



Embracing Challenges and Revisiting Skills for the Future

Sometimes, we take part in activities when we're younger and return to them later with a fresh perspective. Whether it's a sport, a hobby, or even a subject at school, revisiting past experiences can be both exciting and a little daunting!

I'm about to swap my high heels for ski boots, returning to the slopes with students for the first time since I was 17. While I may feel a little apprehensive, I'm ready to embrace the challenge; complete with a pink and silver theme for my attire!

This is a great reminder that stepping outside of our comfort zones can be nerve-racking, but it also gives us the chance to grow, build confidence, and develop new skills. The same applies to planning for our future careers. Just like skiing requires the right equipment, preparation, and mindset, so does navigating our next steps.

Whether you're choosing GCSEs, exploring or preparing for college options, or considering different career paths, having a 'can-do' attitude is key. Sometimes, opportunities will take you back to skills or experiences you haven't thought about for a while, and that's okay those moments help shape who we become.

So, as you plan for the future, embrace new challenges, be prepared, and remember that every experience old or new can play a part in your journey towards success!

Mrs Hay
Careers Lead
The Careers Team

Have a question
or feedback?
Email careers@paigntonacademy.tsat.uk
or drop in the library and
have a chat with us!

Inside this Issue

- **Exam Support: Key Things to Remember**
- **Open Events**
- **Metacognition Quiz**
- **Horticulture and Agriculture Careers**
- **Year 10 Work Experience**
- **Dragon's Den Torbay**
- **LEAP Science Workshop**
- **Digital and Technology Activity Day at South Devon College**
- **Year 9 Drop Down Day**
- **World Book Day 2025**
- **NHS Vaccine Assembly**
- **Year 8 STEM at Plymouth University**
- **Females Into Construction**
- **February Half Term Work Experience Focus**

Exam Support: Key Things to Remember

Exam season can feel overwhelming, but with the right approach, you can stay on top of your studies and perform at your best. Whether you're preparing for GCSEs or other important assessments, having a structured plan will make all the difference.

Here are five key areas to focus on:

1. Stay Organised

A well-structured study plan is crucial for effective revision. Create a timetable that includes all your subjects, allocating more time to areas you find challenging. Use checklists, colour coding, or apps to track progress and ensure you cover everything before the exam date. Organisation helps reduce stress and makes studying more manageable.

2. Don't forget to Sleep!

It's tempting to stay up late revising, but sleep is just as important as study time. Aim for at least 7-9 hours of quality sleep each night. A well-rested brain improves memory retention, concentration, and problem-solving skills. Avoid screens before bed and create a relaxing bedtime routine to help you unwind.

3. Eat for Success

What you eat can affect how well your brain functions. Avoid sugary snacks and energy drinks, which can lead to crashes in concentration. Instead, opt for balanced meals with proteins, whole grains, and plenty of fruits and vegetables. Stay hydrated by drinking water throughout the day to keep your mind sharp and focused.

4. Have a Clear Plan... and Stick to It

Setting realistic goals and sticking to a plan will help you avoid last-minute panic. Break your revision into small, manageable chunks and take regular breaks to avoid burnout. Try using techniques like the Pomodoro method (25 minutes of study, followed by a 5-minute break) to stay productive without feeling overwhelmed.

5. Put It into Action

Revising actively is far more effective than just reading notes. Use past papers, teach a friend, or create maps to reinforce your learning. Testing yourself under timed conditions will help build confidence and ensure you're prepared for the real exam scenario.

Final Thought

Exams can be stressful, but with the right balance of preparation, rest, and healthy habits, you can approach them with confidence. Stay positive, believe in yourself, and remember; preparation is the key to success!

Good luck!



Open events

DISCOVER EXETER COLLEGE OPEN EVENT

Wednesday 23 April, 4-7pm

(great for year 10's)

All city centre sites, plus our
Construction Centre and Technology Centre
(Engineering, Automotive and Aerospace)

Attend a variety of talks throughout the evening
Speak to our subject specialist lecturers
See our facilities
Find out about the support available
Meet our students



Scan for dates
and to register

YOUR
EXCEPTIONAL
COLLEGE



exeter college 

<https://careers.paigntonacademy.org/>

Open events



South Devon College Open Evening, including 'Ignite My Apprenticeship' is an opportunity to gain an insight to the world of Apprenticeships.

Tue, 22 Apr 2025 16:00pm - 18:30pm



South Devon UTC Open Day

Date: Thursday, April 17, 2025

Time: 10:00 am - 2:00 pm

Location: South Devon UTC, Kingsteignton Road, Newton Abbot, TQ12 2QA

Details: South Devon UTC specialises in Engineering, Science, and Environmental studies for students aged 14-19. This open day offers prospective students and their families a chance to tour the facilities, meet staff, and learn about the unique curriculum designed to prepare students for careers in these sectors.



