

# Nonsuch High School for Girls Careers Newsletter



## Welcome to the Careers Newsletter - Spring 2026

The Careers Programme at Nonsuch High School for Girls is built on the belief that high-quality career guidance plays a crucial role in enhancing career prospects. It ensures that every student –regardless of background, needs, or aspirations—understands the full range of opportunities available to her and is empowered to fulfil her potential.

We believe that outstanding careers education creates equality of opportunity, unlocks talent, and transforms lives. By helping students explore their options and make informed decisions - ultimately, enhancing their chances of success.

The Nonsuch Careers Newsletter is produced on a termly basis and compliments the extensive Careers work that is undertaken both inside and outside the curriculum. For feedback or questions relating to Careers please contact Mrs Ahmad, Careers Leader at: [aahmad@nonsuchschool.org](mailto:aahmad@nonsuchschool.org)



*Careers Education,  
Information, Advice  
& Guidance at  
Nonsuch*

# Nonsuch High School for Girls Careers Newsletter

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## UPCOMING CAREERS EVENTS

<b>19th May 2026</b>	<i>Year 10 Careers Talk - alumna Sarah Horrocks, Air Quality &amp; Emissions, Sustainable Futures</i>
<b>21<sup>st</sup> &amp; 22<sup>nd</sup> May 2026</b>	<i>Year 12 H.E Event</i>
<b>4<sup>th</sup> June 2026</b>	<i>Year 10 Employer Talk</i>
<b>18<sup>th</sup> June 2026</b>	<i>Year 8 Employer Talk</i>
<b>14th July 2026</b>	<i>Year 9 Careers Enterprise Day</i>
<b>15th July 2026</b>	<i>Year 10 Careers Enterprise Day</i>
<b>16th July 2026</b>	<i>Year 11 Careers Enterprise Day</i>
<b>2nd July 2026</b>	<i>Year 12 Mock Interviews</i>
<b>1st June-13th July 2026</b>	<i>Year 12 UCAS Preparation &amp; Personal Statement Writing</i>
<b>13th-17th July 2026</b>	<i>Year 12 Work Experience Week</i>

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## RECENT CAREERS ACTIVITIES

<b>Spring Term 2026</b>	<i>Years 9-11 Careers Tutorial Programme (6-week tutor time Careers programme)</i>
<b>8th January 2026</b>	<i>Year 9 Post-16 Pathways Talk incl. Apprenticeships by our Careers Adviser, Ms O'Brien</i>
<b>5th February 2026</b>	<i>Year 11 Careers Drop-Down Day</i>
<b>12th February 2026</b>	<i>Year 8 Assembly on College Courses incl. technical qualifications and apprenticeships by South Thames College Group</i>
<b>23rd/24th February 2026</b>	<i>Year 9 &amp; Year 10 'Take your Daughter to Work Day/s'</i>
<b>5th March 2026</b>	<i>Year 7 Employer Talk by author Dev Kothari</i>
<b>25th March 2026</b>	<i>Careers Fair</i>

# Gatsby Benchmarks

We are actively working towards meeting the Gatsby Benchmarks—a nationally recognised framework of eight guidelines that define excellence in careers education for secondary schools. Our careers programme is designed to prepare students for life beyond school, helping them to explore their options and make well-informed, ambitious decisions that are right for them and their future goals.



*We will focus on a different benchmark in each Newsletter*

## Gatsby Benchmark 2

### *Learning from career and labour market information*

All learners, parents and carers, teachers and staff who support learners should have access to good quality, up-to-date information about future pathways, study options and labour market opportunities. Young people with SEND and their parents and carers may require different or additional information. All learners will need the support of an informed adviser to make the best use of available information.



- *During each Key Stage, all pupils should access and use information about careers, pathways and the labour market to inform their own decisions on study options or next steps*
- *Parents and carers should be encouraged and supported to access and use information about careers, pathways and the labour market to inform their support for pupils in their care*

# Year 11 Careers Drop-Down Day

5<sup>th</sup> February 2026



L'ORÉAL  
PARIS

Our Year 11 students enjoyed a drop-down day day dedicated to careers. The event was scheduled to coincide with their Year 11 Guidance Meetings, ensuring that students benefit from both opportunities while minimising disruption to lessons.

The day began with an informative talk from South Thames College, introducing students to a range of post-16 options, including college courses, technical pathways and apprenticeships.

This was followed by an engaging session on writing effective cover letters, delivered by Mrs Ahmad. Mrs Ahmad then led a practical workshop on CV writing, giving students valuable guidance on how to best present their skills and experiences.

