



# Longridge High School

Excellence and ambition from all, for all

## Careers Information

### Future U – Preparing Year 10 for Work Experience

We have recently been working with Future U, a collaborative project bringing together universities, colleges, schools and businesses from across Lancashire. Their aim is to support young people in progressing to higher levels of education (Level 4 and above) through a range of sessions, workshops and mentoring opportunities.

As part of this programme, our Year 10 pupils took part in sessions designed to help them prepare for their upcoming work experience placements.

A key focus was understanding what work experience is and why it is important. Work experience is a short-term placement with an employer where pupils observe and work alongside professionals as they carry out their daily tasks. It gives pupils valuable insight into the workplace and helps them build important skills for the future.

Pupils explored the many benefits of work experience, including:

- Gaining real-life experience of a working environment
- Developing communication and teamwork skills
- Building confidence and independence
- Learning more about different career pathways

They were also given practical advice on how to make the most of their placement, including being reliable and punctual, presenting themselves positively, being engaged, asking questions and making themselves useful wherever possible. Pupils were also reminded of the importance of being professional and courteous, avoiding workplace politics and reflecting on their experience each day.

The sessions also addressed common concerns that pupils may have. It is normal to feel out of your comfort zone, unsure of what to do, or even a little intimidated in a new environment. Some pupils may feel their placement does not link directly to their career interests or worry that they are not contributing enough.

Common concerns discussed included:

- Feeling out of your comfort zone
- Not feeling useful
- Not connecting the placement to your career interests
- Feeling intimidated in a new environment

Pupils were reassured that these feelings are completely normal and were encouraged to talk to a teacher or parent if they have concerns, and to reflect honestly on their experience.

Overall, the key message is that work experience is an opportunity to learn, grow and develop important life skills, even if it feels challenging at times. Pupils were reminded of the key behaviours that will help them succeed: be reliable, smile, be engaged and be useful.



Our Year 10's has now completed the **Work Experience Programme**. Longridge High School and the Education Business Partnership (EBP) in collaboration with local businesses have all worked very hard to make this happen.

**We would also like to thank our Year 10 pupils for being so committed to the programme and for the effort that they have put into it.**

More information will follow in the next newsletter.

**Longridge High School would like to acknowledge and thank all the employers and businesses who have contributed as well as EBP.**



**PRESTON**  
**COLLEGE**

### **Important: Action Required – Preston College Offer**

If you have received an offer from Preston College, you must formally accept it in order to secure a guaranteed college place. Even if Preston College is not currently your first choice, you still need to accept the offer to keep this option open. Courses are expected to be more competitive than ever this year due to a high number of applications, and late acceptance may mean that places are no longer available.

Log in to your account today and complete this checklist to accept your offer...

- Check all personal details are correct.
- Complete any missing information and save all boxes.
- Review your application.
- Accept your offer (on the homepage).

If you need any further help or support accepting your offer  
[email the recruitment team](#) or call 01772 225517.

# Earn while you learn!

Apprenticeships  
are open to  
anyone of working  
age (subject to  
eligibility checks)

Interested in an apprenticeship? Leaving school or college? Or wanting to switch industries and advance your career? Then check out Runshaw's exciting apprenticeship opportunities



**DIODES**  
INCORPORATED

Quality Practitioner  
Apprentice Level 4 at Diodes  
(Ref: QP01)  
Oldham  
£8.00 per hour



Early Years Practitioner  
Apprentice at ABC Nursery  
and Preschool (Ref:CC26)  
Wigan  
£8.00 per hour



Apprentice Project Admin  
Officer at Preston Care and  
Repair Ltd (REF:BA30)  
Leyland  
£8.00 per hour

Upskill in  
your existing  
role with an  
apprenticeship  
(subject to  
eligibility  
checks)



**RECEPTIVE  
SOLUTIONS**

Business Administration  
Apprentice at Receptive  
Solutions (Ref:BA33)  
Chorley  
£8.00 per hour



McGinty  
Demack Limited

Assistant Accountant  
Apprentice at McGinty  
Demack Limited(REF:  
AAT03 )  
£8.00 per hour

## More vacancies



If you have any questions or want to apply now please contact us either by email at [apprenticeships@runshaw.ac.uk](mailto:apprenticeships@runshaw.ac.uk) or call us on 01772 643008

**RUNSHAW COLLEGE**

The majority of our apprentices are not required to come to college, our programmes are delivered in the workplace.



**Myerscough**  
College & University Centre  
**EMPOWERING FUTURES**  
Since 1894

- ✓ School Leavers
- ✓ Apprenticeships
- ✓ University Degrees

# Course Advice Morning



The North West centre for land-based, sport, engineering and science education

Download our 2026 School Leaver Prospectus

**Saturday 6th June 2026**  
**Saturday 3rd October 2026**

CENTRES ACROSS THE NORTH WEST

PRESTON • WARRINGTON  
LIVERPOOL • MANCHESTER

[www.myerscough.ac.uk](http://www.myerscough.ac.uk)

For more information visit Myerscough College....[College Home](#)



sign up here

# GLOBAL UNIVERSITY FAIR

Wednesday 3 June, 3pm - 5:30pm

The fair to help you choose where to study, including universities from the Americas, UK, Asia, and Europe

## Welcome

The Unifrog Global Fair is a great opportunity to find out all about studying at university and get all your questions answered by the experts in just two and a half hours! Join over 30 universities from across the world to speak to their representatives via Q&A and choose from 16 live webinar sessions to get an insight into all things university and find out more about where you could be studying.

[Global university fair](#)



**Global university fair**

Jun 3, 3:00 PM to 5:30 PM

# EXAM REVISION

When revision time comes around, it's always handy to have a few tricks up your sleeve to help you understand and memorise all the different facts and formulas you'll need.

