

Welcome to our Sixth Form Newsletter.  
Here you will find a summary of the week,  
useful tips, career opportunities dates and  
celebrations of successes!

## UPCOMING DATES

**Tues 13th October:** trip to UCAS Create Your Future at the ExCeL Centre - **sold out – we are now operating a waiting list. IF YOU HAVE BOOKED A PLACE AND KNOW YOU NOW CAN'T GO – PLEASE EMAIL MRS BEALE**

**Thurs 15th October: Break 1** = Raise & Give Halloween fundraiser

Thurs 15th October 6pm: UCAS early entry deadline for university submissions

Calling all bakers!

Raise & Give are having a Halloween fundraiser on Thurs 15th  
October Break 1.

We are looking for keen bakers to make spooky themed cakes and  
biscuits.

You would need to bring them in on the day with a list of all the  
ingredients

you have used OR you can bring in shop-bought items in their  
packaging

so we can see the ingredients.



# Halloween Cake Sale & Sweet Shop



**FURZE PLATT**  
SENIOR SCHOOL

## HALLOWEEN CAKE AND SWEETS SALE



**Date:**

Thursday 15th October – break 1



**Place:**

Outside the Theatre – entry from the courtyard



**Details:**

Cakes and sweets for sale



**Competition:**

Baking cake competition to earn house points

**CASH ONLY**

Raising funds on behalf of:



**World Care  
Foundation**

Supporting vulnerable children and young people around the world, including through their Orphanage Project, which provides safe housing, care, education and a brighter future for children in need.



<https://www.worldcarefoundation.org/appeal/orphanageproject/>

# Drop-in Careers Club REC Wednesdays

## CAREERS CLUB

EVERY WEDNESDAY. PERIOD 5. DURING REC  
MEETING ROOM 3 IN RECEPTION



### What is it?

A FRIENDLY DROP-IN SESSION  
FOR CAREERS ADVICE & SUPPORT

#### 1) FILL IN THE FORM

Sign up for a Careers Club session in advance



#### 2) WAIT FOR YOUR EMAIL

Mrs Beale will let you know which session is best for you.



#### 3) REGISTER AS NORMAL

On the day, register with your normal REC teacher first.



### we can help with...

- Finding career ideas & future options
- Interview skills & assessment centres
- Looking for university courses

- Applying for jobs & apprenticeships
- Making a CV
- Personal Statements



On Monday we had a presentation from the school's catering company Accent. Here are a few takeaways from the talk ... (excuse the pun!)

# NUTRITION & WELLBEING

## Food is Fuel



### Carbohydrates

Provide your body and brain with the energy you need for school and sports. Prioritise wholegrains to fuel your day.

### Protein

Builds and repairs body tissue to keep your body strong. Include both animal and plant-based sources.



### Healthy Fats

Provide long lasting energy as well as supporting brain health. Focus on fat sources such as olive oil, avocados, nuts, seeds and oily fish.

### Fruits & Vegetables

Are filled with vitamins, minerals, antioxidants and fibre to keep your bodies healthy. Eat the Rainbow and aim for 5 portions every day.

**Sugary, salty, and high-fat foods** should be consumed in moderation. While we can enjoy these types of food as part of a healthy, balanced lifestyle, these should not make up the majority of your diet.

## Tips for feeling good



**Move your body**  
Exercising regularly boosts your mood, reduces stress and improves strength and flexibility.



**Stay hydrated**  
Drink water throughout the day to stay energised and focused. Aim for 1.5-2L every day.



**Sleep well**  
Your bodies and brains need to rest to recover, recharge and perform at it's best. Aim for 8-10 hours every night.

**Accent**  
NUTRITION

Purple fruit & veg contain **anthocyanins** which fight inflammation, reduce oxidative stress, and improve blood flow to the brain so may want to eat some aubergine, blueberries and red cabbage!

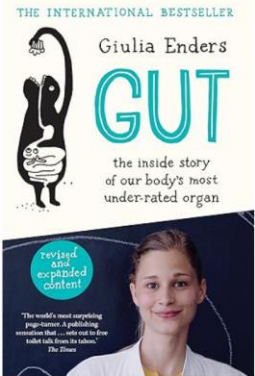
Energy drinks can cause an **Energy Crash**: A steep drop in blood sugar and brain activity after the initial stimulant wear off, causing fatigue and sluggishness

If you enjoyed the talk and felt inspired to find out more, you may enjoy reading [Gut by Giulia Enders](#)

**Probiotics** put the good bacteria into your body (you often find them added to yoghurts) and **Prebiotics** feed the good bacteria

Examples of prebiotics

| Fruit & Veg | Nuts & Grains | Other       |
|-------------|---------------|-------------|
| Bananas     | Almonds       | Chickpeas   |
| Apricots    | Cashews       | Black beans |
| Dates       | Hazelnuts     | Silken Tofu |
| Garlic      | Rye           | Lentils     |
| Leek        | Spelt         | Soya        |
| Onions      | Barley        |             |
| Artichoke   | Wheat         |             |
| Asparagus   |               |             |

