Peacehaven Community School
Aspire • Believe • Contribute • Achieve

Greenwich Way, Peacehaven
East Sussex BN10 8RB
01273 581100
pcs-enquiries@swale.at
www.phcs.org.uk
@PCS_Peacehaven
/_phcs/

Headteacher
Rachel Henocq

13 February 2026

FAO Year 7, 8 & 9 Learning Beyond The Curriculum Week, 6 - 9 July - Update

Next week we are going to inform those students who have applied for **Branching Out, Boulogne, Piddinghoe, Harry Potter World, The Imperial War Museum and Sealife Centre** as to whether they have been successful, or whether they are on reserve lists.

There will be a quick turnaround between students being told that they have been allocated a place and being asked to confirm if they wish to accept it. Please can we ask all students to listen carefully to any NIB messages and ask you to check your emails regularly across the week to ensure that your child doesn't miss out due to missing deadlines.

Some of the activities have been heavily oversubscribed, so it is important that if your child no longer wishes to take a place you let us know **by Friday 6 February** so that we can offer it to another student on the reserve list. There is an opportunity for you to inform us on the consent forms attached, If we hear nothing from you we will presume they do not wish to accept the place.

We are sure that you can appreciate that this is a big task to try and allocate every student their first choices, so please do be prepared for them to be allocated second choices in some cases.

Full choice allocations for all students will be shared with you in term 4.

Lost Property

We encourage students to check at our Student Support Desk if they have lost any personal items.

ParentKind Guide - Complaints

Parentkind, the national charity whose mission is to give those with a parenting role a voice in education, has published guidance for parents in relation to school complaints.

The guidance is co-badged with the DfE and Ofsted. The principle underpinning the guidance is that the best way to resolve concerns is through clear, respectful communication. The guidance has five steps:

1) What kind of issue is it?
2) Who in the school do I go to?
3) How do I raise my complaint?
4) When to expect a response?
5) Where to escalate a complaint?

The guidance also contains a helpful section on how complaints go wrong.

Please see the attached 'Parent Guide to School Complaints' document.

Free Parent/Carer Workshops - East Sussex Mental Health Support

Lunch and Chat - Secondary School Children's Wellbeing

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Reminder - Food Hall, Topping Up Accounts

Please note that if students do not have money in their dinner accounts they will not be served by staff in the Food Hall.

We would like to remind parents/carers of the following:

- dinner accounts can be topped up via ParentPay (if you are having difficulties accessing ParentPay, please email us at pcs-enquiries@swale.at)
- in your account settings a notification can be set up to alert you as to when your child's ParentPay account balance is low
- students with biometric (fingerprint) consent can check their account balance daily using our balance checker, located by our Student Support Desk at Reception
- students entitled to Free School Meals should budget their allowance across break and lunch (if their entire allowance is spent at morning break time, no more purchases can be made at lunch)
- if students' accounts cannot be topped up for the following day in order to make a purchase in the Food Hall, they should bring a packed lunch instead

If your child purchases their lunch from the Food Hall, please ensure their accounts are topped up the day before as balances in accounts do not update instantly (we recommend topping up 24 hours before).

Thank you for your support.

Free School Meals - Check if You're Eligible - Message from East Sussex County Council

Please follow this link to check whether your child may be eligible for free school meals.

Considering the ongoing pressures associated with the rising cost of living, access to free school meals can provide valuable financial relief for families. It is important to note that even if a child does not take up the meal, a successful application still enables your school to receive additional funding through the pupil premium.

PCS Board Game Club - Message from Ms Oborne, Teacher of English

Please see the attached poster.

February Half Term Holiday Skate Club - Message from The Skate Club

Please see the attached poster.

Message from The Joff Youth Hub

Please see the attached posters regarding sessions they are running.

Hands-On Half Term - Message from Brighton Science Festival

Please see the attached poster.

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The Joff SEND Groups - Message from The Joff Youth Club

Our Funky Teens and Nik Naks groups are for young people with SEN and mild to moderate disabilities.

We have recently made some changes to these sessions which means we're now able to offer them to young people aged 11yrs and over now whereas previously it was for 13yrs upwards.

Please see the attached poster and form.

Me and My Mind - parents & carers free sessions

Lily from the 'Me and My Mind' team (part of East Sussex Mental Health Support Teams), would like to set up free sessions for parents & carers to support their child's mental health and emotional wellbeing.

Please see the attached poster and QR code for the 1 minute survey.

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Messages from PCS Careers Team

FAO Year 9 Parents/Carers - What Next?

Please find attached an excellent resource created by Careers East Sussex to support you and your child with the choices they have and their decision making from age 14 through to 18.

FAO Year 9 and 10 Parents/Carers - Roofing Career Workshop

On **Friday 20 March** we will be running a workshop with the company Clarke Roofing - the purpose of the workshop is to raise aspirations and give students an insight into roofing and careers in the building trades.
It will be a very interactive workshop for students and it will be aimed at year 9 and 10 students.

Students can sign up for the workshop in the Library by speaking with Ms Newman or Ms Lane - please note that the workshop is limited to 30 students.

Post-16 Colleges & Open Events for 2026 Entry - Message from Get Career Confident

Please see the attached flyer.

An Excellent Opportunity For All of Our Aspirational Students

Please find attached information about the fantastic free Saturday Clubs that are being run by the University of Brighton. These have always been very well attended by students from PCS and the feedback has been 100% positive. We are delighted that our students have been offered these amazing opportunities once again and would like to encourage as many of our students as possible to apply to participate.

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Upcoming Key Dates (PCS School Calendar)

- **Friday 6 to Friday 27 February -** Year 11 mock exams
- **Friday 13 February -** End of term
- **Monday 16 to Friday 20 February -** Half term break
- **Monday 23 February -** Start of term 4
- **Tuesday 24 February -** 'Buzz Active' trip (Selected students)
- **Wednesday 25 February -** Year 10 University of Brighton Study Skills Workshops 3 (Selected students)
- **Wednesday 25 February -** Health Promotion Event (Food Hall during lunchtime)
- **Wednesday 25 February -** Y10 Boys football fixture at Peacehaven Town FC (vs Cardinal Newman)
- **Friday 27 February -** University of Sussex trip (Selected students)

PCS Vacancies

Current vacancies at PCS are outlined below and can be found on our website (https://www.swale.at/vacancies).

(NO CURRENT VACANCIES)

East Sussex County Council

Funky Teens 11yrs – 16yrs

Nik Naks 17yrs – 25yrs

Please fill in with as much detail as possible as this will help us with working and supporting the young person.

Referrer Details (parent/guardian or carer)

Name:

Address:

Telephone Number:

Email:

Relationship to Young Person:

Young person Details

Name:

Date of Birth: Age:

Name of Parent / Carer:

Address for Correspondence:

Home Telephone No: Mobile:

Club Session (circle one only)

Eastbourne Hastings Lewes & Havens Heathfield

East Sussex County Council

Reason for Referral

Funky Teens provides a youth club for young people aged 11yrs – 16yrs with SEND, mild to moderate learning difficulties.
Nik Naks is for young people aged between 17yrs and 25 years old with SEND, mild to moderate learning difficulties.

(Please write your reasons for referring this young person taking note of the aim of the club noted above)

What are the learning difficulties physical disabilities?

Are there any additional needs we need to be aware of? (wandering off, outbursts of fits etc).

PLEASE NOTE WE CANNOT DELIVER PERSONAL or 1-2-1 CARE.

Medical conditions (allergies, epilepsy, asthma, diabetes, Doctors contact details):

Details of any medication: (please note - Medication cannot be administered by our staff)

Are there any activities that my son/daughter CANNOT take part in?

What happens now?
Once a referral form is received by the respective leader in charge an invitation will follow for the young person to attend a session along with a parent or carer. This is to ensure the young person is an appropriate referral for the club. It is not guaranteed that this young person is accepted as it depends on their level of need upon assessment and that they fit into our criteria. The referrer/client will then be informed

Parent / Guardian / Carer Name:

Signature: **Date: / /2026**

Please return this referral to the relevant area manager as below:

Eastbourne: Archery Youth Centre: Tina Smith Email: tina.smith@eastsussex.gov.uk

Hastings: Hollington Y.C. Email Kerrie. kerrie.tolleycloke@eastsussex.gov.uk

Lewes & The Havens: The Joff Youth Centre: Lee Tully lee.tully@eastsussex.gov.uk

Heathfield Youth Centre: Laura Chalmers laura.chalmers@eastsussex.gov.uk

SAT FEB 14TH - SAT FEB 21ST

HANDS-ON HALF TERM

THE SCOUT HUT (BY THE CO-OP) OLD LONDON ROAD, PATCHAM, BN18XR

A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team

NHS

East Sussex County Council

Introducing Lily Stevanovic - Parent & Carer Practitioner from Me & My Mind

Lily from '**Me and My Mind**' team (part of East Sussex Mental Health Support Teams), would like to set up **free sessions** for **parents & carers** to support their child's **mental health and emotional wellbeing**.

