



CAREERS NEWSLETTER



@JFS.CAREERS

MAY 2026

WELCOME BACK!

Coming up in May:

- **Exclusive Crown Court Shadowing Opportunity at St Albans Crown Court**, where students can take part in a judicial marshalling experience and gain first hand insight into the work of the Crown Court. This is open to **students 18 years and over ONLY**. Sign up [here](#) if you are interested. **Closing date 15 May.**
- **Wednesday 13 May – 5pm – 6.30pm** – Apprenticeships in Frontier Innovation – Green Sector – FREE Webinar. Click [here](#) to find out more and to register.
- **Wednesday 13 May – 6pm – FREE Webinar with InvestIN** – How to find work experience. Click [here](#) for more information and to register
- **Young Professionals – Business and Accounting – Virtual May half term Work Experience** – Tuesday 26 and Wednesday 27 May, 10am – 4pm. This event will feature some of the worlds biggest companies, including KPMG, BDO, Grant Thornton and more. This opportunity is open to students in Year 11, 12 and 13. If you are interested, sign up [here](#).
- **Year 12 and Year 13 Students – Law & Legal – Freshfields Private Capital Virtual Work Experience**. This is a self paced work experience opportunity, which will allow you to complete real work tasks which simulate the work of legal professionals. Sign up [here](#) if you are interested.
- **Sunday 17 May 10am – 12pm – Year 12 students or Y13 students who are reapplying – FREE UCAT Virtual Conference**. Register [here](#)
- **Future Skills Programme – Careers in STEM for Year 9 and 10 students** – Applications are still open for this. See [here](#) for more information and [here](#) to apply.
- **Thursday 28 May – Get into Law Virtual Work Experience Day – for students in Year 10 – 13**. Click [here](#) to apply.

INFORMATION FOR PARENTS

Elevate Education recently held an 'Ask me anything' webinar for parents. If you were unable to attend please click [here](#) to watch the **recording** and [here](#) to view the **Parent FAQ's Sheet**.

There are a few more free webinars coming up over the next few weeks, which you may be interested in. They include, How you can help improve your child's memory, How to help your child alleviate stress and How to get (and keep) your child motivated. See [here](#) for more details.

Supporting a child during exams requires balancing practical study help with emotional support, focusing on routine, healthy habits, and managing stress rather than solely focusing on grades. Here are a few points to help:

- Keep daily routines consistent, including regular, healthy meals.
- Ensure they have a quiet, comfortable space to study.
- Ensure they get enough sleep, which is more beneficial than last-minute cramming.
- Encourage them to drink water and eat well, avoiding excessive caffeine.
- Let them vent frustrations and talk about their worries without interrupting.
- Your calm demeanor can help alleviate their anxiety.
- Acknowledge their stress rather than dismissing it with "you'll be fine".
- Focus on praising effort rather than results.
- Remind them that some nervousness is normal.
- Remind them that exams are one part of life's journey.
- Encourage turning off phones at night to help them rest.

Click [here](#) to view the **Next Steps London Magazine – Wellbeing & Exam Special**

Click [here](#) to find out more information about the **New Post 16 Options, including V Levels**.

SUMMER TERM 2026

REMINDERS

- **Year 10 and Year 12 students** – Remember to log your work experience placements on Unifrog. If you need help with this see Mrs Levick in the study room. You will need to use your school email to log on. if you have forgotten your password, use the reset link so you can access your account.
- **Year 12** – Ort Jump Alternative Work Experience Programme – **Monday 20 July – Friday 24 July**. See [here](#) for more details.
- If you are not able to attend any of the **online events**, you should still register as you will be sent the recording.

Wishing all Year 11 and Year 13 students the best of luck in their exams! 🍀

Work Experience for Students in Year 10 and Year 12

The Gatsby Benchmark Framework states that:

- **By the age of 16**, every pupil should have had meaningful experiences of workplaces.
- **By the age of 18**, every pupil should have had at least one further meaningful experience.

Work experience is valuable as it bridges the gap between theoretical knowledge and practical application. It helps students build professional networks, develop soft skills like communication and teamwork, and clarifies career goals

Although work experience may not give you time to develop job-specific skills, it can give you insight into the work involved. It also shows you have motivation and commitment.

All students in **Year 10 and Year 12** will be on work experience from **Monday 20 - Friday 24 July** inclusive. Placements will need to be sourced by the student using contacts through friends and family. School does not have a bank of placements, but if you are struggling, please speak to Mrs Levick as she may be able to help.

Please remember that students in Year 10 may not have the opportunity to do exactly what they would like to do in the future because of their age.

This means students will need to think outside the box a little in terms of their placements and think of the skills and qualities they would like to develop by being on placement as opposed to the actual job they may be doing. All placements will need to be logged on [Unifrog](#) so they can be checked and signed off.

UnitTasterDays

Year 12 student can get a taster of University life this summer at universities across the country. Visit the UnitTasterDays website [here](#) to find out more.

Virtual Work Experience Simulations - Forage

[Forage](#) provides free, self-paced virtual work simulations (typically 1–6 hours) created by top employers like JPMorgan, BCG, and Red Bull to help students build skills and explore careers and allowing participants to experience "a day in the life" of roles in data, engineering, and more, earning certificates for their CV's.

LMI Bulletin - April 2026

Catch up on national and London based LMI information, as well as getting access to useful resources and websites.

Click [here](#) for more information.

Latest Apprenticeship and Traineeships

click [here](#) to access the government portal to get information about how to apply and search for the latest apprenticeships.

Click [here](#) to view the **NEW Higher and Degree Apprenticeships Vacancy Listing**.

CAREER OF THE MONTH



Nurse

The Conversation UK

The Conversation is an independent source of news analysis and informed comment written by academic experts, working with [professional journalists](#) who help share their knowledge with the world. Is a great resource for student to keep up to date with current affairs and covers a range of topical issues. Click [here](#) to find out more.