Students then took part in an insightful session by Mr Williamson on How to Make Your Application Stand Out, which provided useful tips on strengthening applications and making a positive impression.

The highlight of the day was the final session, when our alumna Ms Beverley Lung, Senior Retail Brand Manager at L'Oréal Paris, returned to Nonsuch to deliver an impactful and dynamic talk about her career journey since leaving school. She had the students completely enthralled, and the session concluded with an energetic and engaging Q&A, giving students the opportunity to learn more about her experiences and ask thoughtful questions about careers and the world of work.



# Take your Daughter to Work Day (Year 9 and 10)

23rd/24th February 2026



‘Take Your Daughter to Work Day’ was held on our two INSET Days in February and gave our Year 9 and 10 students a valuable opportunity to step beyond the classroom and experience the world of work first-hand. By spending the day with parents/carers/ or family contacts, in their workplace, students were able to see how different careers operate, ask questions, and better understand the skills and pathways involved in a variety of professions.

The opportunity helped students connect their learning at school with real-life applications.

Observing professionals in action can inspire new ambitions, build confidence, and encourage students to think more broadly about future career possibilities.

Experiences like this also help young people develop important workplace awareness, including communication, teamwork, and problem-solving. It also allows students to see positive role models in their fields and begin imagining themselves in roles in the future.

We would like to thank all the families and employers who supported this initiative and helped make the opportunity such a meaningful learning experience for our students.

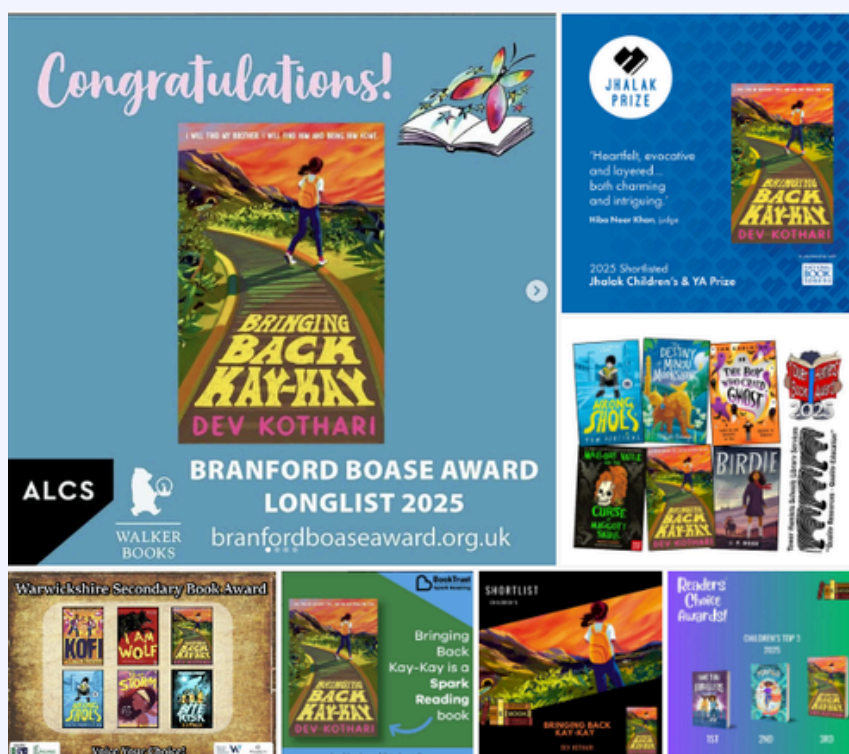
# Year 7 Employer Talk by author Dev Kothari

5th March 2026



Year 7 were inspired by a visit from award-winning author Dev Kothari, who shared her journey from aspiring writer to published novelist. She captivated students with stories of her career, offered insights into the writing process, and gave a fascinating glimpse into the world of books and storytelling.

Dev is a writer and poet with an impressive academic background, holding an engineering degree, an MBA from the University of Oxford, and an MA with distinction in Writing for Young People from Bath Spa University. Her debut novel, *Bringing Back Kay-Kay*, was shortlisted for the Jhalak Prize, the Warwickshire Secondary Schools Book Awards, and the Tower Hamlets Book Prize, and longlisted for the Branford Boase Award in 2025. She also won the Commonword Diversity YA Novel Prize in 2018 and has received numerous other award recognitions.



# National Apprenticeship Week 2026

9th to 15th February 2026

National Apprenticeship Week is the biggest week in the apprenticeships and skills calendar! It is an annual, week-long celebration of apprenticeships and everyone involved in promoting awareness of them, including apprentices, employers, schools, training providers and government.