Argyle Community Trust Open Trial

Date: Friday, April 11, 2025

Time: 9:30 am - 12:30 pm

Location: Devon FA Coach Road, Newton Abbot, TQ12 1EJ

Details: This open trial is for boys interested in post-16 football development programs. Participants will have the opportunity to showcase their skills and learn about the educational pathways available through Argyle Community Trust.



Bicton College Open Event

Date: Saturday, April 26, 2025

Time: Sessions starting at 10:00 am and 11:00 am

Location: Bicton College, East Budleigh, Budleigh Salterton, Devon, EX9 7BY

Details: An opportunity to explore the campus, meet faculty, and learn about the various courses and apprenticeships offered. Prospective students are encouraged to book a ticket for themselves; guests do not require a ticket.

Have a go!

LEARNING STYLES & METACOGNITION QUIZ

Instructions: Answer the following questions to discover more about your learning style and how metacognition can help you improve your learning.

Metacognition is thinking about how you learn so you can improve your learning skills. For example, if you're studying for a test, metacognition means asking yourself what study methods work best for you, like using flashcards, summarizing notes, or teaching someone else.

Section 1: Understanding Your Learning Style

When learning something new, which method helps you the most?

- a) Watching videos or demonstrations
- b) Reading instructions or textbooks
- c) Discussing ideas with others or trying hands-on activities

How do you usually remember information for a test?

- a) Creating mind maps or diagrams
- b) Writing detailed notes
- c) Explaining the topic to a friend or practising through quizzes

What kind of classroom activity do you enjoy most?

- a) Watching presentations or looking at visual aids
- b) Reading articles or working independently
- c) Group discussions or practical experiments

Before starting a piece of homework, what do you usually do first?

- a) Plan how long it will take and what resources you need
- b) Start straight away without much planning
- c) Ask someone else how they would approach it

When you get feedback on your work, what is your first reaction?

- a) Think about how you can improve next time
- b) Feel disappointed and move on
- c) Ask the teacher or friends to explain the feedback further

If you find a task difficult, what are you most likely to do?

- a) Break the task into smaller steps and try again
- b) Give up or avoid it
- c) Ask for help or try a different method

What do you think is the most important part of learning?

- a) Understanding how you learn best
- b) Memorising facts and information
- c) Getting the right answer

How often do you reflect on your learning at the end of a lesson?

- a) Always
- b) Sometimes
- c) Rarely

Results:

Mostly A: You like seeing information and benefit from planning and reflecting.

Metacognition strategies like self-monitoring (e.g., keeping a learning journal or checklist) and goal setting (e.g., breaking tasks into steps and tracking progress) would work well for you. Reflecting on past successes and challenges, using visual organizers like mind maps, and regularly adjusting your approach based on insights can further enhance your learning and planning.

Mostly B: You like reading and writing and benefit from breaking down tasks.

Metacognitive strategies like self-questioning (e.g., "What is my goal for this task?") and summarisation can help you actively engage with reading and writing. Additionally, using checklists or breaking tasks into smaller steps with reflection points will enhance your ability to plan, monitor, and evaluate your progress effectively.

Mostly C: You like doing things and benefit from working with others and trying different methods. Active learning strategies like self-explanation (explaining concepts in your own words) and collaborative learning (discussing ideas with others) would work well for you. Additionally, trial-and-error experimentation and using multiple problem-solving approaches can enhance your understanding and adaptability.



HORTICULTURE & AGRICULTURE CAREERS IN DEVON

If you love the outdoors and want a hands-on, rewarding career, horticulture and agriculture offer loads of opportunities. Whether you're into farming, conservation, or innovative Agri-Tech, there's something for everyone.

Farming & Agriculture

Grow crops (wheat, barley, vegetables) or raise livestock (cattle, sheep, pigs). Specialised roles like Dairy Farmer, Organic Farming Expert, or Agronomist (crop advisor).

Horticulture & Landscaping

Work with plants as a Horticulturist, Garden Designer, or Tree Surgeon. Maintain parks and gardens as a Groundskeeper.

Agribusiness & Sustainability

Manage food production, sales, and supply chains. Become a Sustainability Advisor or Agricultural Consultant.

Conservation & Environment

Protect nature as a Conservation Officer, Ecologist, or Soil Scientist.

Research & Innovation

Develop new crops, study genetics, or work in Agri-Tech (drones, hydroponics).