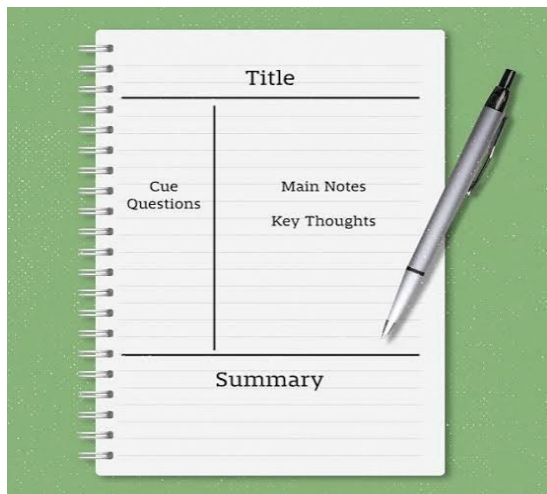


# Year 13

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Well done to everyone that took part in open evening. It was so amazing to see you all representing not only sixth form but the wider school community. What a fantastic effort on your part.



Did you know that effective note taking is a key skill you will need in university?

I can already hear some saying but I am not going to university. However, taking effective notes is a skill you'll need in every day life as well.

At a job you may be tasked with taking the meeting minutes, and typing or writing every word spoken will be a difficulty. You may speak to a recruiter over the phone who will give you key information needed on the role and interview. You will need to be able to get all that information down while still paying attention to what was being said.

So, yes note taking is something that will crop up in your life when you least expect it. Use this time now to hone in on that in school to not only aid you in revision but prepare you for life outside of school as well.

# Year 12

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Open Evening was a great success, and you guys played arguably the most important part in that; so please accept a huge thank you on behalf of all of the 6th form team.

Throughout the evening visitors were singing the praises of their tour guides, which was wonderful to hear. So thank you again, you all deserved your day off today!

Brain food...

Going to school is great. Where else would you find out that the owner of the greatest misnomer of our time is the watermelon? I wonder if Monday's Brain Nutrition talk was a wakeup call for anyone else?

I decided I would try and adopt some of what I learned so that you can be the beneficiaries of my experimentation. Over the last few days I have thrown aside my usual breakfast of Coco Pops and instead have consumed eggs. I've done boiled, fried and scrambled. One of the most important considerations with the cooking of eggs might be how much washing up and general mess they generate; for this boiled is best. Apparently boiled is also the healthiest too!

I have a confession though; I can't bring myself to eat the wholemeal toast that was recommended; it would be an insult to cardboard to claim it tasted of cardboard. So white bread it was.

I also embraced the rainbow idea; I don't get enough purple food (who does?), so I invested in some purple grapes. They are the ideal replacement for Haribo; same size, still sweet and guilt free!

So, is healthy eating one of Mr Ging's "marginal gains"? I think so; I made a few changes that didn't take any more effort or cost any more money and in return I definitely feel like I've got more energy throughout the day, and more energy means that the quality of my work remains consistent. Hopefully it'll work for you too!

# Deputy Digest

## Quote of the week:

"Talent wins games, but teamwork and intelligence win championships." - *Michael Jordan*



## Acts of good will:

- Thank you to **everyone** who came to open evening and made the event such a success.
- Thank you to **Rocco, Robert, Adam, Howard** and **Miguel** for giving up their time to help their community.
- Thank you to **Effie** for her positivity and respect for keeping the common room tidy. To share any good deeds, please email the Deputy Senior Students at: [starkeyl@furzeplatt.com](mailto:starkeyl@furzeplatt.com)

## Sixth Form Survival Tips

Master your active recall! Stop relying on re-reading notes! Actually put your **memory** to the test!

## Student notices

- RAG Halloween fundraiser is taking place on **Thursday 15th**. Please come along to support our charity.
- ALIS testing for the Year 12s is on **Wednesday 7th**, during REC. Please bring a **laptop**!
- Year 13s with any **prom** suggestions, please email Pablo and Sofia



## Call To Action!

Please keep your common room **litter free**. It is not fair for anyone else to have to clean up **your mess**! You are not at home!!

## Brain Box

"What walks on four legs in the morning, two legs at noon, and three legs in the evening?"

Please email [cooka@furzeplatt.com](mailto:cooka@furzeplatt.com)

First to email with the correct answer wins a **STARBURST**

Congratulations to last weeks Brain Box winner  
**Fabien Mormech!**



Claire Beale, Careers Adviser  
**Tel:** 01628 625 308  
**Email:** [claire.beale@furzeplatt.net](mailto:claire.beale@furzeplatt.net)  
**School LinkedIn**

### Finance internship websites:

- [Internships, Industrial Placements & Degree Apprenticeships in Financial Services — London](#)
- [Internships, Industrial Placements & Degree Apprenticeships in Financial Services — Reading](#)