Lily offers **workshops**, **themed coffee mornings**, **1:1 drop-in sessions**, **online** and **recorded webinars** and at times **short courses** on specific subjects. Firstly, she would like to know what would be most valuable for you and your young person right now.

Workshops/coffee mornings could include things such as, "**Thriving Through Change**", **"Worry Less**", "**Stress Less – Exam Workshop", "Understanding Neurodiversity, Anxiety and Sleep"** or getting advice and support on **Children's Wellbeing** – workshop that covers **5 ways to wellbeing**, **sleep, food, digital media** and much more.

Please click: **https://forms.office.com/e/RYKeXQLUmC** or **scan QR code** below to complete **1-minute survey** to find out what is on offer and to express your current support needs. You will find the same **QR code** on many school platforms.

Supporting Your Child with Mental Health and Wellbeing Survey
Secondary Schools

EDUCATION
EAST SUSSEX
TOGETHER FOR EXCELLENCE AND INCLUSION

A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team

Parentkind

Department for Education

Ofsted raising standards improving lives

IET IMPROVING EDUCATION TOGETHER

Parent-friendly schools

Parent guide to school complaints

Your checklist to resolving concerns quickly, easily and positively with your school

2025/26

Working together to resolve issues

Parents and schools share the same goal: supporting children's education. Sometimes questions or concerns arise. This guide gives you clear steps to share your views and resolve issues quickly and positively.

Why this matters

We know you value clear communication and want your feedback to make a difference.

When the process feels unclear or slow, it can be frustrating and leave you feeling unsure about what to do next. By giving you simple, transparent steps for raising issues, we aim to help you feel heard and supported.

How this guide helps

Most issues can be resolved quickly when you know who to speak to and what to expect.

This guide will support you to follow your school's complaint procedure. Our goal is to keep the focus on your child's education while building positive, supportive partnerships between you and the school.

Five steps to making a school complaint

When issues come up, you need to know how to raise these with the school to get an outcome that supports you and your child.

Relationships between parents and schools last for several years. Ensuring mutual trust and respect is essential to making them work in the best interests of your child.

Let's build parent and school partnerships based on our shared commitment to a great education for all. We know these matters are incredibly important to parents, but everything is founded on good intentions.

The best way to resolve concerns is through clear, respectful communication.

1 2 3 4 5

1 What kind of issue is it?

Complaints come in different shapes and sizes. The best first step is to identify what kind of issue it is, to make sure you can get the quickest action with your school.

Is it feedback? *You need to be heard*

Sometimes you will want to share your voice with your school without needing them to respond, but you expect them to listen and take it on board. Feedback is often sought by schools who want to hear and adapt to parents' views.

Is it a concern? *You need an answer*

Sometimes you have a worry or doubt over an important issue and you are looking for reassurance. Schools should take informal concerns seriously and make every effort to resolve the matter as quickly as possible.

Is it a complaint? *You need action*

Sometimes you are dissatisfied with the school's actions or lack of action. Your school will have a formal complaints procedure that is available to you (likely published on their website) with the steps you need to take to complain.

2 Who in the school do I go to?

Often issues can be best resolved by the person closest to your child. Who is best to hear your view at your school?

Discuss with their teacher/form tutor

Go to them first for anything that directly involves your child's classroom experience. Teachers know your child best and can usually sort things quickly.

Examples: homework, friendships, behaviour, day-to-day concerns.

Raise to a middle or senior leader

Take it here if the issue is wider than just one lesson, or if it can't be resolved by the teacher. Leaders have oversight across classes and can coordinate support.

Examples: bullying, additional support, repeated behaviour issues.

Escalate it with the headteacher

Go here for whole-school issues, serious concerns, or if earlier steps haven't worked. The head is responsible for the school and final decisions before governors are involved.

Examples: safeguarding, school policies, staff conduct, health and safety.

Remember - always check your school's complaint policy.

3 How do I raise my complaint?

Concerns are best resolved in discussion with your school. Complaints are best resolved when documented with your school. Follow these tips as you raise your issue.

Follow one level at a time
Start with a query aimed at resolving things quickly with those closest to your child, and only escalate if you truly need to.

Keep a record
Note when you've spoken to a teacher or leader, so you can show you have followed the right steps.

Suggest a clear outcome
Be clear on what you are looking for from the school and ensure it is realistic, so they can see if it is possible.

Start with the facts
Write down what happened, when, and who was involved. Be clear, relevant and avoid long stories.

Stay objective
Avoid accusations against individuals, direct your issue toward the processes or decisions that led to the issue.

Be positive
Make your complaint constructive, focused on solutions, and trust your school to listen.

4 When to expect a response?

Different schools have different policies for handling complaints. You can trust that they are following their policy as they look into your complaint.

Check the school's policy for timescales

Your school's complaints policy will be published on their website. Schools will normally outline how long they expect an outcome to take in that policy. Your school's policy should always be the best guidance to follow.

Ask for a written acknowledgement

If you have written a formal complaint to your school, they will usually acknowledge it quickly. Normally they will detail the timescales for investigating and responding to you and may ask for more details.

Complaint resolution times will vary

Complex complaints may take weeks of investigation. You may not always get updates, but trust that the school is following their policy, investigating and deciding the best action. You should always get a response to your complaint.

5 Where to escalate a complaint?

Once you have fully followed your school's complaint procedure, you may still feel you need action from your school and there are a few ways that may apply to you. It's best to check who it should be escalated with to get it resolved quickly: contacting several people at once could slow things down.

Is it for your school's governing body or trustees?

To be considered if you are unhappy with the school's response. Schools will normally have an escalation process that allows parents to seek a further review of their complaint by a panel which may involve governors or trustees.

Is it for the Department for Education (DfE)?

To be considered if you are unhappy with the way your complaint has been handled or the school is preventing you from following the complaints process. In some circumstances, DfE can consider if the school has followed relevant statutory guidance and education law.

Is it for Ofsted?

Ofsted do not resolve disputes between parents and schools. They may keep your complaint on file for their next inspection but don't always provide a response to parents.

How complaints go wrong

Tensions can run high when you're concerned about your child, but some approaches make matters worse.

Using social media
Sharing your complaint on social media can be harmful to those involved and will not lead to a quicker resolution.

Building a crowd
Other parents may share your views, but your complaint should be specific to you and your child.

Targeting people
Making it personal to individual school staff members can take things too far, keep it to challenging school policy.

Behaving aggressively
Abusive and aggressive behaviour will never be tolerated by a school and can lead to consequences for you.

Only use AI with caution
AI doesn't always get it right when citing laws and can make a complaint more complex than necessary.

Lacking partnership
Having a good relationship with your school is important and it benefits all to move on after complaints are resolved.

The outcome of a formal complaint is often a resolution, where parents and the school have worked together to listen and take action to support the child's education.

Where parents act unreasonably

In extreme circumstances, there can be consequences for parents where there is bullying and harassing behaviour towards the school. If parents use abusive language, are threatening or use intimidation, the school could:

Pause complaints

Typically the first step is for the school to pause the complaints process until the unacceptable behaviour stops, and the school can resume the process.

Issue a verbal or written warning

This sets clear expectations for future conduct and the school may issue a communications plan to reduce risk of confrontation.

Ban parents from school grounds

In persistent or extreme cases of abusive behaviour, a school may take action by placing a ban on parents. The ban is usually issued in writing by the headteacher, though in some cases the local authority, academy trust or governing body may write one instead. Parents will have the right to appeal.

Powering positive partnerships between families and schools

This guide has been created to further support parents. Built with wisdom, research and care by expert partners and members of the Improving Education Together board (IET), led by the Secretary of State for Education.

- Association of School and College Leaders (ASCL)
- The Catholic Education Service
- The Confederation of School Trusts (CST)
- GMB Union
- The Local Government Association (LGA)
- The National Association of Head Teachers (NAHT)
- The National Education Union (NEU)
- National Governance Association (NGA)
- The Sixth Form Colleges Association (SFCA)
- Unison
- Community Trade Union
- NASUWT
- The Department for Education
- Ofsted

Get more insights, resources and support

Parentkind is on a mission to enrich the educational experience for every child - both at home and at school. We empower anyone with parental or educational responsibility with the knowledge, ideas and resources to give young people the very best start in life. As one of the largest federated charities in the UK, Parentkind has a network of 23,500 Parent Teacher Associations (PTAs), parent councils and schools, and mobilises more than 100,000 volunteers to raise vital funds for schools.

www.parentkind.org

This guide is not legal advice and is subject to future change.