Training & Education

No experience? Start with farm work, apprenticeships, or short courses. Colleges such as Bickton offers hands-on training in agriculture and horticulture.

With Devon's rich farming landscape, there are plenty of local jobs: so, get hands-on, gain skills, and grow your future!

Here is a useful website to find out more: www.rhs.org.uk

<https://careers.paigntonacademy.org/>



Paignton Academy Work Experience



Year 10 Work Experience 7th - 11th July 2025

Year 10 students have the opportunity to gain valuable workplace experience, develop key skills, and explore different industries. While this may not define a lifelong career path, it provides essential exposure to the working world.

Work experience builds confidence, workplace etiquette and transferable skills such as communication, teamwork and problem-solving.

If a placement isn't arranged, support is available, but students must follow up on contacts provided. Those without placements will attend school for a structured timetable covering Core Maths, English, and Science.

Important Information

Location: Placements outside the county are allowed but must not exceed one week.

Transport: Students cover their own travel costs.

Health & Safety: All placements must meet legal safety requirements, including Public & Employer liability insurance.

How to Apply: Students must complete the Work Placement Form (spare copies available from the library).

 **Deadline: Friday 2nd May 2025.** 

Forms should be handed to the Careers Team in the Library or emailed to careers@paigntonacademy.tsat.uk.

Make the most of this fantastic opportunity!





Dragons' Den Torbay 2025: A Celebration of Innovation and Enterprise

A fun business challenge for Year 8 students across Torbay. It helps students learn about local industries like photonics, hospitality, construction, and health & social care. Each school picks a team to create an innovative business idea, with support from Local Business Mentors. The best teams pitch their ideas at the Royal Lyceum Theatre to a panel of local industry experts, known as the "Dragons."

The competition boosts creativity, teamwork, and business skills while giving students a glimpse into exciting career opportunities in Torbay.

After fierce competition from other form groups across both sites, the team representing Paignton Academy was called Health Heroes, and consisted of Jess Forster, Maisy Harrison, Ruby McElhiney, Mia Rixon and Chelsey Williams from 8WB2.

Their fantastic concept for a Health App, aimed at improving well-being through digital solutions, won over Mr Williams and Mrs Hay.

On the day of the competition, seven local schools came together to showcase their entrepreneurial talents and innovative business ideas. The competition was fierce, with each team demonstrating remarkable creativity and problem-solving skills. From cutting-edge technology to forward-thinking business solutions, these young entrepreneurs proved they have what it takes to succeed in the business world.

We are incredibly proud to announce that Paignton Academy secured second place!

A huge thank you to the local employers who also acted as Dragons on the day. Their insights and expertise provided valuable feedback to all participants, helping to shape the next generation of entrepreneurs.

- 🔥 Tim Durrant – Photonics
- 🔥 Phill Adams – Economy & Skills
- 🔥 Keely Pierce – Personal Business Development
- 🔥 Alison Upton – Health & Social Care
- 🔥 Gareth Parsons – Construction



LEAP SCIENCE WORKSHOP

As part of the LEAP programme at Paignton Academy, Next Steps Southwest (NSSW) were invited to run a workshop that focused on Discovery & Science.

This workshop gave students valuable insights and practice into effective use of research and problem solving, essential skills that will benefit them across many areas of their academic and personal lives.

Although based around scientific problem-solving, it also taught the students to behave as detectives too from gathering meteorological and climate evidence to eye-witness accounts, to try to work out the cause of a mysterious natural disaster.

To better explain one of the scientific components of the workshop, the students were treated to a demonstration of dropping Mentos in a bottle of carbonated pop.



Digital and Technology Activity Day at South Devon College

A group of Year 10 students were selected to take part in an exciting Digital and Technology Activity Day at South Devon College in their state-of-the-art Hi-Tech and Digital Centre in February.

Students took part in a carousel of hands-on activities, designed to spark curiosity and creativity, and to showcase the cutting-edge technologies that are shaping the future.



The sessions introduced:



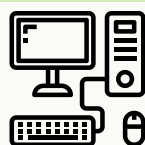
Marine Technology: Explore innovative tools and techniques used in marine industries.



Digital Media: Dive into the world of filming and green screening.



Esports: Learn about this growing global phenomenon and try their hand at gaming challenges.



Computing: Experiment with coding, software development and problem-solving tasks.



A discussion on apprenticeships: Investigate what an apprenticeship is and all the opportunities available.

Wonderstruck @ Paignton Academy

Paignton Academy's Science Department, in partnership with Brixham College, hosted Wonderstruck, a science show featuring exciting demonstrations, including a working pulse jet engine. The show explored the science and history of rockets, covering key STEM topics such as forces, energy, and combustion. Designed to be both educational and entertaining, the event was filled with humour and packed with scientific information. Primary schools and the local community attended, making it an engaging experience for all.



