

Careers Week

2024

During the week, students listened to presentations from a variety of local businesses.

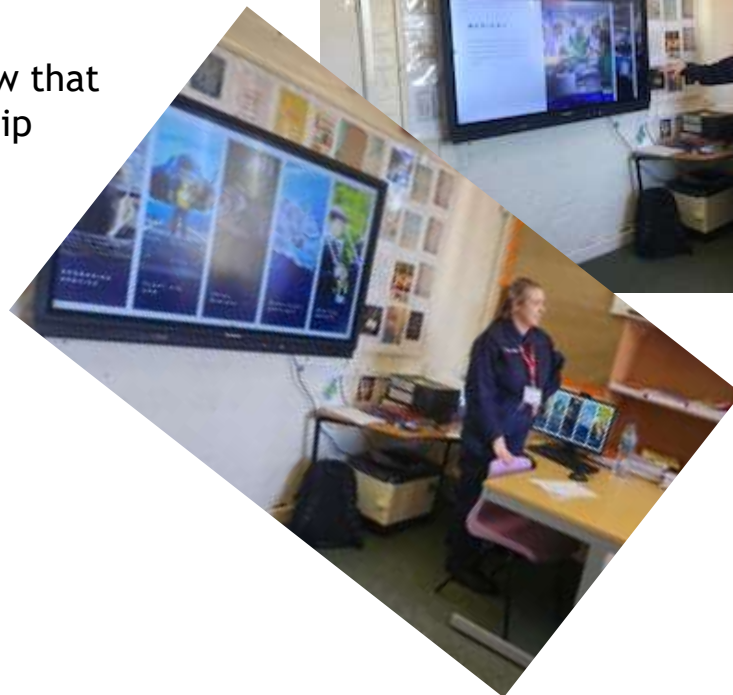


Belle Hair explained the world of beauty including the difference between training in a salon or in college as well as how to progress within the interest.

DIY by Matt - the different types of skills needed in DIY, training and how to source training and materials.



Navy AFCO - did you know that you can join an apprenticeship with the Navy before you're even 16? The Navy offers many options in engineering, catering, nursing, piloting, mechanics, and many more.



Apprenticeships with Kelly gave an overview of all the different opportunities available to students. Apprenticeships allow people to complete training whilst still earning some money.

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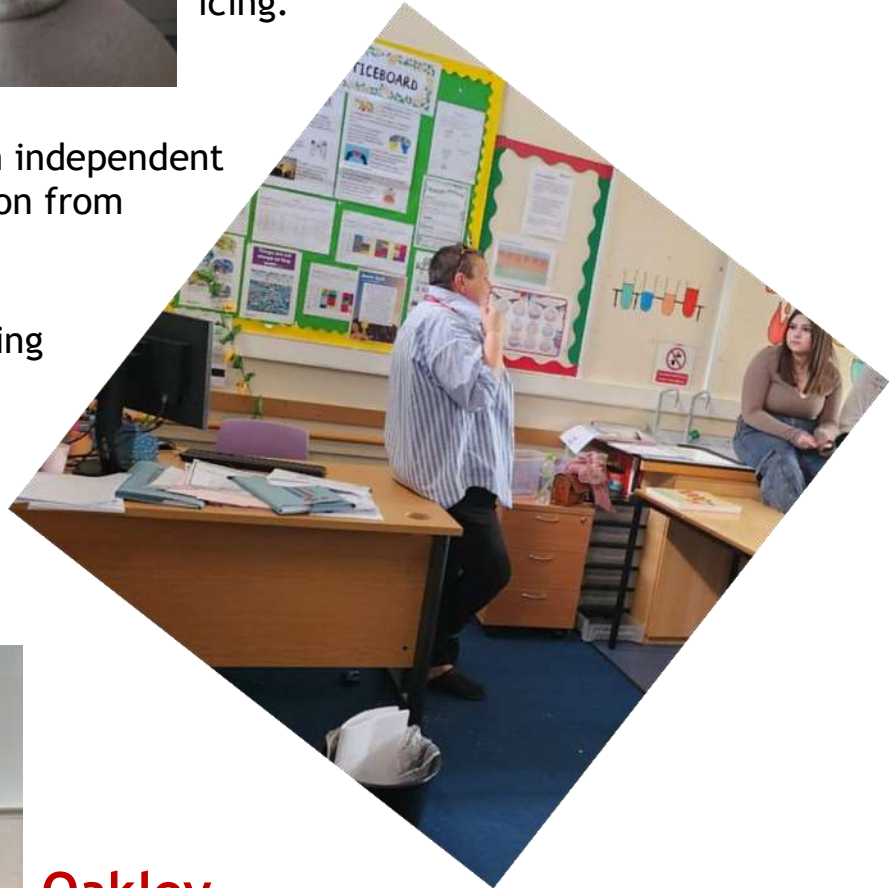




The Real Cake Company was another very interesting presentation - the different types of cakes, skills involved and the transportation to venues. Oh and we had some delicious samples to try and had an attempt at some icing.