The week brings together the entire apprenticeship community to celebrate the value, benefit and opportunity that apprenticeships bring. The week provides a central focus and opportunity to position apprenticeships as a positive and exciting option, showcasing the wide range of employers, apprentices and their success stories.

This year, the week took place between Monday 9<sup>th</sup> and Sunday 15<sup>th</sup> February 2026.

These are some of the resources shared with students and their parents/carers:

- This short video introduces you to apprenticeships and why to consider this route:  
<https://amapps.uk/assembly-film>
- Learn about different apprenticeship careers via these videos: [National Apprenticeship Week - Videos](#) - [National Apprenticeship Week](#)
- Find out about current apprenticeship vacancies at:
  - [National Apprenticeship Week - Apprenticeships](#)
  - [Meet the Employer - Amazing Apprenticeships](#)
  - [Find an apprenticeship - GOV.UK](#)
  - [Search | Employers | UCAS](#)
- Student Zone – this website is packed with information for students considering an apprenticeship: [Student - Amazing Apprenticeships](#)
- Not sure what you want to do? Take a quiz or browse careers by sector or category: [Explore careers | National Careers Service](#)



An advertisement for finding higher or degree apprenticeships. The main headline is "ARE YOU LOOKING FOR HIGHER OR DEGREE APPRENTICESHIPS?". Below this, it says "Discover 1,000s of higher and degree apprenticeship vacancies all in one place." and "Use the listing to easily explore:" followed by a list of search filters: "Vacancies all across England", "Salaries and locations", "Direct application links", "Opportunities with top employers", "Application open, close and start dates", and "Wide range of sectors and roles". To the right, there are logos for various employers including BBC, IBM, EDF, Transport for London, Dunelm, and Babcock. At the bottom, there is a QR code with the text "SCAN ME" and a URL: "amazingapprenticeships.com/higher-degree-listing".

# Labour Market Information (LMI)

LMI stands for Labour Market Information.

In short, it refers to any relevant information about the current state of the jobs market. It is there to arm young people with the data they need to make informed choices about their career.

## Careometer

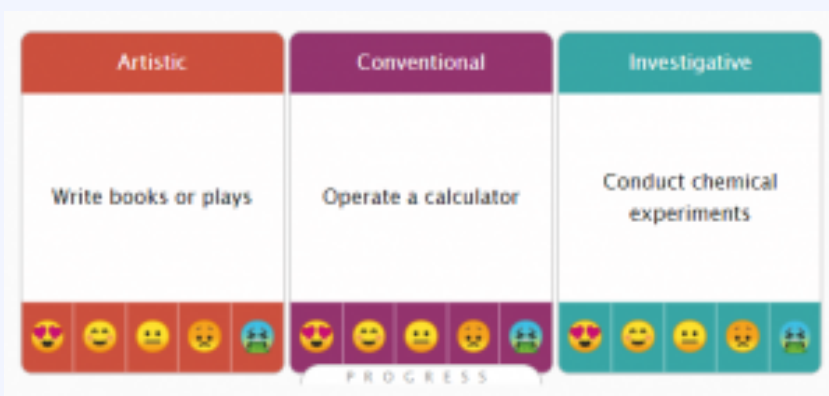


Click on the image to access Careersometer

'Careerometer' can be used to explore and compare key information about occupations, help you learn about different occupations and identify potential careers. It provides access to a selection of UK headline data relating to pay, weekly hours of work and future employment prospects for different occupations, as well as a description of the occupation.

Simply type in the title of the job you are interested in and the widget provides a series of options from which you can select the most relevant to you. You can then look up another two occupations and compare. You can also select 'display the UK average' and compare the information with the occupation you have selected.

Click on the image above or [here](#) to access Careersometer



Click on the image to access Skillsometer



## Skillsometer

'Skillsometer' can help you discover what jobs you might like to do in the future. You will be presented with a series of statements. Select the emoji that shows how you feel about each statement. You will be given suggestions of jobs linked to what you most enjoy doing.

Click on the image on the left or [here](#) to access Skillsometer

## *The destinations & Careers Journey platform*

Nonsuch subscribes to Unifrog - an online Careers platform that helps students explore their future options and make informed decisions about careers, courses, and next steps after school. It brings together a wide range of information in one place – from university courses and apprenticeships to college programmes and career pathways – making it easier for students to compare opportunities and discover what suits their interests and ambitions. Students can complete personality and skills profiles, explore labour-market information, and access up-to-date guidance on everything from CV writing to preparing for interviews.

Students are encouraged to take advantage of the school's subscription to Unifrog to use all the tools and resources it offers.

