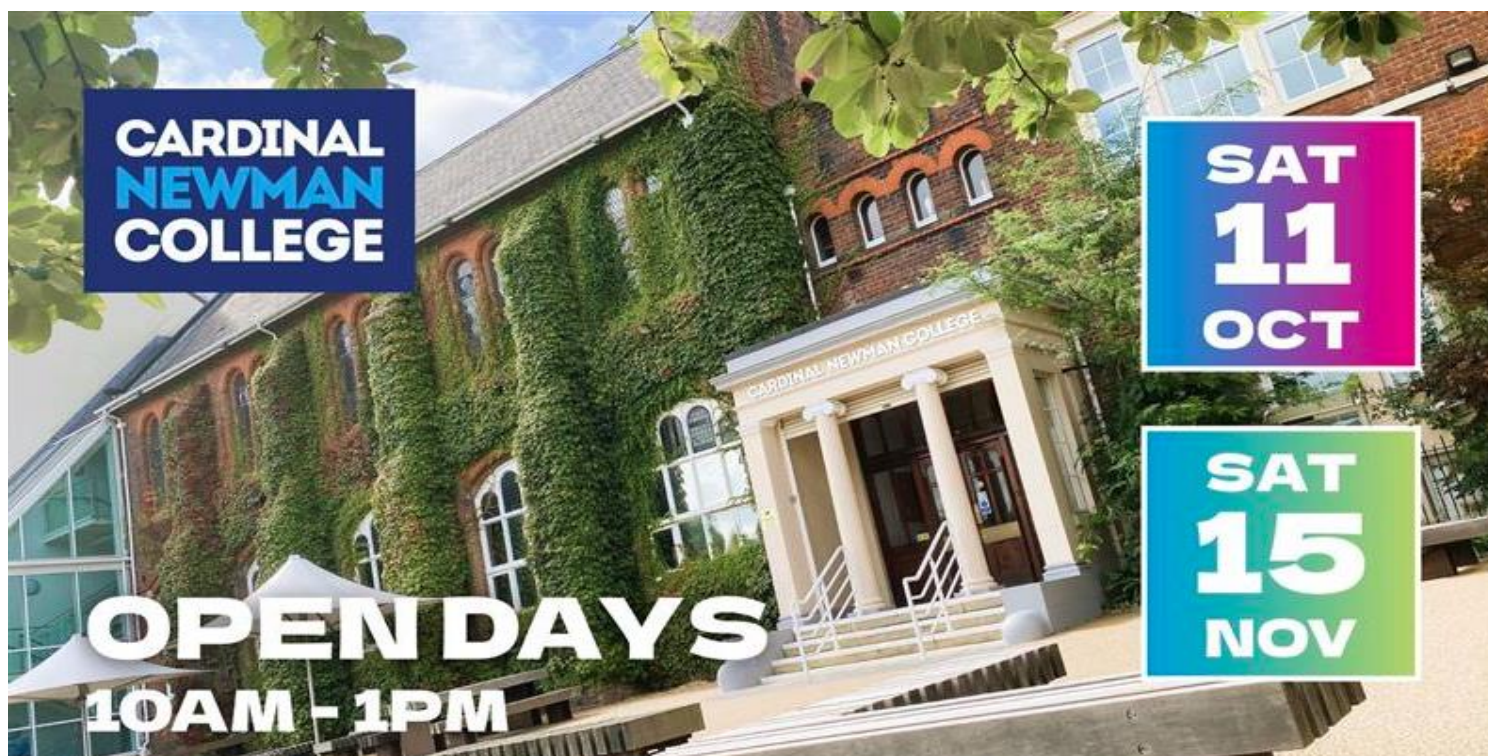
[Lancaster University School of Mathematics, Preston, Lancashire](#)

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

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



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



[Open Events - Cardinal Newman College](#)



# World Mental Health Day

**10th October**

World Mental Health Day has been created to help spread more awareness and reduce the stigma surrounding mental health matters.

A good reason to shine a spotlight on helping teens build resilience.

## **Stressed out teen? 10 quick ways to help them reduce stress and feel better**

1. **Laugh it out**

Watch a funny show or clip. Even fake smiling can help you feel better!

2. **Breathe deeply**

Inhale through your nose for 5 seconds, exhale through your mouth for 5 seconds. Repeat for a few minutes.

