



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

This year I swapped my high heels for ski boots, returning to the slopes with students for the first time since I was 17. While I felt a little apprehensive, I was 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 your GCSEs, exploring or preparing for Post 16 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 your 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



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or feedback?
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or drop in the library and
have a chat with us!



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Celebrating Our Year 8 Success!

On the 7th of May, our exceptional team of Year 8 students came together to mark a significant achievement, having secured second place in the Torbay Schools Dragons' Den competition earlier this year.

Following months of dedication, innovation, and teamwork, their impressive project captivated the judges and earned them a well-deserved reward: a memorable day out at the magnificent Bovey Castle.

The day's celebrations were filled with engaging and enriching experiences. The visit began with an energetic archery session, where students had the opportunity to test their skills in a fun and supportive environment. This was followed by a delightful afternoon tea, featuring an array of sweet treats and lively conversation. To conclude the visit, the group enjoyed a guided tour of the castle's picturesque grounds, during which they learned about the estate's rich history and heritage.

We extend our sincere thanks to Lisa and Dani for their warm hospitality and for making the day so special. Their thoughtful hosting added a personal and memorable touch to the entire experience.

We are incredibly proud of our Year 8 team for their creativity, effort, and enthusiasm.





YEAR 9 LEAP PROJECT



Our Year 9 LEAP students recently took part in an exciting and inspiring entrepreneurship workshop designed to spark creativity, problem-solving, and business thinking, thanks to Peter and Ewa from Next Steps South West.

The session began with a warm-up challenge that encouraged students to think outside the box: finding alternative uses for everyday items such as paperclips and gloves. From imaginative inventions to clever practical solutions, the students demonstrated impressive originality and quick thinking.

The next activity tasked them with inventing a brand-new product to bring to market. Ideas ranged widely, from eco-friendly innovations to fun and practical gadgets, showcasing the group's creativity and growing understanding of what makes a product both useful and marketable.

It was fantastic to see every student so fully engaged, giving 100% effort to each challenge. The enthusiasm, teamwork, and entrepreneurial energy in the room were truly inspiring.

Workshops like these are a key part of the LEAP programme, helping to equip students with valuable skills in innovation, communication, and collaboration, all essential for future success.

Next Steps South West provides free guidance, resources, and support to help young people and adult learners from underrepresented backgrounds explore and access higher education and career opportunities.

<https://nextstepssw.ac.uk/>



**Next Steps
South West**

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Year 9 Students Experience Hair & Beauty at Exeter College



A group of enthusiastic Year 9 students recently had the fantastic opportunity to visit Exeter College for a Hair and Beauty Taster Morning, and what a day it was!



The morning kicked off with a Barbering Taster Session, where students were introduced to block heads (mannequin heads with realistic hair) and taught how to handle hair clippers. With a quick demonstration and plenty of excitement, the students jumped straight in, each creating their own unique hairstyle. It was brilliant to see everyone getting involved and showing real creativity with their designs.



Next up was a calming and focused Nail Art Workshop. Under the guidance of a professional lecturer, students learned how to use a nail dotting pen to apply decorative dots and patterns. It was lovely to watch them carefully crafting their designs, demonstrating patience, attention to detail, and a real flair for style.



To round off the morning, the group took part in a Media Make-Up Session, part of the wider Hair and Media Make-Up course that equips learners with vital skills for the make-up and special effects industry. The session began with a demonstration of the bruise wheel, a tool used to create realistic fake bruises. Using step-by-step guides, the students applied colour to their arms and the results were surprisingly convincing!



Then came the most dramatic activity, creating fake cuts using special wax and fake blood. With some impressive artistic effort, many students managed to produce shockingly realistic results!

The activity was a fantastic success, giving students a hands-on insight into the exciting world of hair, beauty, and special effects.

Well done to all who took part, you represented the school brilliantly and may have just discovered a future career path!