Parentkind

Department for Education

Ofsted raising standards improving lives

IET IMPROVING EDUCATION TOGETHER

Parent-friendly schools

Geography, ecology & environmental science Saturday club - for years 10 and 11

Location: University of Brighton's Moulsecoomb campus
Dates: 31 January, 14 & 21 February, and 7 March
Time: 10am-1.30pm, with lunch included

Explore science and nature in four fun sessions. Explore how we encounter nature, investigating people-nature interactions; solve a wildlife crime using forensic science; discover where Brighton's drinking water comes from; and design your own water filter. Get hands-on and see how science connects to the world around you. Read further details about the sessions.

Application deadline is 16 January
Geography, ecology and environmental science club poster

Media holiday masterclass - for years 8 and 9

Location: University of Brighton's Moulsecoomb campus
Date: Wednesday 18 February
Time: 10am-3pm, with lunch included

Taking place on Wednesday of half term, students will experience a range of media subject tasters led by our academic staff. They'll explore sports journalism, representation in media, and media production (including a lighting, camera, and greenscreen workshop). It will be a fun, relaxed introduction to university and studying media.

Application deadline is 30 January
Media masterclass poster

Sport studies holiday masterclass - for years 7 and 8

Location: University of Brighton's Falmer campus
Date: Tuesday 31 March
Time: 10am-2.30pm, with lunch included

Discover what it's like to study sport at university. Explore subjects including sports science, PE teaching, and strength and conditioning through a variety of different activities, seminars, and sports. Our staff and students will be supporting throughout the day.

Application deadline is 6 March

Sports masterclass poster

Formula 24 Saturday club - for years 8 and 9

Location: University of Brighton's Moulsecoomb campus.
Dates: 28 March, 11 & 25 April, 9 May, and race day TBC
Time: 10am-2pm, with lunch included

Work in teams to build, test-drive and race a Formula 24 electric racing car. Take part in a variety of engineering activities and a local race heat, sponsored by Greenpower, against teams from across the region at Goodwood Motor Circuit.

Application deadline is 6 March

Formula 24 club poster

Application form

Students should fill in the Saturday club and holiday masterclass application form with their parents/carers. Priority is given to students who meet our widening participation criteria.

For our Saturday clubs we ask that students commit to attending all sessions for their chosen club and that students attending a holiday masterclass attend for the whole session.

If you have any questions, please contact us at outreach@brighton.ac.uk.

Post-16 Colleges & Open Events for 2026 Entry

Updated throughout the year. Please check dates/times before attending

Get Career Confident offer on-line resources to support young people, parents and teachers with their future options. Follow their social media for updates.
See What Next Sussex for the Post-16 Sussex-wide Directory.

College	Date of open event(s)
BHASVIC, Hove 6th Form College offering A Levels, Level 3 Vocational courses & ESOL. Offers courses at Level 3 only.	➢ Wednesday 12 November 2025, 4-8pm ➢ Thursday 13 November 2025, 4-8pm You can only apply to Varndean **or** BHASVIC, **not** both.
BN1 Arts Extended Level 3 Diploma study for Performing Arts Pathways in Dance, Musical Theatre and Acting and Creative Music Industry. Level 3 RSL Diplomas in Music & Performing Arts. Offers courses at Level 3 only.	See their website for further details and to sign up for open evening information.
Brighton Aldridge Community Academy (BACA) College A Levels, Vocational Level 2 & 3 courses, Construction courses and specialist Sport Academies (Table Tennis, Football & Cricket). Offers courses at Level 2 and 3.	➢ Thursday 16 October 2025, 6-8pm
Brighton College Opening Doors Scholarship Programme. Brighton College is an independent, fee-paying college - they offer 20 free places each year under their Opening Doors initiative. See link for details. Offers Level 3 only.	➢ Saturday 11 October 2025

Brighton MET College (campuses in Central and East Brighton) Further Education Colleges offering Level 1 - 3 vocational courses, T Levels, SEND and ESOL courses. *MET College is also a training provider for apprenticeships. You must have an employer to be an apprentice. Offers Entry level, Level 1, Level 2 and Level 3.	➢ Wednesday 15 October 2025, Open Evening ➢ Saturday 22 November 2025, Open Morning
Brinsbury College, Pulborough Brinsbury College is also a training provider for apprenticeships. You must have an employer to be an apprentice.	➢ Saturday 11 October 2025, Open Morning
The BRIT School, Croydon Performing Arts, Applied Theatre and Creative Arts.	➢ See their website for further details and to sign up for open evening information.
Chichester College (including Brinsbury) Further Education College offering Level 1 - 3 vocational courses, T Levels and SEND courses. Chichester College is also a training provider for apprenticeships. You must have an employer to be an apprentice.	➢ Tuesday 7 October 2025, Open Evening ➢ Saturday 8 November 2025, Open Morning
Collyer's 6th Form College, Horsham 6th Form College offering A levels, Vocational Level 3 and T Level courses .	➢ Wednesday 12 November 2025 ➢ Thursday 13 November 2025
Crawley College Further Education College offering Level 1 -3 Vocational Courses, T Levels SEND and ESOL courses. Crawley College is also a training provider for apprenticeships. You must have an employer to be an apprentice.	➢ Thursday 9 October 2025, Open Evening ➢ Saturday 8 November 2025, Open Morning
DV8 Sussex (Campuses in both Brighton & Bexhill) Specialist Further Education College for Vocational Level 2 & 3 Courses in Music, Media and Games Development.	➢ Wednesday 8 October 2025, 5-7pm ➢ Saturday 11 October 2025, 10am-12pm

East Sussex College (Campuses in Lewes, Eastbourne, Newhaven and Hastings) Further Education College offering A levels, Level 1 - 3 Vocational courses, T Levels and SEND courses. ESCG is also a training provider for apprenticeships. You must have an employer to be an apprentice.	**Eastbourne** ➢ Wednesday 15 October 2025 ➢ Thursday 20 November 2025 ➢ Thursday 19 March 2026 **Hastings** ➢ Thursday 16 October 2025 ➢ Thursday 20 November 2025 ➢ Thursday 19 March 2026 **Lewes** ➢ Tuesday 14 October 2025 ➢ Thursday 20 November 2025 ➢ Thursday 19 March 2026 **Newhaven** ➢ Thursday 20 November 2025 ➢ Thursday 19 March 2026
King's Sixth Form School 6th Form College offering A Levels and Level 3 Vocational courses. Offers level 3 only.	See their website for further details and to sign up for open evening information.
Military Preparation College, Eastbourne The Military Academy is a unique training college that helps 16+ year olds develop their fitness, vocational qualifications, and employability skills to help prepare for employment, including rewarding careers in the British Armed Forces. Work towards BTEC qualification while preparing for armed forces entry.	See their website for further details and to sign up for open evening information.
Newman College (Cardinal Newman 6th Form) School 6th Form College offering A Levels, Level 3 Vocational courses and specialist academies. Offers Level 3 only.	➢ Thursday 20 November 2025, 5-8pm
Northbrook College (campuses in Shoreham, Durrington and Worthing) Further Education Colleges offering Level 1 - 3 vocational courses, T Levels and SEND courses. Northbrook College is also a training provider for apprenticeships. You must have an employer to be an apprentice.	➢ Wednesday 8 October 2025 ➢ Saturday 15 November 2025

Plumpton College Land and Environmental vocational courses at Levels 1 – 3. Offers Entry level, Level 1, Level 2 and Level 3. Plumpton is also a training provider for apprenticeships. You must have an employer to be an apprentice.	➢ Saturday 11 October 2025, 9am-12pm ➢ Saturday 22 November 2025, 9am-12pm ➢ Saturday 17 January 2026, 9am-12pm ➢ Saturday 21 March 2026, 9am-12pm
Pro-direct Football Academy Football education programme with BTEC Level 3 in Sport & Physical Activity. Location: University of Sussex.	Further enquiries via the website.
Rewards Hair Academy Traineeships and apprenticeships in Barbering and Hairdressing. Also a training provider for customer service/care/business admin and other sectors. Rewards is a training provider. You must have an employer to be an apprentice.	Taster day information here
Shoreham Academy School 6th Form offering A levels, Level 3 Vocational courses and T Levels.	➢ Thursday 6 November 2025, 6-8pm
Sir Robert Woodard Sixth Form, Lancing School 6th Form offering A Levels and Level 3 Vocational Courses.	➢ Thursday 16 October 2025
SupaJam Level 1 & 2 music technology, podcasting, recording, live performance, music journalism and video and photography. **Offering carefully tailored placements to young people aged 16-25 with an EHCP.**	Check for events at https://www.semmuk.com/open-evenings or email outreach@supajam-education.org to arrange a visit.
Steve Willis Training Apprenticeship provider in Burgess Hill. Apprenticeships in electrical, plumbing, gas. Steve Willis is a training provider. You must have an employer to be an apprentice.	See their website for further details and to sign up for open evening information or email apprenticeships@stevewillis.com for more details and to book.
Sutton & District Training Smaller training college in Woodingdean & Brighton. Offers various vocational & supportive courses and ESOL.	If you would like to have a tour of the college, or discuss the application process, contact the college on 01273 694626 or email Sadie.mansell@suttondistrict.co.uk to arrange a suitable time.