3. **Go for a walk**

Just 10 minutes outside can clear your head and lift your mood.

4. **Look at something beautiful**

Photos, art, or anything that makes you smile—keep them on your phone for easy access.

5. **Read or listen to a book**

Books let you escape and imagine. Even a few minutes helps.

6. **Help someone**

Doing something kind makes you feel good too.

7. **Play music**

Choose upbeat tunes to feel happy or calming ones to relax.

8. **Take a bath**

Warm water + nice smells (like lavender or vanilla) = instant calm.

9. **Cuddle your pet**

Snuggling with animals is super soothing.

10. **Stretch it out**

Stretch your arms, legs, neck—any part of your body. It helps release tension.



Mental  
Health  
UK



# WORK EXPERIENCE

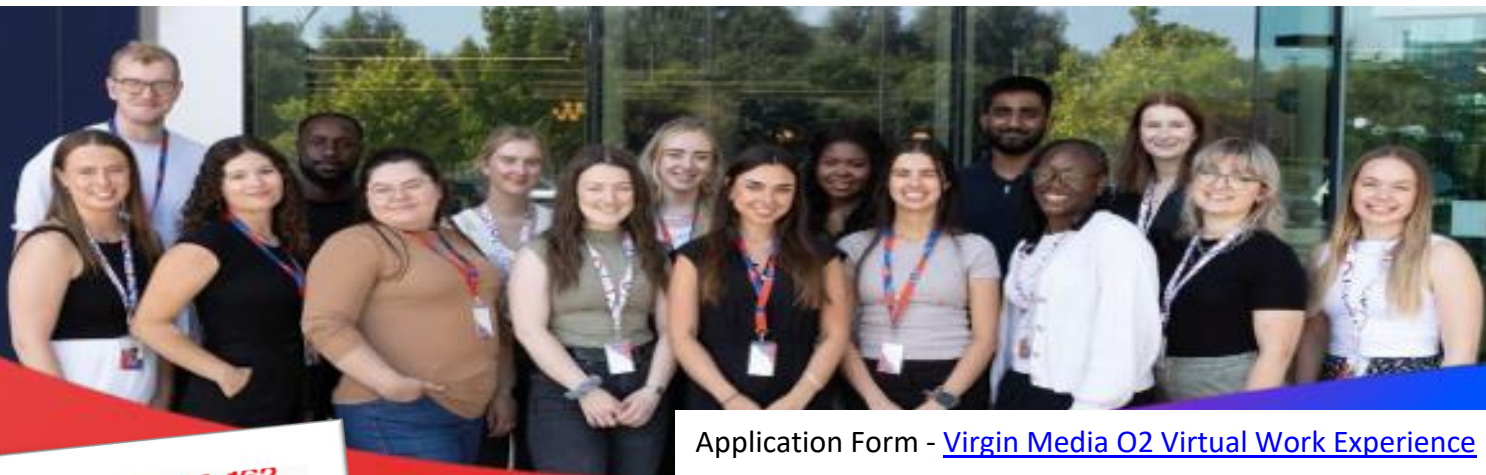


Welcome to your Army Work Experience. Are you ready to be challenged? To dig deep and discover what you are capable of? To achieve more than you think you can?

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.

- Personal appearance
- Attitude
- Determination
- Personal organisation and time management
- Communication
- Teamwork and cooperation
- Problem-solving
- Decision-making
- Numeracy
- Literacy



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

Any queries email - [Virginmedia02@school-outreach.com](mailto:Virginmedia02@school-outreach.com)

**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 will hear from business leaders about what it's like to work in a dynamic industry, learn the latest developments in 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 while working on a dynamic project that will help you earn **Bronze Industrial Cadets accreditation**.