Students learned about running an independent community café with a presentation from **Sticky Fingers Café.**

Giving back to the community, being kind and friendly to others was a valuable message. The owner supports her family and many others through daily acts of kindness and was truly an inspiration to us all.

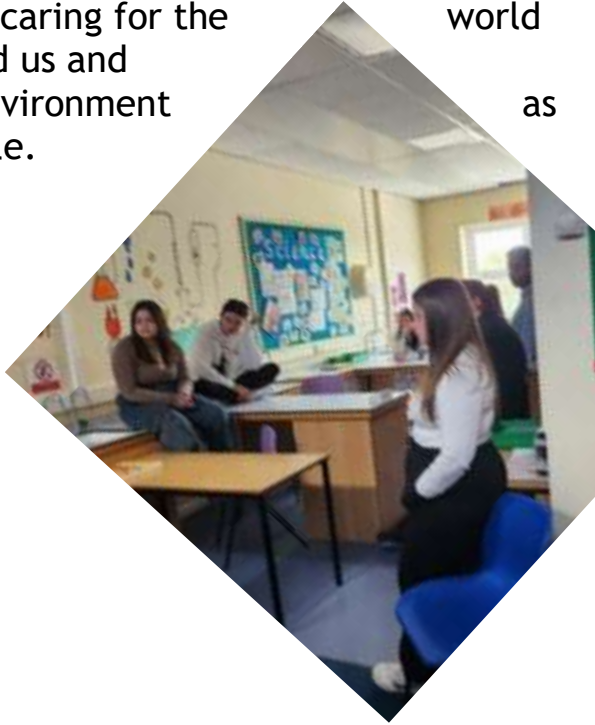


Oakley Recruitment is a local firm and students found out more about the recruitment world and how they can prepare themselves for the world of work including how to create a CV, interview skills, and what employers are looking for. Many thanks to (our) **Dani** for giving her



Twycross Zoo Recruitment

described the many jobs available within the zoo itself including retail, land management and catering alongside caring for the animals (including being a vet to feeding the animals) as well as important messages about caring for the world around us and the environment as a whole.



In **Forest Schools** students enjoyed team building activities on our newly resurfaced PE area.



Equine Therapy with Tracey. Tracey came in to explain the wonderful world of horses and students had the opportunity to visit her and her horses.

Theatre Make Up with (our) **Emma** allowed students to watch exciting demonstrations of the transformations that can be made for theatre through makeup.



"If I had a magic broomstick, I would fly to Spain..."

As I took off, the wind brushed against me, and my clothes got soaked. My hair was dripping water into my eyes, making my vision really blurry. As I'm approaching the clouds I get shivering cold, struggling to find my grip on the broomstick, I can no longer see other than blurry grey. It's almost as if the clouds have swallowed me. I became exhausted and sleepy but then finally the sky cleared up and the ground became really green, there was nothing left to do other than laugh in excitement.

I was looking around at the beautiful view, giant fields, hills and valleys. But I couldn't let it get to me, I still had the moody waters in front of me. I had to face the wet clouds again, the seas waves were high and the weather was stormy. The rain lashed onto me and my coat was fluttering in the wind. Even being on the worst part of my journey I saw something positive in the distance, it was the sun on the horizon. My eyes became full of sandy orange, while the sky became blue and I was hit with the sun's heat. My nostrils flared and I breathed in the warm air, I was feeling exuberant as my journey was coming to an end, as the Spanish Coastline came into my focus. Descending carefully, I was eager to feel that golden warm sand beneath my feet. As I touched down onto that hot sand, my spirit soared, I felt a sudden rush of achievement. My journey had come to an end."

*Creative Writing completed by LSS at Intensive
Intervention, April 2024
Lovely work – well done!!*





5 Ways to Wellbeing – ‘Take Notice’

Some of Key Stage 3 went for a wellbeing walk and looked at all the different shaped leaves.



Korean fried chicken burgers with side Well done G group (and Mrs Barker)

random
act of kindness

Try at least one of these this week.

- Explore your options.
- Look for 5 different flowers in the park.
- Take a deep breath before you

salad.

Mr. Hall's Health & Fitness

10 Types of Meditation



Focused breathing



Box breathing



Anxiety relief meditation



Transcendental meditation



Mindfulness meditation



Walking meditation



Trauma-informed meditation



Mantra meditation



'Do nothing' meditation



Nature-inspired meditation

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