

# CAREERS NEWSLETTER

*This newsletter includes a feature on helping your child find volunteering and work experience opportunities in the world of work and a look back at some events in March.*

## Work Experience and Volunteering

*At school, all Year 10 students complete a week-long work experience placement in July, and Year 12 students are encouraged to take part in a week of work shadowing during the same week.*

*However, young people can never have too much experience on their CV.*

*Volunteering or short work experiences can really help students stand out when applying for college, university, apprenticeships or part-time jobs.*

*Here are some simple ways you can help:*

### 1. Encourage early volunteering

For younger students (11–14), volunteering can be a great starting point. This might include helping at a local sports club, supporting a community event, assisting with coaching younger children, or helping at a charity fundraiser.

### 2. Contact local organisations

Many organisations are happy to support young people who are keen to gain experience. Parents can help their child write a short email or make an enquiry.

Places that often welcome young volunteers or work experience students include:

- Primary schools or nurseries – helping with reading, classroom activities or sports clubs
- Charity shops – assisting with sorting donations, displays or customer service
- Sports clubs – helping coaches run sessions or supporting younger teams
- Veterinary surgeries or animal rescue centres – cleaning, organising equipment or animal care
- Libraries – helping with events, shelving books or supporting children's activities
- Care homes – spending time with residents, helping with activities or events
- Local businesses – shops, cafés, garages, salons or offices may offer short placements
- Community groups or youth organisations – assisting with events, activities or administration
- Places of worship – supporting community events or youth groups



### 3. Use your own networks

Ask friends, family members or colleagues if their workplace offers work experience placements or volunteering opportunities. Many placements are arranged through personal contacts.

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## 4. Support them with applications

Older students (14–18) may need to write emails, complete application forms or create a short CV. Parents can help by checking spelling, encouraging polite communication and reminding them to follow up if they do not hear back.

## 5. Encourage independence and responsibility

Once a placement is arranged, encourage your child to communicate with the employer themselves, arrive on time, and show enthusiasm and willingness to learn.

## 6. Help them reflect on the experience

After the placement or volunteering activity, talk with your child about what they enjoyed, what they learned and whether it has influenced their future career ideas.

### Why it matters

*Work experience and volunteering help young people develop important skills such as teamwork, communication, problem-solving and reliability. These experiences strengthen applications for college, apprenticeships and jobs. If your child needs help finding a placement, they can speak to the Careers Team at school for guidance and support.*

### Useful websites

Please click on the images below to visit some useful websites.



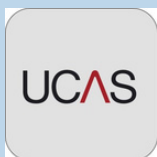
Click [here](#) to take a look at the work experience pages on the VLE with details of in-person and virtual opportunities.



Virtual work experience programmes.



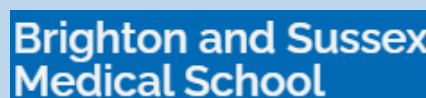
Virtual and in-person work experience.



Virtual work experience programmes.



Job simulations



Virtual medical school work experience.

## WE NEED YOU

Parents play a vital role in supporting our Year 10 work experience programme each year in July. If you are able to offer a placement, please contact Mrs Towers on [careers@balcarras.gloucs.sch.uk](mailto:careers@balcarras.gloucs.sch.uk)

If you have any questions or need support, please email [careers@balcarras.gloucs.sch.uk](mailto:careers@balcarras.gloucs.sch.uk)

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## Upcoming Events



Year 8 & 9 NHS Assembly - Monday 20<sup>th</sup> April

Year 9 Constructing Excellence - Tuesday 23<sup>rd</sup> June (PD - P2 & P3)

Year 10 Work Experience - Monday 6<sup>th</sup> to Friday 10<sup>th</sup> July

## Past Events

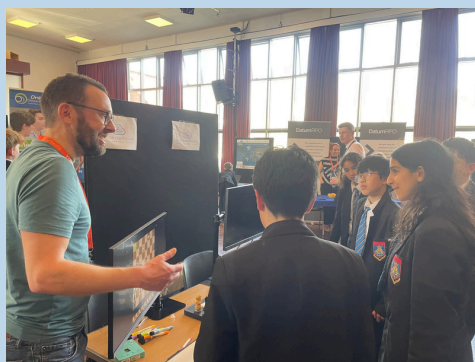
### Year 7 Mini Careers Fair

On Thursday 19 March, we held our very first Year 7 Careers Fair as part of our Personal Development programme. We invited parents of Year 7 and 8 pupils to host stalls and share their career journeys.

Pupils had a fantastic time exploring the different stalls, asking thoughtful questions, and even trying out equipment.

The range of careers represented was excellent, including electronic engineering, midwifery, forensic psychology, the army, the police, Weird Fish, software engineering, marketing, and speech and language therapy.

We would like to extend our sincere thanks to all the parents who generously gave their time and shared their expertise to make the event such a success.



Feedback from the event:

*"We fielded a lot of very interesting (and very direct!) questions, and I'd just like to say that the students are a genuine credit to yourselves and the school – confident, bright, inquisitive and quite humorous in some cases."*

*"It was a fun event and I thought the students all came across so polite and enthusiastic with some great questions. It was a pleasure."*

*"Thanks for putting this together, it was a lot of fun to see the engagement from the year 7 cohort."*

If any parent or carer would like to part of future events like this please contact  
Mrs Gemma Towers on [careers@baltarras.gloucs.sch.uk](mailto:careers@baltarras.gloucs.sch.uk)



If you have any questions or need support, please email [careers@baltarras.gloucs.sch.uk](mailto:careers@baltarras.gloucs.sch.uk)