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

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

- > 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 VMO2C

# 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

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## 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

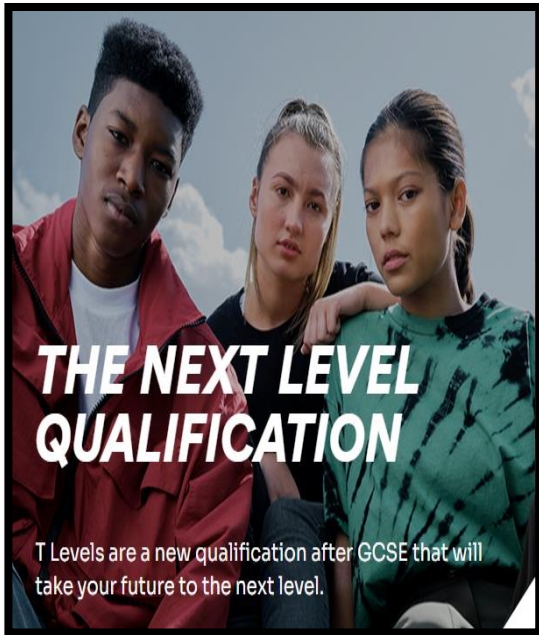


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## Booking & Contact

- 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](#)

**NHS** **Lancashire and South Cumbria** **Careers** **CARE**  
in health and social care

## T Level Information Event for Parents/Carers & Educators

**SPILL THE T**

Join us on for our 'Spill the Tea on T Levels at Tea Time' Webinar Live on Microsoft Teams, **Thursday 16<sup>th</sup> October, 7.00-8.00pm**

Scan the QR code to register today!

Learn more about T Levels in Health and how they could support your child's bright future! An opportunity not to be missed - aimed at **parents and school staff.**

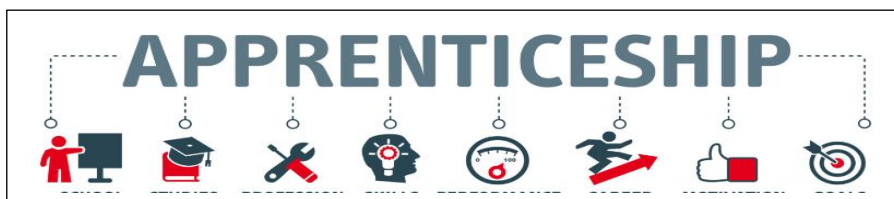
With **testimonies** from Health T Level students and NHS and Social Care staff plus a **15 minute Q&A!**

**T-LEVELS**  
THE NEXT LEVEL QUALIFICATION

[Spill the Tea Webinar Sign up - October 2025](#)

# 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](#)

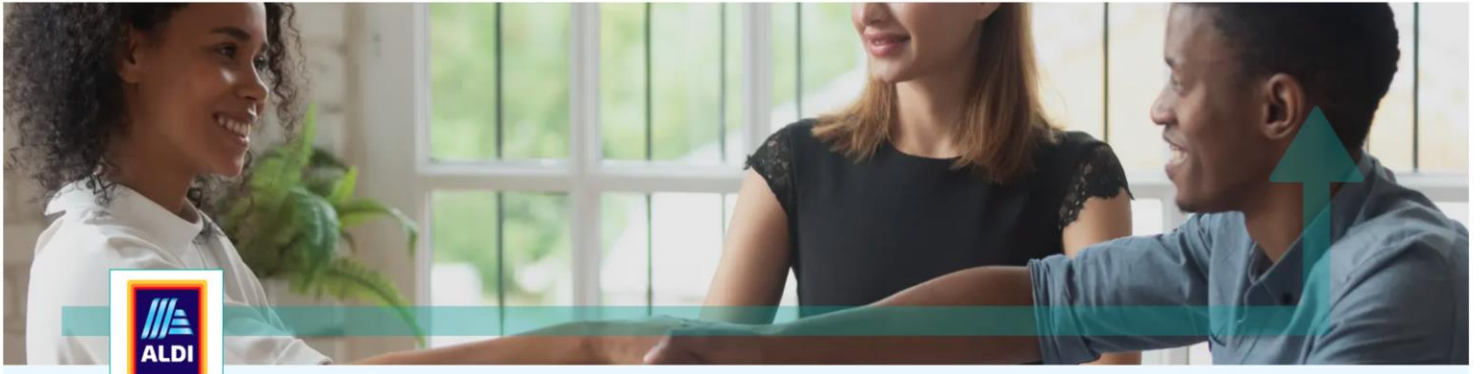
For over a decade we have been working to tackle misconceptions about apprenticeships and technical education, promote their benefits, and push the boundaries of what the sector can do. Working with teachers, government and leading employers, we've already brought about a culture change in schools across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



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

Your step-by-step guide to  
**APPLYING FOR  
AN APPRENTICESHIP**

Information and advice for every step of the application process



## [Jobs & Careers | Aldi Recruitment UK](#)

We're the UK's fourth largest supermarket, with over 1,000 stores across the UK (not to mention our growing global presence). But we know our success has only been possible thanks to our amazing Aldi colleagues. That's why we celebrate everyone's achievements, offer competitive pay and create great working environments. And that's how we've become a multi award-winning employer - but it's the least we can do. We know that our people make Aldi mean even more.