EXPLORING CAREERS THROUGH MUSICAL THEATRE



Recently, a group of enthusiastic students took part in the school production of Disney's The Little Mermaid Jr., exploring the many elements involved in creating a stage show. From acting and choreography to costume design and lighting, they discovered the creativity and teamwork needed to bring a musical to life. Through hands-on activities and challenges, they gained a deeper appreciation for the diverse roles behind a successful performance. The experience sparked their imagination and opened their eyes to various career paths in theatre.

Careers in Musical Theatre include:

On Stage:

Actor * Singer * Dancer * Musical Theatre Performer * Stunt Performer

Backstage & Creative Team:

Director * Choreographer * Stage Manager * Set Designer * Costume Designer
Lighting Designer * Sound Designer * Props Manager * Makeup Artist *
Wig and Hair Stylist

Music & Audio:

Musical Director * Composer * Conductor * Pianist * Pit Orchestra Musician
Sound Technician * Audio Engineer

Other Related Roles:

Casting Director * Producer * Marketing & PR Manager * Theatre Technician *
Talent Agent * Box Office Manager

To find out more, please visit - <https://getintotheatre.org>

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**GET INTO
THEATRE**

🩺 Mini Medics at UTC Newton Abbot! 🧑‍⚕️💉

We would like to say a huge thank you to the **University Technical College (UTC)** in Newton Abbot for hosting our Year 9 students for an incredible Mini Medics experience!

The session gave students a hands-on introduction to the world of medicine and healthcare, with activities that included taking blood (on simulated arms!), learning how to treat wounds, and even practising how to stitch them up, all under the expert guidance of a real-life surgeon.



It was an inspiring and eye-opening day that gave our students the chance to explore what a future career in medicine might look like. They showed fantastic curiosity, enthusiasm, and maturity throughout by getting stuck into each activity with real confidence.

Well done to everyone who took part, you were a credit to the school!



The NHS is the UK's largest healthcare employer, offering over 350 career options and employing more than 1.5 million people.

At **UTC Newton Abbot**, students can start their healthcare journey from Year 10 through our Key Stage 4 Health Sciences pathway. Alongside core GCSEs, students focus on health sciences, gaining practical experience and valuable insight into the industry.

This specialist route lays the groundwork for further study and opens up exciting career opportunities in the NHS and beyond.

<https://southdevonutc.org.uk/faculty-of-health-sciences/>

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3D Printing Workshop



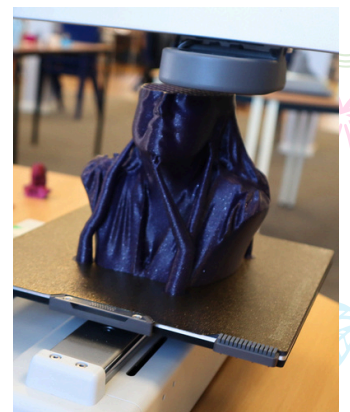
This term, Year 7 students had a unique opportunity to explore the world of digital design and 3D printing, thanks to a special workshop led by Ian Hankey, a master glass-maker and digital designer from Arts University Plymouth.

During the session, students learned how to create 3D shapes and characters, then transfer their designs into CAD software to prepare them for 3D printing. It was a hands-on introduction to how creative ideas become real objects using digital technology.

A really exciting and surreal moment was when volunteer staff members were scanned using a 3D scanner while rotating on a turntable. They later received mini 3D-printed figures of themselves!

Arts University Plymouth regularly runs workshops for schools, both on campus and in local classrooms. Through their **Fab Lab**, students can get hands-on with tools like 3D printers, laser cutters, and scanning software; perfect for anyone curious about design, engineering, or tech.

These sessions are a great way to learn real-world skills and get a taste of creative careers in areas like product design, architecture, animation, and sustainable manufacturing.





Discover more about 3D Printing...



What is 3D Printing?



