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WELCOME

Welcome to our September issue of the Sunderland Digital Careers Newsletter.

We hope you had a wonderful summer break, and a well earned rest! Its always good to think of September as a 'new start' for the school year and begin some good habits. We help you with some ideas on how to do your best this year with some really achievable good habits!

Over the summer break, we welcomed some students to take part in a 3 day STEM Summer school. You can read about all the weird and wonderful things we got up to, and how you can take part next time.

No matter what year group you are in, some of you will be starting to think about life beyond school. With our career highlight and what options there are after school.

If you have any questions about the newsletter, please get in touch:

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STEM SUMMER SCHOOL

In August, we hosted our first STEM Summer School! We welcomed students going into Year 8 all the way to Year 11 to learn about careers in STEM and take part in some great activities!

Take a look at just some of the things we got up to.....

TEAM BUILDING

To work on teambuilding skills, we challenged students to a timed challenge of cup stacking.....but without using their hands! So using communication skills, teams had to use elastic bands and strings to create the highest tower!



ARMATUS OCEANIC

Dr Thomas Linley from Armatus Oceanic came in to chat about all things deep sea, including expeditions he has been on and the strangest looking fish! Students couldn't believe the range of jobs there are in this line of work.



SKIN TRIFLE

Using different foods, we looked at different layers of the skin. This was a fun way to remember what each layer is called, and why we have them. Of course, you can remember the 'dermis' when it is represented by custard!



IF YOU WANT TO KNOW MORE ABOUT ACTIVITIES YOU CAN GET INVOLVED WITH, PLEASE GET IN TOUCH!

WORLD HEART DAY

World Heart Day is celebrated every year on 29 September.

The day aims to inform people about Cardiovascular Disease (CVD) and highlights the actions that individuals can take to prevent and control CVD.

DID YOU KNOW.....

Your heart will beat about 115,000 times each day

The heart can continue beating even when it's disconnected from the body

The blue whale has the slowest heartbeat of any animal – it only beats four to eight times a minute

When you sneeze, all your body functions stop – even your heart stops beating

The pressure created by your heart can squirt blood almost ten meters

Your right lung is larger than your left – this is because the left lung needs to make room for your heart





WHAT TO DO AFTER SCHOOL



VOCATIONAL AND TECHNICAL QUALIFICATIONS

Vocational and technical courses teach you practical skills and knowledge for a particular area of employment. They can prepare you for a broad employment sector, like engineering or travel and tourism, or for a specific job like a chef or a hairdresser.

The duration of these courses will vary depending on what you want to study but will be 1+ years.

The assessment of vocational and technical qualifications can include, coursework, skills tests and exams. Entry requirements will depend on the course you want to study

You'll learn in real situations in college, for example in a college restaurant or a salon that is open to the public. You may also have the chance to go out on a work placement with an employer.

These courses can lead to an apprenticeship, work, college or university.

CAREER HIGHLIGHT: BIOMEDICAL SCIENTIST

Biomedical Scientists are specifically trained in biology and work to improve the knowledge of the human body. They continue to investigate how the body works, functions and are continually investigating new ways to cure or treat diseases.

There are so many companies in the North East that require biomedical scientists; the NHS is a huge employer for scientists, but also companies based in some of the UK's top research facilities like NETpark, and the Newcastle Helix are constantly hiring scientists.

Some skills needed in this career include practical skills - you would be doing a lot of practical work in a lab. Another skill is computer literacy - there will be a lot of recording data. Attention to detail is another skill, as experiments and equipment use will need to be accurate.

To get into this careers, you would need a good GCSE grade in Biology, and once you have completed some science based A levels, you'll usually need to head to university to complete a BSc (Hons) in biomedical science.

SOCIAL MEDIA

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Skills Resources

For more information on anything covered in this newsletter, please contact:
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