### **Everything you need to know about our apprenticeships**

#### **Looking to kick-start your career or drive it in a different direction?**

Our apprenticeships are an amazing option if you want to jump headfirst into the world of work and achieve a nationally recognised qualification -all while getting paid!

#### **Learning and earning... Sounds pretty good right?**

We're on the lookout for friendly and motivated people - with bags of common-sense - to join Team Aldi on our Stores, Warehouse, Driver and Buying apprenticeships - and you never know, it could be you next!

#### **What you'll get...**

- ✚ Real hands-on practical experience and the theoretical knowledge you need to build a successful career in retail
- ✚ Mentoring support from our world-class colleagues and a designated training provider, so you have the skills and confidence you need to hit the ground running
- ✚ Paid time to study - no matter which programme you choose

#### **What are you waiting for?**

- ✚ Many of our amazing apprentices have gone on to have incredible life-long careers at Aldi and even progressed into management roles.
- ✚ If you want to earn a lot while you learn – with one of Britain's fastest growing retailers – and get real opportunities and even better benefits, then check out our apprenticeship programmes!

#### **Our ideal candidate**

- ✚ We want to hear from you, no matter your background.



# JOB OF THE WEEK

## RETAIL BUYER

Annual salaries  
£18,000 to £25,000 per year.  
Experience Retail Buyers can expect to earn  
£18,000 to £25,000 per year.

Retail buyers choose products for shops to sell, like clothing, toys, electrical goods and food.

Your day-to-day tasks may include:

- Analysing and forecasting trends from consumer data.
- Attending trade fairs to find new products.
- Managing product quality and getting customer feedback.
- Negotiating prices, orders and delivery dates.
- Presenting collections to senior managers.
- Tracking sales figures, managing stock levels and keeping to budgets.
- Checking and reacting to competitor activities.
- Adapting quickly to changing consumer behaviour.

What skills are required?

- The ability to work well with others.
- To be flexible and open to change.
- Maths knowledge.
- To be thorough and pay attention to detail.
- Customer service skills.
- The ability to sell products and services.
- The ability to accept criticism and work well under pressure.
- The ability to use your initiative.
- Excellent verbal communication skills.
- To be able to carry out basic tasks on a computer or hand-held device.



**Work Experience** - It's possible to get experience in retail on the shopfloor, in visual merchandising, or as an admin assistant in a buyer's office. You can then spend time learning, doing training and getting qualifications on the job.

**Career Path & Progression** - With experience and training you could become a senior buyer, buying controller or head of buying. You could also move into product management, marketing or merchandising.



### WORKING HOURS

**38 to 40 a week**

You could work: evenings; attending events or appointments

Working Environment - You could work in an office or at a store.

You can get into this job through:

- a college course.
- an apprenticeship.
- working towards this role.
- a graduate training scheme.

College - You could do a course at college to get some of the skills needed to work in retail. Examples are:

- Level 2 Certificate in Understanding Retail Operations.
- Level 2 Diploma in Fashion Retail.
- Level 3 Diploma in Retail Skills.

A course like this may help you to get your first job. You could then move into buying as your experience grows.

Entry requirements

You will usually need:

2 or more GCSEs at grades 9 to 3 (A\* to D), or equivalent, for a level 2 course

4 or 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, for a level 3 course

You might start your career with a retail team leader advanced apprenticeship or retail manager higher apprenticeship before moving into the buying side.

You could also apply to do a buying and merchandising assistant higher or degree apprenticeship.

THE SAVVY  
RETAIL  
BUYERS

[JOB OF THE WEEK - EPISODE #17 - RETAIL BUYER - YouTube](#)

[Careerpilot: Job sectors: Retail: Job profiles: Retail buyer](#)