Varndean College 6th Form College offering A Levels, GCSEs, Level 2 & 3 Vocational courses, T Levels and the International Baccalaureate. Offers Level 2 and 3.	➢ Thursday 6 November 2025, 4-8pm You can only apply to Varndean or BHASVIC, not both.
Worthing College Further Education College offering A Levels, Level 2 & 3 Vocational courses, T levels, ESOL and specialist academies. Offers Level 2 and 3.	➢ Thursday 16 October 2025, Open Evening ➢ Tuesday 21 October 2025, Open Evening

University	Date of open event(s)
University of Brighton	**City campus** ➢ Saturday 18 October 2025 ➢ Saturday 22 November 2025 **Moulsecoomb campus** ➢ Saturday 11 October 2025 ➢ Saturday 15 November 2025 **Falmer campus** ➢ Saturday 8 November 2025 In-person and virtual campus tours are available (in-person dates will be published soon).
University of Chichester	➢ Saturday 11 October 2025, 9:30am-3pm ➢ Sunday 26 October 2025, 9:30am-3pm ➢ Saturday 22 November 2025, 9:30am-3pm In-person and virtual campus tours are also available and can be booked via the website.
University of Sussex	➢ Saturday 4 October 2025, 9:30am-4:30pm ➢ Saturday 1 November 2025, 9:30am-4:30pm In-person, self-guided and virtual campus tours are also available and can be booked via the website.

There are many other school sixth forms in East and West Sussex, you can search via:

- West Sussex search tool
- East Sussex search tool
- What Next Sussex includes Brighton and Hove sixth forms

Useful Links

Get Career Confident – careers advice and resources for young people, parents/carers and teaching staff in Sussex. Sign up to receive inspiration & information about opportunities through social media or email
http://www.getcareerconfident.co.uk

What Next Sussex – a directory of post-16 provision in Sussex
https://getcareerconfident.co.uk/what-next-sussex

National Careers Service – a government funded careers information and advice online or by telephone
https://nationalcareers.service.gov.uk

icould.com – Career ideas and information for your future
www.icould.com

University

UCAS – entry requirements and exploration tools for university courses
www.ucas.com

Informed Choices – advice on useful subjects for university entry (produced by the Russell Group)
www.informedchoices.ac.uk

Prospects – all about graduate careers and more
www.prospects.ac.uk

A Star Future – a guide to studying abroad
https://www.astarfuture.co.uk/countries_to_study_abroad.html

Apprenticeships

Find an apprenticeship – a search engine for live apprenticeship vacancies
www.findapprenticeship.service.gov.uk

Amazing Apprenticeships – all the key facts about apprenticeships
https://amazingapprenticeships.com

Volunteering

Do It – volunteer search engine
https://doit.life/volunteer

Get CAREER Confident

WHAT NEXT
AT 14, 16, & 18
FOR YOUNG PEOPLE

ALL YOU NEED TO KNOW TO MAKE INFORMED CHOICES ABOUT YOUR FUTURE

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WELCOME TO YOUR FUTURE!

This booklet is aimed at young people aged 13 - 19. Whatever age or stage you are at we are here to help you make sense of the options open to you; to inspire and reassure and help you make informed decisions about your future.

The sections **Welcome to Your Future** and **The Big Picture** are suitable for everyone so you may want to read those first followed by the sections most relevant to you.

If you are a parent/carer or teacher we recommend you also read the accompanying booklet to this which can be found on our website.

Throughout the booklet we will refer to material on our website **www.getcareerconfident.co.uk**. If you are on social media start following our accounts now to keep up to date with opportunities, key information and advice now and in the future.

Follow us on Instagram
@GetCConfident

Follow us on TikTok
@getcareerconfident

This booklet was written by Miranda Glavin, a professional careers advisor and Founder/Director of Elev8Careers based in Brighton www.elev8Careers.org.uk.

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THE BIG PICTURE

Who do you want to be?

How many times have you been asked 'what do you want to be when you grow up?' Well, I have a different question for you, '**who** do you want to be?' Take a moment to close your eyes and consider:

What do I want my life to look like?
What do I want to experience in my life?
What differences do I want to make?

Some of you might immediately have answers to these questions, others might struggle a bit or a lot. However easy or hard you find it, that is fine. As you read the following pages and use the recommended resources, try and reflect on these questions.

This is important because the jobs you may well end up doing may not even exist yet. Equally, jobs that interest you now may change or even disappear! The labour market (the range and availability of jobs) may well change radically by the time you are entering employment. So it is very hard for anyone to predict their future career.

However, having goals and aspirations are very important to help give you purpose and motivation. So start to think about what is important to you and what sort of career areas might help you achieve those things.

So as you make choices for the near future have one eye on the long term and think 'is the choice I am making now contributing towards a future I think I would like'? And remember it is ok to change your mind!

The world of work

A really important part of thinking about your future is understanding what might be realistic. Some of the most popular jobs careers advisors get asked about (footballer, journalist, forensic psychologist for example) have very few positions available in the UK or they are incredibly competitive. This doesn't mean you won't succeed but it's good to explore beyond the familiar.

How much do you know about what is possible in the world of work and how things are changing?

Did you know:

The UK needs more engineers, nurses, developers, teachers, chefs

Some of the top paying jobs and sectors in the UK (many of which come under STEAM 'science, technology, engineering, arts and maths') include: jobs in technology, sales, medicine, flight engineers, business, finance, lawyers and air traffic controllers.

In Sussex the following areas are growing (which means more jobs will be available) - creative industries, digital and IT, engineering and manufacturing, environmental technology, business and financial services, healthcare and life sciences, food and horticulture industry, construction, social care, the visitor and the green economy.

Exploring ideas for your future

How many jobs can you think of right now? Most people struggle to think of more than ten but there are thousands of possibilities in the world! That means there are thousands of options for your future which is very exciting but also can feel quite overwhelming.

So what can you do? The first thing to do is be as informed as you can be. Reading this booklet is a great first step so well done.

The next step is to do some research. On the website www.getcareerconfident.co.uk there are lots of resources to support this process. The SeeToBe videos www.getcareerconfident.co.uk/resources/see-to-be-videos introduce you to people working in all sorts of different areas who mostly have a connection to Sussex. Have a look at some of these and see if any inspire you! Choose careers unfamiliar to you as well as ones that immediately grab your attention. At the end of each video there is information about pathways and work experience to help you if you decide that job is something that interests you.

Next have a look at the How To videos (www.getcareerconfident.co.uk/resources/how-to-videos). You can filter these by year group but it's worth scrolling through all of them to see which will help you right now! A good one to start with is *How to choose the right career path*. You could also try *Top 5 Most Popular Careers & Alternatives!* and *Ethical careers to change the world.*

Have a watch of our video *Using Online Resources to Explore Careers* which looks at different online resources to help you explore ideas. You may also want to have a look at the following websites:

www.careerpilot.org.uk – activities to help you explore choices and pathways.

www.icould.com – lots of videos of people in a range of jobs and shows how school subjects can connect with careers.

Try a quiz to see what career suggestions come up

(remember these will just be ideas not the only careers you can do!)

Long quiz: **www.prospects.ac.uk**

Short quiz: **careerswales.gov.wales/buzzquiz**

Short and visual quiz: **www.icanbea.org.uk/app/game/interests**

nationalcareers.service.gov.uk – information on nearly 1000 jobs.

Work experience

The pandemic has meant work experience options have had to adapt and as a result there are many more virtual opportunities. These are still very helpful and reflect the fact many jobs are now remote. We have lots of virtual work experience options available at getcareerconfident.co.uk/work-experience/virtual-workexperience

If you have some ideas for your future, and even if you don't have any clear ideas, one of the best things you can do is to gain some work experience. This will help you:

- Reality check whether the career you think you like is what you expect it to be. You might love it.... or hate it! Either way it is good to find out.
- Develop skills and experiences which will improve your chances of getting your first job/apprenticeship/university place
- To meet people who may give you a job/support you in your early career

Whether you volunteer long term, do a week or less of work experience (see our video Why Do Work Experience) or gain a paid internship for the summer, you will discover more about the world of work and yourself than you can ever hope to do from just researching at a desk. Even if your school doesn't offer work experience you can still organise it yourself during the holidays. To find work experience:

- speak to anyone and everyone you know
- put that you're looking for experience on your social media

- identify and contact companies in your local area that interest you. You may have to try quite a few but this in itself is a helpful experience and builds confidence and resilience
- have a look at our in person work experience opportunities at https://www.getcareerconfident.co.uk/work-experience/workexperience.
- try volunteering websites such as www.do-it.org. Most towns and cities also have local volunteering opportunities, for example in Brighton and Hove there's www.communitybase.org/volunteering

Speaking to a Careers Advisor

Most schools give students the opportunity to meet with a careers advisor, especially when you have decisions to make at ages 14, 16 and 18. If you are unsure or nervous about a careers interview, have a watch of our video *What to expect in a careers interview*. Speaking to a professional careers advisor can help you make sense of your options and plan for a future that is right for you. You can start with a few questions to one of our careers advisors using our live chat function from www.getcareerconfident.co.uk.