<https://www.youtube.com/watch?v=HlvK6DLwCz4>

The Designing Process



<https://www.youtube.com/watch?v=CfyvdsrkPCM>

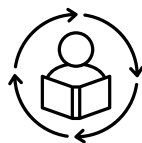
3D Printing Ideas



<https://www.bbc.co.uk/bitesize/topics/zvgk2hvv/watch/zrq97ty>

<https://www.bbc.co.uk/bitesize/articles/zkj62v4>

Learn about 3D Printing



<https://3dprinteracademy.com/>

Careers Information



<https://uk.indeed.com/career-advice/finding-a-job/careers-in-3d-design>

<https://www.myworldofwork.co.uk/search-job-profiles/job-profiles/3d-printing-specialist/>

Girls in Maritime

South Devon College's Marine Academy is helping young women explore exciting opportunities in the maritime industry through its inspiring "Girls in Maritime" events. Aimed at students aged 11–16, these events are designed to challenge gender stereotypes and encourage more girls to consider marine careers.

Participants take part in a variety of hands-on activities, including marine wiring workshops, navigation and mapping challenges, time on the vessel simulator, and on-the-water experiences. These sessions offer a real insight into the industry and help students develop valuable practical skills.

Each event also includes talks from successful women working in the maritime sector. By sharing their career journeys and experiences, they inspire the next generation and show what's possible with determination and passion.

South Devon College is committed to promoting equality and diversity in the marine industry. Through events like these, the College is working to close the gender gap and ensure more young women feel confident pursuing maritime careers.

The College partners with local schools such as Churston Ferrers Grammar School and Brixham College to make these events accessible. For those interested in going further, the Marine Academy offers a range of marine courses, including RYA qualifications for both leisure and commercial boating.

<https://www.southdevon.ac.uk/subject-areas/marine>



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Summer jobs and volunteering are fantastic ways to: Build confidence, learn new skills, make new friends, earn money (with a job) or give back (through volunteering), boost your CV for the future.

Thinking About a Summer Job? Here's what you need to know:

Finding a Job

- Look locally: Try shops, cafés, supermarkets, and sports centres.
- Search online: Websites like Indeed or your local council's site often list jobs.
- Start early: Many places start hiring in spring, so don't wait until July!
- CV Tips: Keep it simple – include your school, hobbies, and why you want to work.

What Employers Expect

- Punctuality: Always be on time (or early!).
- Positive Attitude: Be polite, helpful, and open to learning.
- Neat Appearance: Follow any dress codes (e.g. uniform).
- Reliability: Show up and be someone your boss can count on.

Health & Safety

- You must get training for the job.
- You should be given safety gear (like gloves or aprons) if needed.
- Always ask for help if you feel unsafe or unsure about something.

Travel Tips

- Plan your route in advance – check bus or train times, or arrange a lift.
- Try a test journey and always allow extra time.

Legal Working Hours (Ages 13–16)

- Ages 13–14: Up to 5 hours/day, 25 hours/week (during holidays)
- Ages 15–16: Up to 8 hours/day, 35 hours/week
- Max 2 hours on school days, and no working before 7am or after 7pm



Want to Make a Difference Instead? Try Volunteering!

Volunteering is a brilliant way to spend your summer, especially if you're not old enough for a job or just want to give back.

Volunteering Safely

Always have a trusted adult nearby, you'll need parental permission and the organisation should have insurance covering youth volunteers.

Getting Around Paignton

Plan ahead with Stagecoach buses (student tickets available!), let someone know where you're going and keep your phone charged.

Skills You'll Gain

Teamwork and Communication, Time Management and Organisation, Problem Solving and Responsibility, Leadership & Empathy, Confidence by trying new things.

Where Can You Volunteer?

- Care about the environment? Join a beach clean-up with Surfers Against Sewage or Torbay Cleaner Coasts.
- Enjoy books or kids? Volunteer at Paignton Library (13+) for the Summer Reading Challenge.
- Interested in retail or charity? Charity shops like Rowcroft Hospice and British Heart Foundation take volunteers from age 14.
- Looking to help your community? Try local churches, care homes, or summer clubs.

