



# Longridge High School

Excellence and ambition from all, for all

## Careers Information



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](#)

**LUSoM Open Event -  
Saturday 11th October 2025,  
10am - 12:30pm**

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

## LUSoM Maths Revise

LUSoM Maths Revise is a 10-week lecture program designed to aid the start of your Year 11 GCSE Maths revision. The lectures will run online each Wednesday between 4:30pm and 5:30pm from October through to December. Please ensure you can attend before confirming your booking.

[LUSoM Maths Revise - Cardinal Newman College](#)



[Open Events - Cardinal Newman College](#)

**PRESTON**  
COLLEGE

TRANSFORMING LIVES THROUGH EDUCATION

Applications for starting September 2026 are now open [Online Application - Preston College](#). This summer saw the highest number of enrolments for several years meaning most courses had waiting lists over the enrolment period. Unfortunately, this resulted in several young people not being able to enrol. We are encouraging people to apply this year early, so they are fully in the system for if they do decide to take up the offer of a place.

Next open event information.

Saturday 8<sup>th</sup> November 10am - 2pm.

[Year 10 & 11 Open Event - Saturday 8 November - Preston College](#)

**YEAR 10 & 11**

**OPEN EVENTS**

**PRESTON**  
COLLEGE



SCAN TO REGISTER



**SATURDAY 8 NOVEMBER 10AM - 2PM**

[www.preston.ac.uk/fe-open-events](http://www.preston.ac.uk/fe-open-events)

SEE FACILITIES MEET STUDENTS & STAFF EXPLORE YOUR OPTIONS



# 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






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

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**Virtual Work Experience Week**  
 27th - 30th October 2025



**Apply now**  
 Click or scan the QR code to apply with code **VMO2C**

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

Any queries email - [VirginmediaO2@school-outreach.com](mailto:VirginmediaO2@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.**

**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



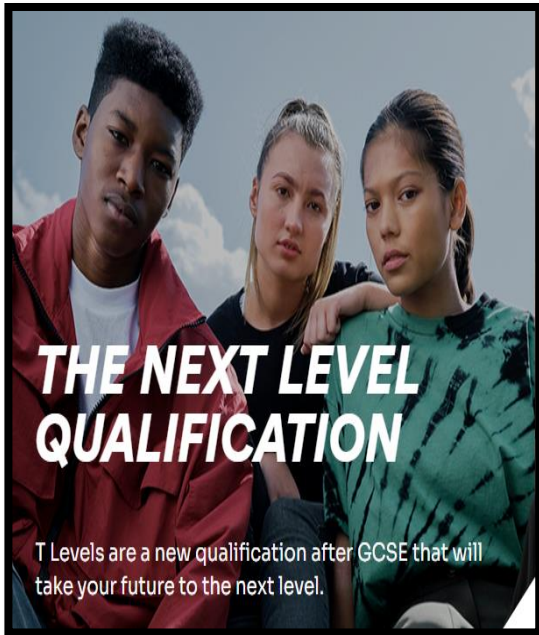
**Booking & Contact**

To book your place:

**Call: 01772 203030**

<b>Interactive stands including:</b>	CBRN (Chemical, Biological, Radiological, Nuclear)
Map Reading	Personal Kit & Equipment
First Aid	Application Progress Check
Weapon Systems	RA (Royal Artillery) & RLC (Royal Logistic Corps) specialist recruiters

# 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](#)


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

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

## SPILL THE T

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

Scan the QR code to register today!



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**

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

## Get Ready to Celebrate T Levels Week 2025!

Watch this webinar to hear about ideas and resources to help make your T Levels Week (13<sup>th</sup> – 17<sup>th</sup> Oct 2025)

[Get Ready To Celebrate T Levels Week 2025 Webinar - Amazing Apprenticeships](#)

# 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

**HOWDEN** |



# How Can I Stand Out In An Apprenticeship Application Process?

Fast forward your apprenticeship application by joining our virtual application support series for students, teachers, parents and carers with leading insurance broker Howden.

Tuesday 21st October  
5.00 - 5.30pm



Register



Guest Speaker  
Millie Mason,  
Early Careers Delivery Partner

[Microsoft Virtual Events Powered by Teams](#)

**THALES** |



# Careers with Thales Say HI to new opportunities!

Join us to find out more - If you are considering your future career or thinking about school options we want you to start your journey with Thales, keep growing with us and ultimately build your story with us.

Wednesday 22<sup>nd</sup> October  
12.00 - 12.45pm



Register



Guest Speaker  
James MacKay  
Social Impact Outreach Manager

[Microsoft Virtual Events Powered by Teams](#)

# JOB OF THE WEEK

## INTELLIGENCE ANALYST

Starting salaries for the three agencies - GCHQ, MI5 and MI6 - are in the region of £25,000 to £35,000, plus benefits.

**INTELLIGENCE ANALYST** help keep the country secure by assessing and interpreting intelligence data. Your role as an intelligence analyst is to protect UK national security and economic wellbeing, as well as to detect and prevent serious organised crime, such as terrorist attacks, cybercrime and drug trafficking. You'll be involved in the acquisition, evaluation, analysis and assessment of secret intelligence.

Intelligence analysts, also known as officers, work primarily for the UK's three intelligence and security agencies (GCHQ, MI5 and MI6) and also the armed forces and the police.

### As an intelligence analyst, you will need to:

- Build up intelligence pictures, identifying potential agents and targets. This is done through a range of sources, including signals intelligence (sigint) and human intelligence (humint)
- Collate and validate intelligence, evaluating the reliability of sources and credibility of information
- Use various analytical techniques to assess and interpret intelligence data
- Liaise and collaborate with colleagues (such as cryptanalysts, mathematicians and linguists) to gather further information, which may help to piece together the whole picture. This process can take weeks, months or years.
- Develop relationships with customers to understand their intelligence requirements
- Deliver information in formal reports or as presentations and desk-level briefings to customers in government, who include the ministry of defence (mod), the foreign, commonwealth & development office (fcdo), the home office, the national crime agency (nca) and hm revenue & customs (hmrc) among others
- Develop expertise in a specific area
- Observe strict non-disclosure rules about your work, the extent of which will vary depending on your employer.

Intelligence analysts work a typical 37-hour week although you may be expected to work extra hours at times of pressure or during crises.

Part-time working, job sharing and flexible working are all possible.

UK intelligence agencies seek to recruit analysts from many different educational and ethnic backgrounds in order to tackle the diverse range of threats from within and outside the UK.

This area of work is open to graduates of any degree discipline. Degree classification requirements vary between the agencies.

If you have language, IT or technology skills, you may be at an advantage, but all three agencies recruit linguistic and technology specialists separately.

You must be a British citizen and at least one parent must also be a British citizen, or be able to demonstrate considerable ties. Further nationality rules apply.

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

The main employers of intelligence analysts in the UK are the three intelligence and security agencies:

- Government Communications Headquarters (GCHQ) <https://www.ncsc.gov.uk/>
- Security Service (MI5) [Centre for the Protection of National Infrastructure | CPNI](#)
- Secret Intelligence Service (MI6) [Home - National Crime Agency](#)

**Career Path & Progression** – Your first posting as an intelligence analyst is likely to be for a period of between 18 months and three years, and you can expect plenty of responsibility from an early stage. The agencies aim to identify people to work in specific areas from the skills, abilities and competencies identified during the recruitment process.

<https://www.youtube.com/watch?v=aP-hRm6MVq>

[Metallurgist job profile | Prospects.ac.uk](#)