Year 11 Art Trip to Paignton Zoo

At the beginning of March, a group of Year 11 Art students visited Paignton Zoo. Their task was to take as many photographs as they could of all the animals they could see or sketch them. Despite the surprising bout of hail and rain, the students were fortunate that not all the animals had retreated to their warm dens, enabling them to take many photographs and sketching some wonderful drawings of the animals.



Year 9 Drop Down Day: Exploring Careers & Future Pathways

At the end of January, Year 9 students at Paignton Academy took part in an exciting Drop-Down Day, designed to help them develop key skills such as communication, teamwork, resilience, and research while exploring their future career options.

During the event, students engaged in a variety of team building, communication, and research-based activities. Representatives from a range of universities, colleges, and career organisations delivered insightful sessions, giving students a valuable glimpse into their future opportunities.

They were fortunate to have guest speakers from:

Falmouth University & The British Army: Focusing on Communication Skills.

Exeter College & South Devon College: Exploring Apprenticeships and Higher Education pathways.

Next Steps SW: Introducing CareerPilot, a free website to help students map out their future study and career choices.

The day gave students a deeper understanding of their future study and career options. Many reported feeling more confident about their next steps. Here are some key takeaways:

College and university options: Learning about different institutions, entry requirements, and courses.

Career pathways: Understanding the qualifications needed for various jobs and industries.

Apprenticeships: Discovering how apprentices earn while they learn and the different routes available.

Communication & Teamwork: Realising the importance of collaboration and leadership in the workplace.

Future job prospects: Exploring new careers, salaries, and industry trends.

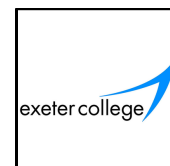
University life: Getting insights into campuses, student life, and financial aspects.

Interactive experiences: Playing career-based games, taking quizzes, and researching ideal learning pathways.

The Day gave Year 9 students a better understanding of their future aspirations and choices. Whether considering college, university, apprenticeships, or specific career paths, they now have the knowledge and confidence to make informed decisions.

A huge thank you to all the guest speakers, teachers, and students who made this day a success! Keep exploring your options.

Your future starts now!



World Book Day at Paignton Academy 2025: A Jungle of Fun!



World Book Day 2025 was an unforgettable celebration at Paignton Academy, with both students and staff coming together to embrace the joy of reading in a big way. To kick things off, the teachers and staff transformed themselves into their favourite book characters. From Where's Wally to Mr Men, and even a few jungle explorers, the variety of costumes brought books to life in the most imaginative ways. It was hard to walk through the corridors without spotting a familiar literary figure!

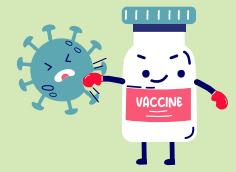
The fun didn't stop there. During tutor time, the Careers Team had created a mysterious video that was played for all students. The video set the stage for a challenging jungle-themed puzzle sheet, which kept everyone guessing. Students were invited to tackle the puzzles during break and lunchtime in the library, which had been beautifully decorated to match the jungle theme. From leafy vines, cheeky monkeys to hidden statue cut-outs, the libraries felt like stepping into the pages of an adventure novel.

The puzzles sparked lots of interest, with many students eager to crack the codes and solve the riddles. Those who successfully completed the challenge had their answers entered into a draw. In the end, our winners were 7WP1 and Chad Lyons from 10WE1 at Waterleat Road and 10BP2 and Hanna Nobil from 11BG1 at Borough Road, both winners took home exciting prizes: the winning forms were rewarded with a basket of sweets to share, and the lucky winning students each received a £10 Amazon voucher.

World Book Day wasn't just about prizes, though it was about celebrating stories and the creativity they inspire. Thank you to everyone who participated and made the day so special. We're already looking forward to next year's magical adventure!



NHS Vaccine Assembly



At the beginning of March, Hollie & Lucinda from NHS Devon held an assembly for Year 8 students, to inform them about the HPV Vaccine.

The HPV vaccine is an important way to protect your health now and in the future. Here's what you need to know.

What is HPV?

HPV (human papillomavirus) is a common virus spread through close skin contact. While most infections clear on their own, some types can cause serious health problems, including certain cancers.

The vaccine helps prevent:

- Cervical cancer (in females)
- Some mouth, throat, and genital cancers (in males and females)
- Genital warts

How and When Do You Get the Vaccine?