Qualification levels

A really important part of understanding what choices are available to you is being familiar with qualification levels. Not knowing what level of qualification you are studying can really impact on your future!

One way of thinking about qualifications is like levelling up on a computer game. To progress to the next part of the game you have to complete certain tasks which demonstrate you can cope with the harder challenges ahead.

If a game started out with all the hardest enemies coming at you at once you wouldn't have a chance because you're not yet familiar with how to play the game. Study is the same! Level 2 introduces you to what to expect in a subject, Level 3 gives you a more in depth understanding and Level 4 and above starts to make you an expert. When you are considering your next steps, think about what level of study or training interests you and check what kind of levels you might need for any aspirations you have.

QUALIFICATIONS BY LEVEL

QUALIFICATION/ LEVEL	SUMMARY OF LEARNING	EXAMPLES OF QUALIFICATION
ENTRY LEVEL	Basic knowledge and skills	Entry Level 1, 2 and 3 in subjects such as Life skills.
LEVEL 1	Basic knowledge and skills and ability to demonstrate applying the knowledge gained.	GCSE grades 1 - 3, ASDAN Level 1 Certificate, NVQ Level 1
LEVEL 2	More detailed knowledge gained in specific subject and ability to demonstrate knowledge in a range of tasks	GCSE grades 4 - 9, NVQ Level 2, BTEC Firsts
LEVEL 3	Deeper and higher level understanding and demonstration of skills, knowledge and application of knowledge. Can lead to university, further education and apprenticeships.	A Levels and AS Levels, Foundation Diploma in Art and Design, BTEC Subsidiary Diploma, BTEC Diploma, BTEC Extended Diploma, NVQ Level 3, Music grades 6, 7 and 8 in an instrument, T Levels
LEVELS 4-8	Very high level of learning specialising in one subject or vocational area.	Level 4 - 5 = Higher Level Apprenticeships, NVQ Level 6 = Bachelor Degree (3 year university degree) Level 7 = Masters Degree Level 8 = Doctorate

Did you know?

People with a degree earn **£100,000** more over their lifetime than those without

Is it all about qualifications?

The short answer is no! The long answer is sometimes! What we know is:

The more qualifications you gain, the more you can earn and the more options you have.

Some jobs require specific qualifications. For example GCSEs in Maths and English are usually a basic requirement for most jobs.

However, there are many people out there who did not get the grades they needed either first time round or at all, who have gone on to have fulfilling lives doing what they want!

But they are often skilled in other areas. What you lack in qualifications you may need to make up for in other things such as having excellent SOFT SKILLS (you might also hear them being called employability or enterprise skills). You might have talked about these in school or college and you can find out more about them in our video 'what are career skills?'.

Some examples include:

- Communication
- Resilience
- Initiative
- Critical thinking
- Leadership
- Confidence
- Team-work
- Creativity

Whether you do well in your studies or not, developing these skills is hugely important. So as with everything in life - work hard and try your best!

What about university?

If you think university is something you might want to do then it is very important to have that in mind when choosing GCSEs and making post 16 choices. www.informedchoices.ac.uk is written by 24 leading UK universities and is a useful website to look at. It's also worth looking at www.ucas.com if you have a particular career or degree in mind as you can check what GCSEs, A Levels and other Level 3 qualifications may be required by different universities for specific degrees.

When you are making choices about what to do next think about whether you can say yes to the following questions:

1. Do I like it?

2. Am I good at it (or have potential to be)

3. Is it useful for my future?

If you can answer yes to at least two of these questions put it on the short list! When deciding on a subject to study do remember to check the modules of the course (for example history at A Level at college may be very different to a university's course).

Making good choices

Lots of young people and their parents or guardians have concerns about choosing the 'right' course or path, especially at degree level. Firstly, be reassured that many employers don't mind what degree a young person has, just that they have one.

But if you do have career goals in mind it's really important that you do sufficient research to make sure you future proof your choices. It's also a good idea to consider a wide range of possible careers.

For example, you may think you want to be an actor (hugely competitive and only a few people make a career of it) but there are hundreds of unseen jobs within the film, tv and theatre industry, some of which may be even more perfect for you!

Or maybe you're interested in health care but are put off by the high entry requirements for medicine. However, there are hundreds of jobs in the NHS with varying qualification requirements, many of which ideally require specific degrees (see https://www.healthcareers.nhs.uk).

Students with Special Educational Needs and Disabilities (SEND)

If you have a special educational need or disability you may have an Education Health and Care Plan (EHCP) which lasts till you are 25 and can mean you are able to stay in further education for free till this age. You do not have to have an EHCP to receive additional support from your school, college or university and it is always worth speaking to your provider about your individual needs. There is further information on SEND and EHCP and the options with study and training at www.gov.uk/children-with-special-educational-needs/special-educational-needs-support and watch our SEND video here.

Top tips

Below are some concerns and questions we hear regularly from young people and our answers. Remember if you have a specific question you want answered use our chat function on www.getcareerconfident.co.uk.

How can I revise effectively?

Everyone learns differently so the most important thing is to try out different revision techniques and see which ones work best with the way you learn and your brain retains information. Have a look at these tips from the University of Sussex (www.sussex.ac.uk/skillshub/?id=296).

How can I stop leaving everything to the last minute?

The psychology behind why people procrastinate (keep postponing things they need to do) and leave things to the last minute (when the risk of failing builds adrenaline which forces you to act) is worth a read! (**www.exploringyourmind.com/leave-everything-last-minute-adrenaline-rush**) But more importantly how can you stop this behaviour?

1. Break down the task at hand in to smaller tasks so you aren't overwhelmed
2. Don't wait to 'feel' motivated. Starting something will help with motivation.
3. Reward yourself for early completion.

I'm feeling really unmotivated

Are your teachers/parents/carers telling you to work harder, try more, finish that assignment etc but....you just can't be bothered?! Maybe this one piece of work feels insignificant in the grand scheme of things but add up those pieces of work and not doing them may make a huge difference to the opportunities you have in your life. So whatever you are doing (or currently not doing!) try and make it fun, achievable and connect it with a bigger purpose that is important to you. And if you really don't want to do it give yourself a reward for completion. Afterwards enjoy the feeling of self respect and accomplishment from trying your best (and always remember failure is not a bad thing; it's an important part of learning!)

I can't decide what I want!

Have you got enough information? It is very hard to make decisions with little information. Use the videos and other resources in this booklet to help you think through your ideas. And remember that any decision you make is not for the rest of your life! While it is a good idea to anticipate where a course of study may lead, it is also ok to decide to do something because you enjoy it best at that moment in time.

I'm worried I won't do well enough

GCSE and A Level results days can be very stressful. Years of expectations and hopes all culminating in one piece of paper is a huge amount of pressure and sometimes the results are not as expected. While good grades do help you to progress more easily, academic results are not the be all and end all. If you fail, you can retake (true for English and maths GCSE and most A Levels and BTECs and degrees). There are always alternative routes to achieve a goal and with some creative thinking it is always possible to move forward even if it is not the route originally planned.

I want to be a professional footballer/ influencer/actor

Careers advisors hear from many young people that want to be 'professional sports people', 'Youtube stars', or 'a forensic scientist' (the TV show CSI has a lot to answer for!) While these and other niche or specialist careers are of course possible, they all require a combination of talent, luck and perseverance. Strong aspirations are fantastic but don't put all your eggs in one basket and look beyond the stand out careers to the other options behind the most visible and obvious jobs.

My parents/carers have different aspirations for me

Many adults question some of the choices young people make including the ones regarding future plans and in many cases this might be justified! However, if you are finding your family has very different ideas for your future try and speak to an impartial source such as a careers adviser or trusted teacher together to make sure you are making informed decisions that are right for you.

I can't decide whether to apply to university this year

If university is on your horizon but you are considering a gap year it is worth making an application while still at college and you have the support of a careers advisor and tutors. You can then ask to defer (where they hold your place for you) for the following year and then you have it waiting for you rather than having to make an application by yourself. Some degrees (such as midwifery and performing arts schools) can take a number of tries so it's worth applying sooner rather than later.

I'm worried about the cost of university

For many people the idea of finishing university with debts of £50,000 or more is a worrying prospect. But it is really important to remember that you only repay what you can afford (this amount changes every year and you can check at www.gov.uk/repaying-your-student-loan/when-you-start-repaying). In the worst case scenario if despite obtaining a degree, you only earn a low salary then you may never have to pay back any money borrowed. Basically this means that you will only be 'charged' for your degree if it has contributed positively to your future earnings.