The platform encourages students to build strong applications by keeping track of activities, achievements, and competencies, and it provides structured tools to help write personal statements and apprenticeship applications. Overall, Unifrog is designed to simplify the career-planning process and empower students to take confident, well-informed steps toward their next stage in education or employment.

Students are especially encouraged to build their **career journeys** by adding 'Activities' to their Unifrog account using the **Activities Tool**. They can then draw on these activities when writing their CV, personal statement, applications to university, apprenticeships and jobs. **It is therefore really worthwhile adding anything that shows initiative, responsibility, curiosity, or skill development to the Activities Tool** - things such as:

- work experience/internships/volunteering/positions of responsibility/hobbies/interests/clubs/crafts you make or sell/courses/competitions/academic or school trips/lectures/masterclasses/if you have built a website or game you are proud of/written articles or stories/community service/awards etc.

Students have had a tutor session explaining how to do this on Unifrog. Here is information for anyone who would like a refresher on adding their activities, skills, events and experiences to the Unifrog 'Activities Tool':

- Link to a video explaining what the Activities tool is and how to use it - [click here!](#)

All Nonsuch students can log into Unifrog using their school email address:

- Access Unifrog by clicking here: <https://www.unifrog.org/>
- If a student has forgotten their password, then they can use the 'Forgotten password / Reset password link' button which is at the bottom of the Sign In page



# Futures for All

# FUTURES FOR ALL

## - work experience opportunities -

The charity **Futures for All** is on a mission to give all students from state schools and colleges access to life-changing opportunities. They help young people from state schools and colleges to access real-world experiences, hear from inspirational speakers, and discover new opportunities. The aim is to level the playing field and move towards a fairer future.

In 2010 they started a programme of inspirational talks called **Speakers for Schools**. During their 15th Anniversary Celebration in September 2025, they announced a name change to Futures For All, to better represent the breadth of what they do and their ambition to provide fair futures for all young people.

Futures for All offer in-person and remote placements, alongside shorter introductory Insight Days, with hundreds of leading UK employers.

Their goal is to demystify careers, build skills and self-belief, prepare young people for the workplace, and open doors to opportunities that were previously closed. Their high-quality, fully funded work experience programme is accessible to all 14-19-year-olds from state schools and colleges nationwide.

Through their dedicated education and delivery teams, they provide expert guidance, step-by-step planning, proactive management, and safeguarding support.

Nonsuch works in partnership with Futures for All and encourages our students to find suitable work experience opportunities outside the school timetable and inspiring talks to listen to.

- The **main 'Futures for All' website** can be accessed [here](#)
- To search for work **experience opportunities**, click [here](#)
- To search the talks library for **inspirational talks** on different careers, click [here](#)

**Some talks to inspire you...(click on the links)**

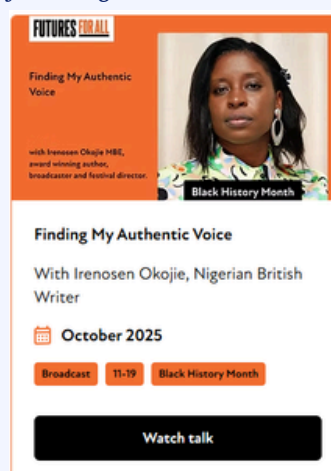
### [Future Roles in the Creative Industries](#) (marketing, media, advertising and tech)



The screenshot shows a talk card for 'Future Roles in the Creative Industries (marketing, media, advertising and tech)'. It features the 'SPEAKERS for schools' logo and 'Adventure SPOTLIGHT TALK with Britson Finishing School'. The speaker is Lubeto from Adventure & Dean and Ivy from Born Social. The talk is scheduled for March 2025. There are tags for 'Career Talk', '11-19', and 'Industry Spotlight'. A 'Watch talk' button is at the bottom.

### [Finding My Authentic Voice](#)

Join award-winning author, broadcaster, and festival director Irenosen Okojie MBE as she shares her journey to becoming a writer and finding her authentic voice.



The screenshot shows a talk card for 'Finding My Authentic Voice'. It features the 'FUTURES FOR ALL' logo and a photo of Irenosen Okojie. The speaker is Irenosen Okojie MBE, award-winning author, broadcaster and festival director. The talk is scheduled for October 2025. There are tags for 'Broadcast', '11-19', and 'Black History Month'. A 'Watch talk' button is at the bottom.