Need Help Getting Started?

Whether you're applying for a summer job or looking for somewhere to volunteer, the Careers Team at Paignton Academy are here to help! Come and chat with us for advice, CV help, or to explore what's available in your area.

DIGITAL DISCOVERY DAY @ EXETER COLLEGE



A group of enthusiastic Year 7 students visited Exeter College for a Digital Discovery Day, getting a real taste of careers in the digital and creative industries. The day began with robot programming, where students coded robots to follow set routes, a fun challenge in logic and teamwork.

Then came the thrill of VR headsets, as students balanced on a virtual plank high above a city skyline.

In the e-gaming session, they explored how games are developed and learned about careers in the industry.

They also tried AI music tools, discovering how artificial intelligence can help create music and soundtracks.

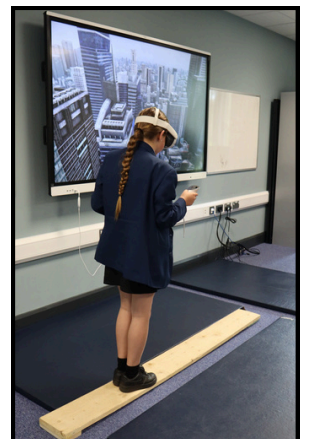
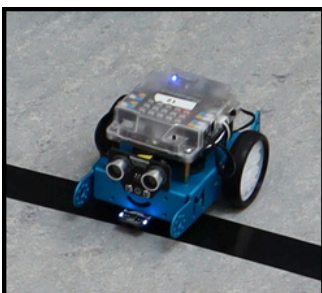
Students then explored green screen technology, with one brave volunteer delivering a weather report using an autocue like a true professional.

After lunch, the students had an experience within media production, testing out lenses, lighting and camera angles, just like real content creators.

The day wrapped up with a session on marketing, where students explored what makes an advert work and designed their own campaign ideas.

With so many creative and interactive activities, the trip was an inspiring look at the exciting careers the digital world has to offer!

<https://exe-coll.ac.uk/about/sites/digital-and-data-centre/>





A group of enthusiastic Year 9 students recently enjoyed a hands-on visit to the Catering Department at Exeter College, stepping into the world of professional cookery.

Led by expert chefs and tutors, the session gave students a chance to develop practical kitchen skills and learn about food preparation, flavour, and presentation. Highlights included making fresh pizza from scratch and crafting a selection of bread rolls, learning traditional baking techniques along the way. Students also took part in a workshop on herbs and botanicals, exploring how ingredients like basil and rosemary enhance flavour.

The visit offered valuable insight into careers in catering and hospitality, showing how college courses can lead to exciting roles in restaurants, hotels, and food development.

It was a fun, flour filled day and an inspiring introduction to one of the South West's top catering colleges.

<https://exe-coll.ac.uk/course/professional-cookery/>



A Fond Farewell to Year 11



As another school year comes to a close, we want to take a moment to say a heartfelt goodbye and good luck to our incredible Year 11 students.

You've worked hard, grown so much, and shown real determination through your GCSEs. Whatever path you've chosen next; whether it's sixth form, college, an apprenticeship, or something else entirely, we're proud of you and excited for what lies ahead.

Remember, the journey doesn't end here. Every step you take helps shape your future, and you'll always have support behind you. If you ever need advice or guidance, the Careers Team is still here to help.

To the rest of our students: keep dreaming big and exploring your options. Your time will come too, and we'll be here to support you every step of the way. Have a fantastic summer, and to Year 11, go forward with confidence. Your future is bright!

Wishing you every success in your future endeavours.

The Careers Team

Paignton Academy



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Mrs Vere



Mrs Deane



Mrs Barter

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

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