I'm worried about trying something new

It's much easier to choose courses or careers which are familiar or seem easy. But this way of thinking can limit your options or mean you miss out on opportunities to fulfill your potential. Have a look at our SeeToBe videos (**www.getcareerconfident.co.uk/resources**) and expand your horizons by asking people you meet questions about their jobs. From your doctor, to the broadband engineer, to the local cafe owner. They will all have stories to tell and will help you develop a broader understanding of different pathways and confidence that there are many options open to you.

I'm feeling really stressed about school/college/work/life!

A lack of confidence, depression and/or negative thinking can make decision making an even more difficult process. The most important thing is to make sure your wellbeing is addressed and that may mean postponing decisions till you are in a better position or mood. Try to limit any feelings of being overwhelmed by breaking decisions into small achievable goals e.g look at one college prospectus today. The website www.youngminds.org.uk has some really useful resources. And remember when it comes to work, good enough is good enough!

I'm worried about the cost of university

I can't decide what I want!

How can I stop leaving everything to the last minute?!

WHAT NEXT AT 13/14

GCSE OPTIONS

GCSE is the first time you will be able to make a choice about what you want to study! This is an exciting opportunity but it can sometimes be difficult to make decisions. Before you read on, watch the Year 8 and 9 GCSE Choices video on the Get Career Confident website (www.getcareerconfident.co.uk/resources/how-to-videos) to get an overview of what you need to be considering.

What are your options

Students normally pick their GCSE options in either Year 8 or 9. Most students will be required to study core subjects including Maths, English and Science. You can then pick additional subjects from a list which varies depending on your school. Some subjects you will have already studied and some might be new to you. Make sure you look at them all, as you never know what might suit you. Most courses will be called GCSEs but some will also offer BTECs. BTECs are generally more coursework than exam based which may suit you. However, this potentially can have implications on later subject choice. For example doing a science BTEC would make it very difficult to go on to take a science subject at A Level.

Keeping options open and thinking ahead

To move from Level 2 study (which is GCSE) on to Level 3, you generally need to have passed at least 5 GCSEs including Maths and English Language at grade 4 or more. There are also certain subjects that if not studied at GCSE can be tricky to come back to at a later date. These include languages, art, and music. Furthermore if you want to study some subjects beyond A Level you will need to achieve certain grades at GCSE. The following gives an idea of subjects you need to prioritise either taking at GCSE or doing well in.

EBacc and Triple Science: Things to consider

The EBacc

As well as maths, English and science, your school may encourage you to study a humanity and language subject. If you study these core subjects and gain grade 5 and above then you have completed what's known as the EBacc. Some schools have a policy that requires students to take the EBacc but if you don't think that the EBacc qualifications are right for you (perhaps you have ability and strong interest not in EBacc subjects), arrange to speak to a Senior Leader in your school early in the options process. In terms of your future options, currently only one university, 'University College London', requires a language to be studied at GCSE level for any of their courses. Even then, they do not discriminate against those that have not studied and instead you can take a language course once you attend.

Watch our video GCSE choices - The English Baccalaureate (EBacc) for more information.

Triple Science

Careers advisors often hear 'is triple science at GCSE really hard?' Think of it this way: different people find different subjects hard. It's the same as saying is art hard, or is Spanish hard. If you enjoy a subject and have some ability in it then go for it! Triple science is a great introduction to the separate sciences you could take at A Level so if you are interested, are willing to study and have the opportunity then take it!

WHICH SUBJECTS SHOULD I STUDY AT GCSE?

I want to study A Levels	You'll usually need 6 or more GCSEs including English and Maths at Grade 4 and above (some colleges require 5 GCSEs at grade 5 and above)
I want to study Psychology A Level	May require a 6 in GCSE Maths
I want to study Music A Level	Usually requires a 6 in GCSE Music plus grade 5 or more in an instrument
I want to study Biology, Chemistry, Physics or Maths at A Level	Usually requires a 6 in GCSE Combined Science or a 6 in a single science subject, plus 6 in one other science, plus a 6 in Maths
I want to study Art A Level	Usually requires a 5 in GCSE Art
I want to study a language at A Level	Usually requires a 6 in the language at GCSE

There are entry requirements for other subjects too. You can look at the colleges near you at www.getcareerconfident.co.uk/what-next-sussex/what-next-sussex-directory to see what kind of requirements they have. Remember these are provided to help you, because if you struggle to achieve these grades at GCSE it is unlikely you could cope with the demands of the subjects at a higher level. Other than grades, colleges (and universities and employers) are also interested in what a young person is like as a student so they do take behaviour and attendance into account. So keep in mind your performance at school can impact your future options

When do you need to make decisions?

Beginning of Spring Term Year 8 or 9: Most schools will introduce GCSE options. Usually you will have talks by teachers on the different subjects, an options evening that parents/carers and students can attend, a one to one with your form teacher and sometimes a careers interview.

End of Spring Term: You will normally have picked your subjects by now to start them the following September.

While some schools will allow you to change your mind most schools will need you to stick with your choices once they have completed the timetable so choose wisely!

Questions to ask at a GCSE options evening

- **How many subjects can I take?**
- **What does the course cover?**
- **Is the course different to what I have studied so far?**
- **What is the percentage of coursework vs exam?**
- **Is this subject necessary for any specific A Levels or university degrees?**
- **What are the results like for this subject?**

Ticklist to making an informed decision

Before you make your final choices have a look at the below. Can you tick yes to all at least most of the questions? If yes then great you are nearly ready! Just to ensure you are making an informed choice, have a watch of GCSE Options - Good and Bad.

If you still have doubts, then do contact Get Career Confident via chat at www.getcareerconfident.co.uk.

	Yes	No
Have you read the options booklet?		
Have you attended an options evening?		
Have you listened to talks on all the subjects (including any new ones)?		
Have you done some research into any career ideas you might have? Are there specific subjects you need to take at GCSE?		
Have you spoken to:		
Your Teachers		
Your Parents/Carers		
Your Careers Advisor		
Current students studying subjects you're considering		

WHAT NEXT AFTER YEAR 11

POST 16 DECISIONS

Towards the end of Year 10 your school will start to talk to you about making decisions for what to do after Year 11. You might hear this being called Post 16 decisions (post means after).

Many colleges have deadlines to apply in the autumn term of Year 11 so it's really important you have thought carefully about what you want to do and made decisions and applications that you are happy about.

Have a read of our Year 10 - 11 preparing for your next steps after Year 11 detailed lessons and look at the recommended videos and resources below to find out more about the different options.

You can also read more on our Results Day Handout

Recommended Videos
(at www.getcareerconfident.co.uk/resources/how-to-videos)

- Choosing what to do after Year 11 - An overview
- Vocational vs Academic Pathways after Year 11
- Where can I study After Year 11
- What can I study after Year 11
- Making Your Final Decision for after Year 11
- Introduction to T Levels

It's also worth having a look at the apprenticeship videos below to get an idea whether you want to try and apply to apprenticeships too. Have a look at www.gov.uk/apply-apprenticeship and www.apprenticeships-in-sussex.com to get an idea of what is available.

Apprenticeship Videos
(at www.getcareerconfident.co.uk/resources/apprenticeships-videos)

- Introduction to Apprenticeships
- How to choose an Apprenticeship
- How to find an Apprenticeship
- Making an apprenticeship application, examples!

What choices are available?

Depending on where you live and how far you are willing to travel you have a number of options. If you have watched the videos you will know you can study in:

- Further Education Colleges (FECs)
- 6th Form Colleges
- School 6th Form Colleges
- Specialist Colleges (that focus on a particular subject)
- Small providers that offer vocational training and personal development course
- Apprenticeship training providers

Get Career Confident has an online directory where you can explore all the providers in Sussex by the qualifications they offer and the type of provider and see where they are on a map!

Deciding which type of learning environment is right for you depends on what you want to study and what kind of institute appeals to you! For example, if you want to study popular A Levels subjects you will likely be able to do that at most FECs, 6th form colleges and school 6th forms near to you.

If you want to do a specific apprenticeship or study a more unusual course you may only have one choice of place to train or study.

The qualifications and pathways you can take

To move from Level 2 study (which is GCSE) on to Level 3 you generally need to have passed at least 5 GCSEs including Maths and English Language at grade 4 or more. Have a look at the below to get a sense of the options open to you. Make sure you check specific college entry requirements as they may differ from the suggestions below. You can look at the colleges

near you on our website to see what kind of requirements they have.

Remember these grade requirements are provided to help you, because if you struggle to achieve these grades at GCSE it is unlikely you could cope with the demands of the subjects at a higher level.