# Ideas & Guides to Choosing a Career

## Need some help choosing a career?

Some students already have a clear idea of what they want from a future career, but many are still unsure. The internet provides an excellent starting point, offering a wide range of company websites with ideas, guides, videos, and career self-assessment tools to help students explore their options. Take a look at the following resources (click on the links):



### Unifrog

Employs a variety of research methods and resources to identify career options - including personalised quizzes; psychometric testing; engaging video content; Labour Market Information; webinars...and more



### LSE - The London School of Economics & Political Science

Introduction into research methods and resources to identify career options



### iCould

Explore videos, guides, and advice tailored to the subjects students enjoy most



### Prospects

The Prospects Career planner helps match students skills, motivations and desires to a perfect career



### CareerPilot

Videos and quizzes for exploring future career options



### Aspire Guide

A set of resources providing state school sixth formers with free information, advice and inspiration to help them better understand all their career and further education options



# Events & Opportunities

Here are some upcoming Careers & Education related events and opportunities



## All About Apprenticeships

**Thursday 23<sup>rd</sup> April 2026 @ 5-6pm**

Career Compass are running this online workshop. The session will cover:

- An overview of apprenticeships and their benefits
- The application process
- Is the university or apprenticeship the better fit for you?
- Available opportunities



## Application Hacks: How to Secure a Job

**Monday 11<sup>th</sup> May 2026 @ 6-7pm**

Career Compass are running this webinar.

Are you ready to find a Summer job, apply for a work experience or event in your field of interest and don't know where to start? This workshop is for you: learn everything there is to know about the job application process.

## Lloyds Banking Group - Easter Break - Virtual Work Experience

**Monday 30<sup>th</sup> March or Tuesday 7<sup>th</sup> April  
10am - 2pm (Choose one session only)**



Are you ready to take your first step into the world of banking and finance this Easter Break? Whether you're considering apprenticeships, work experience, internships or graduate schemes—this session is your launchpad.

- How to evolve your presentation skills
- Take part in business-related challenges
- Commercial awareness and building essential skills workshops
- Learn about banking, finance, and digital technology
- Learn about a SWOT analysis and putting it into practice

## Test Drive undergraduate degrees in: Animation, Games, VFX, Concept Art & Motion Graphics

**Saturday 16<sup>th</sup> May 2026 @ 10am-1pm**

Why join an undergraduate taster day?

- Take a seat in our studios and be taught by some of our expert tutors using industry software
- Meet other students who are interested in the creative industries
- Find out if your chosen discipline is right for you.



The logo for InvestIn, featuring the word "INVESTIN" in a bold, sans-serif font. The letters "INVESTIN" are black, and the letter "I" is red.

## InvestIn - Easter Resources

InvestIn have created an Easter Resource Pack to keep students productive and inspired over the holidays. Here's what's inside:

- Webinar Recordings from their recent 'Careers Unlocked' series. The industries covered were:
  - Investment Banking
  - Entrepreneurship
  - Psychology
  - Law
  - Engineering
  - Medicine
- A CV Writing pack guiding students through the process of writing so you can make progress with your CV's over the break
- A SMART Worksheet designed to help students set realistic, meaningful goals which is particularly useful ahead of exam seasons
- Click [here](#) or on the heading/logo to access these resources!



## Unifrog Events:

Here are some virtual events Unifrog are running that may be of interest:

- **Alternative courses to medicine**
  - Monday 20th April 5:30pm - 6:15pm
- **Degrees that get you career ready**
  - Tuesday 21st April 4:30pm - 5:15pm
- **Psychology taster: why do people behave badly online?**
  - Tuesday 28th April 4:30pm - 5:15pm
- **Forensic science and law taster: could we catch Jack the Ripper today?**
  - Tuesday 28th April 5:30pm - 6:15pm

# Useful Links

Here are some useful links related to Careers and Education

## [Apprenticeships](#)

An apprenticeship is a paid job where the employee learns and gains valuable experiences. Alongside on-the-job training, apprentices spend at least 20% of their working hours completing classroom-based learning with a college, university or training provider which leads to a nationally recognised qualification



## [Amazing Apprenticeships](#)



Everything you need to know about apprenticeships and technical education



How to choose the right undergraduate course for you

## [Springpod](#)



Find virtual work experience with world-leading organisations

## [Complete University Guide](#)



Advice to guide you through every step of your journey to university. Complete University Guide help you make your best university choices with hints and tips for your application and what to expect from student life

## [Prospects](#)



## [Careers advice - covering:](#)

CLICK HERE!

- What can I do with my degree?
- Getting a job
- CVs and cover letters
- Applying for jobs
- Interview tips
- Open days and events

CLICK HERE!

## [Prospects - Match me to jobs I'll love](#)