## 1. Flashcard+ and Quizlet

Save paper and the pain of trying to decipher your handwriting with a flashcard app. Look for a version like Flashcards+ (iOS), which lets you create your own cards or import existing sets through Quizlet, a brilliant community site for students to share study notes.

## 2. BBC Bitesize

BBC Bitesize breaks down subjects into handy smaller chunks and lets you revise topics, watch video summaries, complete activities and test yourself as you go. The site covers subjects from Key Stage 1 to GCSE.

## 3. Revision planning apps

A big part of revision is getting organised and keeping track of your study. You can create a colourful revision timetable with the help of Get Revising, which will even suggest a schedule for you to follow.

## 4. Khan Academy

The Khan Academy YouTube channel includes video tutorials and tests in maths, science, economics, computing and history. It's a great tool for getting to grips with the basics or taking on advanced study for extra credit.

## 5. Spark Notes

Explore English Literature texts, watch video summaries and study a host of other subjects with popular study notes site Spark Notes. Try out No Fear Shakespeare, which puts the original text side by side with a modern translation to help you pick up the story and translate new words as you go.

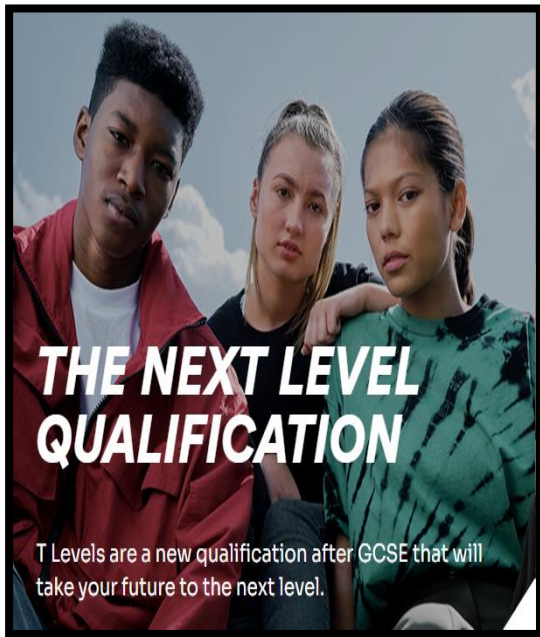
## 6. Sparx Maths

According to Sparx Maths, just one hour of personalised homework per week is proven to improve your grades. Some schools and colleges use Sparx Maths to create resources tailored to individual students. If you don't already use it, ask your maths teacher whether they have considered using Sparx or a similar tool to create personalised homework to help you get the most out of your personal study time.

## 7. BBC Brain Smart

Need a quick study break? Why not stay productive and wake up your brain by playing a game from BBC Brain Smart. There are fun games to help you boost your memory, remember chains of numbers, get motivated and manage stress. And all without feeling like you are doing any real work (we promise!)

# 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](#)

## How apprenticeships work

## Apprenticeships

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



Chefs prepare, cook and present food in hotels, bars and restaurants.

## In your day-to-day duties you could:

- Prepare attractive menus to nutritional standards
- Control and order stock and inspect it on delivery
- Prepare meat and fish for cooking
- Scrape and wash large quantities of vegetables and salads
- Cook and present food creatively
- Monitor production to maintain quality and consistent portion sizes
- Work under pressure to make sure food is served on time
- Keep to hygiene, health and safety and licensing rules

## What skills are required?

- Be thorough and pay attention to detail
- Knowledge of food production methods
- The ability to accept criticism and work well under pressure
- Leadership skills
- The ability to work well with others
- Knowledge of manufacturing production and processes
- Maths knowledge
- The ability to work well with your hands
- Knowledge of teaching and the ability to design courses
- To be able to use a computer and the main software packages competently

## Volunteering and work experience

You could start work as a kitchen assistant or trainee 'commis' chef and work your way up while learning on the job. You could apply for work with restaurants or catering companies. If you have no experience, you could volunteer in a community kitchen before applying for a job.

## Career Path & Progression

With experience, you could progress to section chef (station chef) and look after a particular area like desserts. The next step is sous chef, running an entire kitchen when the head chef is busy. As head chef (also known as chef de cuisine), you'll run a kitchen, create menus and manage the budget. You could move into the business side by taking a foundation degree or degree in hospitality management. Very large establishments have executive chefs, usually in charge of multiple outlets. This is a management role and you would do very little cooking.

<https://www.careerpilot.org.uk/job-sectors/food-drink/job-profile/chef>  
<https://www.youtube.com/watch?v=Iw69NUAr0o4>

## ANNUAL SALARY

£15,000 to £30,000

## Working Environment.

Your working environment may be hot, physically demanding and humid. You may need to wear a uniform. You could work at a restaurant, in an NHS or private hospital, at a school, at a college or on a cruise ship.

## Working Hours

- ❖ 40 to 45 a week
- ❖ You could work: evenings / weekends / bank holidays; on shifts

You can get into this job through:

- A university course
- A college course
- An apprenticeship
- Working towards this role

One way into the job is to take a college course. These include qualifications like:

- Level 3 Diploma in Professional Cookery
- T Level in Catering
- Level 4 Diploma in Professional Culinary Arts

You will usually need:

- 4 or 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, for a level 3 course
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, including English and maths for a T level
- 1 or 2 A levels, a level 3 diploma or relevant experience for a level 4 or level 5 course

The following apprenticeships are relevant to this role:

- Production or commis chef intermediate apprenticeships
- Senior production chef or a chef de partie advanced apprenticeship
- You can also train to be a chef through an apprenticeship in the armed forces.

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