Other than grades, colleges (and universities and employers) are also interested in what a young person is like as a student so they do take behaviour and attendance into account. So keep in mind your performance at school can impact your future options

WHAT CAN I STUDY AFTER GCSES?

I want to study A Levels	6 or more GCSEs including English Language and Maths at Grade 4 and above (some colleges require 5 GCSEs at grade 5 and above) to study 3 A Levels. If you want to study 4 A Levels you will need at least 7 GCSEs at grade 6 and above, if not more.
I want to study BTECs (at Level 3)	5 GCSEs at grade 4 and above including English.
I want to study the International Baccalaureate (IB)	7 GCSEs at grade 6 and above including English, Maths and Science.
I want to study T Levels	5 GCSEs grade 4 or more including English and maths
I want to study a vocational course	It depends on the level. For Level 3 you will normally need 4 GCSEs grade 3 and above. Entry level, Level 1 and 2 may need fewer GCSEs or possibly none.
I want to do a traineeship or apprenticeship	There are no entry requirements for traineeships. Entry requirements for apprenticeships vary but many will prefer English and Maths grade 4 and above. You might find the apprenticeship you take is Level 2 (the same level as GCSE) if it is a new subject for you. Or it might be Level 3 so may want you to have more qualifications. **Remember you must apply for a college place as well as you are not guaranteed an apprenticeship.**
I want to do a personal development course	Many personal development courses including Entry Level and Level 1 courses often won't have any specific academic entry requirements.

Which pathway to take?

Deciding what and where to study is a big decision. You might already have a clear idea about what you want to do next or you might still be wondering which is best for you. Use our pathway finder to see what might be the best next step based on your answers

When do you need to make decisions?

Summer term Year 10 – early autumn term Year 11

Most schools will start talking about next steps after Year 11 through assemblies, talks and offering an appointment with a careers advisor. You will also have the chance to attend college taster days.

September – November Year 11

Colleges and other providers will have their open evenings.

December Year 11

Some colleges have a hard deadline usually early in December so make sure you don't miss handing in your application! Apply to at least two colleges.

January – March Year 11

College interviews conducted, make sure you watch our Preparing for Your College Interview video.

Spring/summer term Year 11

Accept your college place (the college will provide a deadline to accept your place)

You can start to apply to apprenticeship vacancies which you can start once you finish year 11.

What Next Sussex?
- A post 16 virtual fair

WHAT NEXT SUSSEX?

A virtual event showcasing routes and pathways after Year 11

Every autumn Get Career Confident hosts a huge virtual fair for all young people during the day and again in the evening. Colleges, apprenticeship providers, employers, universities and others will be there to answer your questions live and you can find out all about how to make the best decision for your future.

Visit our website www.getcareerconfident.co.uk/what-next-sussex to register your interest for the event, for lots of useful videos on choosing next steps after year 11 and to search all the different providers available across Sussex.

Questions to ask at a College open evening

- **What are the entry requirements for this course?**
- **What is the difference between the BTEC course of this subject and the A Level version?**
- **If the subject is a BTEC is it equivalent to 1, 2 or 3 A Levels?**
- **Do you offer T Levels?**
- **What is the percentage of coursework vs exam?**
- **What does the course cover?**
- **How many courses can I take?**
- **What level is the course - 1, 2 or 3?**
- **What can this course lead to? e.g. work/ university/apprenticeships**
- **What extra-curricular activities do you offer?**
- **What are the results like for this subject?**
- **When will the interview be?**
- **What SEND support do you provide?**

Ticklist to making an informed decision

Before you make your final decision about where and what to study or train have a look at the below. Can you tick yes to all or at least most of the questions? If yes then great you are ready! If you are still feeling unsure then contact Get Career Confident via chat at www.getcareerconfident.co.uk.

	Yes	No
Have you watched the recommended videos and considered the different options of where and what you can study and/or apprenticeship routes?		
Have you read at least three prospectuses/ looked at three different providers online?		
Have you attended an open evening in person or virtually?		
Have you done some research into any career ideas you might have? Are there specific subjects you need to take at A Level for example?		
Have you attended our event What Next Sussex (see page 19)		
Have you spoken to:		
Your Teachers		
Your Parents/Carers		
Your Careers Advisor		
Current students studying subjects you're considering		

Finance

There are no course fees for young people aged 16-19 carrying on to full-time further education or training. There are also funds available for travel, accommodation, even food depending on your circumstances. Have a look at www.ucas.com/further-education/post-16-finance-and-support/funding. Child Benefit continues, if eligible, while you are in full-time further education until you have completed your course.

Parents/carers will receive a letter while you are in Year 11 asking to confirm plans. Child Benefit payment does not continue if you start an apprenticeship but the salary provided by the employer will be much more than any benefits previously received. Further information here www.gov.uk/child-benefit-16-19.

Options for students with no or few GCSEs, or who drop out

There are various options if you think you might not get many or any GCSEs. There are short personal development courses available such as The Princes Trust. These courses offer training in specific areas, skill building and English and Maths GCSE or functional skills. Most large Further Education Colleges and some small providers offer these courses. The following organisations can direct you and help if you don't have a course to attend.

In **Brighton** the Youth Employability Service create a monthly guide to local opportunities which is posted here www.facebook.com/yesbrightonhove

In **East Sussex** visit www.facebook.com/YESEastSussex

In **West Sussex** visit www.yourspacewestsussex.co.uk

WHAT NEXT AFTER YEAR 13

POST 18 DECISIONS

Towards the end of Year 12 your college will start to talk to you about making decisions for what to do after Year 13. You might hear this being called Post 18 decisions (post means after).

There's a number of different pathways available to you so it's really important you consider each carefully and think about where each may lead. Remember you can study for free between the ages of 16 and 19 (that's a possible 3 years at college).

First watch the following videos to get an introduction to the different things you need to be considering:

- Planning Your Next Steps After College
- How to Choose The Right Career Path

These videos are available at www.getcareerconfident.co.uk/resources/how-to-videos

What choices are available?

Depending on where you live and how far you are willing to travel you have a number of options. Which is right for you depends on what direction you want to take. For example, certain careers require specific subjects to be studied beyond college, whereas others need particular training.

If you are still not sure what career or higher education course interests you then you might want to work or travel, or gain some work experience to explore ideas and possibilities. Whatever you decide, the important thing is to engage with the decision making process because if you don't, you might find yourself drifting with no plans or purpose. This can feel very uncomfortable and the longer you spend not in education, employment or training the harder it is to start again.

Have a read of our Preparing for Next Steps After College handout and look at the recommended videos and resources below to find out more about the different options.

You can also read more on our *Results Day Handout* (www.getcareerconfident.co.uk/downloads/downloads-year-13-14).

Pathways and entry requirements

Pathway	Resources	Requirements
I want to study at university	**Videos on getcareerconfident.co.uk:** ▪ Researching University - tips to help you decide if uni is for you ▪ Can I Afford To Go To University ▪ How to Choose What to Study at University ▪ How to Choose a University ▪ University Virtual Fairs ▪ Degree Apprenticeships What Are They ▪ How to Register for UCAS ▪ How to Make a UCAS Application ▪ UCAS Application Common Errors ▪ Writing Your University Personal Statement ▪ www.ucas.com ▪ www.informedchoices.ac.uk ▪ www.discoveruni.gov.uk/is-uni-for-me/ ▪ www.opendays.com	Most universities will expect you to have GCSEs in English and Maths (some will accept Functional Skills) and some will want more GCSEs and specific grades. In addition you'll need to have studied 3 A Levels (or the equivalent e.g. BTECs or the IB). Some will just look at UCAS Tariff points (each grade you receive is equal to points - find out more here) so you can sometimes get onto a course with only two A Levels. However, other courses will want specific grades in specific subjects. Have a look at www.ucas.com for specific university course entry requirements.
I want to do an apprenticeship	**Videos on getcareerconfident.co.uk:** ▪ Introduction to Apprenticeships ▪ How to choose an Apprenticeship ▪ How to find an Apprenticeship ▪ Making an apprenticeship application, examples! ▪ Degree Apprenticeships What Are They ▪ www.gov.uk/apply-apprenticeship ▪ www.apprenticeships-in-sussex.com	Entry requirements will depend on the apprenticeship level. Most will want GCSEs in English and Maths (although some will help you gain them). Others will want a number of GCSEs and A Levels. You might find the apprenticeship you take is Level 3 or even Level 2 (the same level as GCSE) if it is a new subject for you. Think carefully about what you will get from the apprenticeship. You may have to start at a lower level than what you have already studied especially for students with weaker level 3 qualifications and no experience. However, if it is a foot in the door with a good or interesting company it may well be worth it! Degree Apprenticeships normally have similar entry requirements to university courses.
I want to work	**Videos on getcareerconfident.co.uk:** ▪ Job hunting for full-time work ▪ Job hunting for part-time work ▪ Job Hunting - What not to do ▪ The hidden job market ▪ Accessing the hidden job market ▪ Writing a CV that will get you a job! ▪ Tailoring your CV and covering letter for a full time job ▪ Tailoring your CV and covering letter for a part time job ▪ Self Employment	Entry requirements for jobs vary hugely. Some hospitality and care work for example ask for very little qualifications or experience, whereas some jobs will want very high levels of qualifications, training and experience. If you are hoping to go straight into work from school adjust your expectations of what you can apply for and start looking while you are still studying. This is even more important now while the economy recovers from the pandemic as there will be fewer jobs available.