The NHS offers the HPV vaccine for free to 12- to 13-year-olds, usually in Year 8. It's given as an injection in the upper arm, and most people only need one dose.

The vaccine works best before exposure to HPV. It's safe, effective, and has already reduced HPV-related diseases.

What If You Miss Your Vaccine?

You can still get it for free on the NHS up to age 25. Speak to your school nurse or GP to arrange it. The HPV vaccine is a simple way to prevent serious health risks. For more information, talk to your school nurse or visit the NHS website.

For more information about NHS careers, please visit www.healthcareers.nhs.uk



Year 8 Pupils Dive into the World of STEM at Exciting Extravaganza @ Plymouth University



A group of enthusiastic Year 8 pupils recently attended a thrilling STEM Extravaganza, where they had the chance to explore the fascinating worlds of science, technology, engineering, and mathematics through a range of hands-on activities and demonstrations.

The event kicked off with an up-close encounter with creepy crawlies, giving students the opportunity to learn about the incredible adaptations of insects and arachnids. Moving on, they were amazed by cutting edge engineering feats, including the powerful ocean wave machine, which demonstrated the forces behind tidal energy, and the wind cyclone, which brought aeronautical dynamics to life in a spectacular display of airflow and resistance.

Pupils then delved into a diverse range of STEM subjects across three dedicated zones consisting of: Chemistry, Biology, and Engineering. In the Chemistry section, they explored exciting reactions and the science behind everyday materials. The Biology Zone allowed them to investigate living organisms and ecosystems, building on their knowledge of the natural world. Meanwhile, the Engineering area challenged them to think like problem solvers, applying their creativity to real world innovations.

The STEM Extravaganza was an unforgettable experience, sparking curiosity and inspiring the next generation of scientists, engineers, and innovators. The hands-on approach gave students valuable insight into the endless possibilities within STEM careers, encouraging them to think big about their future aspirations.

Females into Construction



A group of Year 8 students participated in an exciting Female Construction workshop, provided by the successful construction company: Classic Builders, who are based in the Southwest.

This workshop was provided to our students because women are often over-looked or are not aware of the different career paths available to them in construction, such as architecture, project management and surveying. Providing workshops like these can open students' eyes to all the possibilities that are out there.

Lewis Tolputt the Business Development Manager from Classic Builders started by talking about his own career experience. Followed by a talk about different careers in construction included average earnings, hours of work, what's involved, and skills and knowledge needed to work in the industry. The session ended with a competition; with only dry spaghetti and some sticky tape!

The workshop demonstrated that there were many job opportunities in the Construction Industry that didn't necessarily mean having to go on site. Lewis highlighted to the students that women are welcome and appreciated due to their problem-solving capabilities.

Types of Construction Apprenticeships

Trades & Skilled Work: Bricklaying, Carpentry, Plumbing, Electrical, Painting & Decorating.

Engineering & Technical Roles: Civil Engineering, Site Management, Quantity Surveying.

Design & Planning: Architecture, Project Management, Construction Technology.

Support for Women in Construction

NAWIC (National Association of Women in Construction) – Networking & career support for women in construction - www.nawic.co.uk



Classic Builders

<https://careers.paigntonacademy.org/>

FEBRUARY HALF TERM WORK EXPERIENCE FOCUS

During February Half Term, several Year 10 students were fortunate to be able to take part in several work experience programmes.

The first experience was a programme delivered at Paignton Zoo across 4 days, where students learnt about different professions and sectors, and were able to explore how their current academic subjects relate to the world of work. The activities also helped students to develop skills that are valuable for their future careers, such as communication, teamwork, problem-solving, and adaptability.

The feedback from Cara Hearn, the Outreach & Events Officer at Access Creative College was very positive:

"Great interview, had clearly prepped for the interview as she gave some strong answers."

"Strong eye contact throughout the interview and came dressed to impress!"

"Gave a good insight into her interests and hobbies, as well as her 5-year plan, which is nice to hear, as she knows what she wants to do and which skills to get there."

To find out more about zoo/animal conservation careers, please visit:

www.nationalcareers.service.gov.uk/job-profiles/zookeeper

Next up a group of students: A Shuttleworth, A Espela, F Felix and A Mathew volunteered for an Army work experience at Wyvern Barracks. Students were excellent participants and were fully engaged during the day. They met soldiers from different regiments and learnt about their roles in the Medic, Logistics and Infantry units. They completed team tasks and learnt about the different career paths available, including Apprenticeships.

For more information about different Army careers, please visit: **<https://jobs.army.mod.uk/regular-army/find-a-role/>**



CAREERS

@ Paignton Academy



Mrs Hay



Mrs Vere



Mrs Deane



Mrs Barter