Pathway	Resources	Requirements
I want to study in Further Education	If you are considering a third year at college or changing courses tune in to What's Next Sussex - A Post 16 Virtual Fair. Every autumn Get Career Confident host a virtual fair for all young people in Sussex during the day and again in the evening for their parents and carers too. Colleges, apprenticeship providers, employers, universities and others will be there to answer your questions live and you can find out all about how to make the best decision for your future. Visit our website www.getcareerconfident.co.uk/what-next-sussex for more information and information about pathways.The information will also be available after the live event.	You may want to study further at college or another provider for a number of reasons: **1. Retakes** - if you have not gained the grades you hoped for then first speak to your current college as they may be able to offer you retakes. If not you can try other local colleges. **2. Change of Path** - if you decide you want to study a different subject at A Level or move onto a vocational subject at a different college you have 3 years of free education between 16 and 19 so you may be able to do another year or so for free. **3. Access Course** - between ages 19 and 23 if you have finished and not gained the equivalent of 2 A Level passes you can do a year-long access course for free which will provide entry to university. **4. Personal Development** - perhaps you have left college early, have a business idea you want to explore or need extra help getting your first job. There are lots of courses that can help you. **5. Art Foundation** - If you took all arts subjects at college (e.g. the BTEC Extended Diploma in Art and Design, or Art, Photography and a Design or Digital Media subject at A Level or BTEC) you may be able to apply straight to an arts course at university. If not (and they may still want you to, even if you have studied arts based courses at college) then a foundation year in art is often required. If you are 19 or under when the course starts this is a free, one year course offered at further education colleges (including Sussex based ones) and art colleges. The art foundation course develops students' skills in art and helps you to identify which area to specialise in your university degree.
I want to travel	▪ Have a read of the options at www.independentgapadvice.org for ideas. ▪ www.concordiavolunteers.org.uk	There are plenty of options for holidays and working holidays as well as volunteering both in the UK and beyond. This can be a great way to develop your skills, broaden your outlook and help you make informed decisions about your future
I want to volunteer or get work experience	▪ www.getcareerconfident.co.uk/work-experience/workexperience ▪ www.getcareerconfident.co.uk/work-experience/virtual-workexperience ▪ www.volunteer.bhcommunityworks.org.uk ▪ Sites such as www.concordiavolunteers.org.uk are a good place to look as well as www.independentgapadvice.org	As with travel opportunities, volunteering and work experience opportunities (including internships) both in the UK and abroad are hugely beneficial to your future so try and access opportunities either in person or virtual.
I want to start my own business	▪ Watch How to Be An Entrepreneur ▪ www.princes-trust.org.uk/how-we-can-help/support-starting-business	If you have a business idea or like the idea of working for yourself then use the resources to explore what steps you need to take. You may find working for someone else first, especially a small business, will help develop the necessary skills.

Which pathway to take?

Deciding what and where to study is a big decision. You might already have a clear idea about what you want to do next or you might still be wondering which is best for you. Use our pathway finder to see what might be the best next step based on your answers.

When do you need to make decisions?

Summer term Year 12 – Autumn term Year 13

Most colleges will start talking about next steps after Year 13 through assemblies, talks and offering an appointment with a careers advisor. You can attend university open days, either virtually or in person, and some universities offer summer schools. You will need to write your personal statement and complete your UCAS application during this period.

october 16th

Deadline for Oxford and Cambridge Universities (Oxbridge) and medicine, veterinary science and dentistry degrees.
If you are considering Oxbridge watch our video Oxbridge Applications - Top Tips!

Sept – November Year 13

Colleges will have their own internal deadline for university applications.

January 31st

UCAS deadline for applying to universities. Some degree apprenticeships and training programmes also have a similar deadline. After January 31st you can still apply to university but universities can't guarantee they will consider your application. If you apply after June 30th you will enter Clearing. If you got your application in before Jan 31st but have not had any offers from your choices you can apply through UCAS Extra

Spring term Year 13

University interviews conducted (some may be later or earlier). Make sure you prepare in advance and have a look at these tips.

Spring/summer term Year 13

Accept your university place and apply for funding and and accommodation.

Look for jobs and most apprenticeship opportunities.

Ticklist to making an informed decision

Before you make your final decision about where and what to study, train or work, have a look at the below. Can you tick yes to all or at least most of the questions? If yes then great you are ready! If you are still feeling unsure then contact Get Career Confident via chat at www.getcareerconfident.co.uk.

	Yes	No
Have you watched the recommended videos and considered the different options for your future?		
Have you attended an open evening in person or virtually for any study or training routes that interest you?		
If you want to go straight into work, have you started to explore what jobs are available and made some applications?		
Have you done some research into any career ideas you might have? Do you have enough information to know that the choices you are making will keep open options that interest you?		
Have you spoken to:		
Your Teachers		
Your Parents/Carers		
Your Careers Advisor		
Current students studying subjects you're considering		

Questions to ask at a university/ apprenticeship event

- What are the entry requirements for this course?
- What does the course cover?
- How is the subject taught?
- How many teaching hours are there?
- What can this course lead to? e.g. work/ further higher education courses?
- What clubs or societies are there?
- What are the results like for this subject?
- Will there be an interview?
- Is there any extra funding available?
- What is the university or training provider's reputation?
- How much is the cost of living where the university/apprenticeship is?
- Can you give me examples of what your previous students have gone on to do?
- What support is there for special educational needs and disabilities?

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Sussex Learning Network

Elev8 Careers

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FEB 16TH-20TH | 5 DAYS | **9AM-3PM**

BOOK: THESKATECLUB.COM/HOLIDAYSKATECLUB

THE JOFF
YOUTH HUB

East Sussex
County Council

Weekly Youth Schedule At The JOFF Youth Hub

Fun with friends!

Tuesday

FREE!

LGBTQ+ (11-19)
Enquire about time

Young Women's Group (11-19)
6pm-8pm

Wednesday

FREE!

GROUNDWORK
CHANGING PLACES
CHANGING LIVES

Gardening Club (9+)
3:30pm-5:00pm

Thursday

FREE!

Juniors (9-10)
3:30pm-5:30pm
Sign up needed

Young Men's Group (11-19)
6pm to 8pm

JOFF.youthhub

The JOFF Youth Hub

Friday

FREE!

Juniors+ (11-12)
3:30pm-5:30pm

Seniors (13-19)
6pm to 8pm

SEND Saturday's

For 11-16 year olds
12pm to 3pm

For 17-25 year olds
3:30pm to 5:30pm

Bi-weekly SEND Groups.
Email for referral form

Monthly Young Leaders Programme (14-18) to boost skills!

Enquiries: EHYouthHubs@eastsussex.gov.uk

PCS Board Game Club

We now have a rather impressive **67 boardgames** kindly donated by the wonderful PCS community and as a result, we are now in a position to host our first event.

- ★ **Event Date:** Tuesday 10th February
- ★ **When:** 3:15 - 4:30pm
- ★ **Where:** En6 with **Ms Oborne**

Bring your own games with you or use what we have here in the PCS Board Game Library!

Feel free to join!

What kind of games do you like to play?

FORCE BASKETBALL

PEACEHAVEN

FOR BOYS & GIRLS IN SCHOOL YEARS 1-9

MONDAYS FROM JANUARY 2026

SCHOOL YEARS 1-3 16:30-17:30pm

SCHOOL YEARS 4-6 17:30-18:30pm

SCHOOL YEARS 7-9 18:30-19:30pm

£6 Cash or block book for discount

ONLINE REGISTRATION AT

www.forcebasketball.org

At The Joff, Roderick Ave,
Peacehaven BN10 8BL

THE JOFF YOUTH HUB

East Sussex County Council

SEND SATURDAYS

YOUTH YOUTH YOUTH YOUTH

EVERY OTHER SATURDAY AT THE JOFF YOUTH HUB!

COMMENCING 17TH JANUARY 2026 **and more!**

Fun with friends **Cooking** **Games**

Funky Teens: For 11 to 16 year olds 12pm-3pm

Nik Naks: For 17 to 25 year olds 3:30pm-5:30pm

For young people with mild or moderate learning disabilities or needs

For referral form: EHYouthHubs@eastsussex.gov.uk

Supporting Your Child with Mental Health and Wellbeing Survey Secondary Schools