### **Specific Internships:**

- [Accountancy Placements & Internships in Reading | Gradcracker](#)
- [Audit - Audit & Assurance Summer Vacation Scheme 2027 - Deloitte | Bright Network](#)
- [Actuarial Summer Internship Programme 2027 - BDO | Bright Network](#)
- [Audit Summer Internship Programme 2027 - BDO | Bright Network](#)
- [Finance Internship Programme 2027 - Schroders | Bright Network](#)
- [Internal Audit Internship Programme 2027 - Schroders | Bright Network](#)

**Other useful websites:**

- [Accounting, Banking & Finance | Springpod](#)
- [Find an apprenticeship - GOV.UK](#)
- [Build a CV - Work Hub](#)
- [Free online Business & Finance courses | OpenLearn - Open University](#)
- [AI and Finance | OpenLearn - Open University](#)





# Careers

Claire Beale, Careers Adviser  
**Tel:** 01628 625 308  
**Email:** [claire.beale@furzeplatt.net](mailto:claire.beale@furzeplatt.net)  
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For those that are interested in Finance



## BDO's 2027 school leaver apprenticeships are open

£26,615–£28,275 · Audit, Tax & Advisory · Closes Sunday 15 November 2026

Hello, hope you are well.

BDO, one of the world's largest accountancy and business advisory firms, have opened all of their school leaver apprenticeships for September 2027. Students earn a salary from day one, work towards a professional qualification such as ACA with no tuition fees, and move into a permanent role on completion. Students need three A-levels at A\*–C (or equivalent) and GCSE Maths and English at grade 4 or above.

Applications close on Sunday 15 November 2026, but roles will close sooner once they are full, and bigger city locations such as London and Birmingham will fill first — so students are best applying early. Please ask students to select **Young Professionals** when the form asks “How Did You Hear About Us?”

Click [here](#) to find out more about BDI and apply



**Goldman Sachs** are running two in-person **Apprenticeship Insight Afternoons**, in London and Birmingham. Students will learn about Goldman Sachs' **Degree Apprenticeship** programmes, find out how to apply, and hear directly from current apprentices about their experience.

It is a strong opportunity for students weighing up university against a degree apprenticeship, and valuable to talk about in personal statements and applications.

You will need to apply via the Young Pro app by 7th Oct



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## Free Careers Events to Attend

Wanting to set up your own Sports Business or become a Personal Trainer?

[Focus Fitness Employability Day](#) is a free event for Careers in Sport on Sat 24th October  
10.30am – 3.30pm, London, SW8 2LD

- Take part in a Profit Planning Interactive Workshop with Daniel Manser from [Pure Gym](#)
- Learn from [Mobile Gym Fitness](#) how to build your business fast and effectively with marketing and branding
- Find out more about the new online tool [Raize](#) to set fitness goals
- Hear from Dan O'Kane from [The Gym Group](#) & Ollie Kerr from [Your PT](#)
- Discover Joel Thomas's success story from [Base Wellness](#)
- Meet ex-champion body builder Besjan Osmani who will talk about his business [The Drop Gym](#) and who will share the principles and values that have been the foundation of this success
- Attend a Careers Fair where you will get the chance to introduce yourself to a range of employers and ask them how to get started.

Get your free ticket [here](#)





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[School LinkedIn](#)

## For those looking for apprenticeships – The Festival of Apprenticeships

The Festival of Apprenticeships is at The Oval, London on Wed 14th October from 10am to 3pm



Book your free ticket [here](#) and remember if you are attending, parents need to log on Study Bugs

## For those thinking of Architecture – Festival of The Future



Sat 10th October 10am to 5.30pm, at The Royal College of Art, Battersea, SW11 4AY

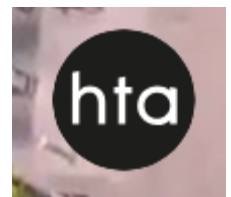
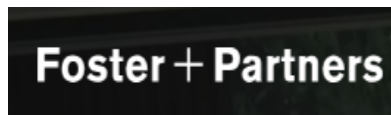
- Step inside working studios
- Get your hands on real materials
- Sit in on live talks
- Get honest careers advice from architects, engineers, designers and the people who do this for a living

Who will be there?

[Foster + Partners](#)

[HTA](#)

[Hawkins\Brown](#) + [Build the Way](#)  
[London School of Architecture](#)



And more!

See the full programme at <https://www.beyondtheboxcic.com/festival-of-the-future-2026>

Book your free ticket [here](#)



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**For those wanting to go straight into work after Sixth Form**



The regions Biggest Job Show | Meet the UK's leading employers | thousands of jobs available!  
Join the London Job Show at Westfield London!

 **Dates:** Friday, 16th October OR Saturday, 17th October 2026

 **Time:** 11:00 AM - 5:00 PM both days

## Why Attend?

The London Job Show is back, and it's the perfect time to take your career to the next level!

With top employers, real-time application opportunities, and on-the-spot interviews, this event makes job searching fast and simple.

- **Direct Access to Employers:** Meet the UK's top hiring companies in person.
- **Opportunities for Everyone:** From senior roles to apprenticeships and entry level positions, both full time and part time.
- **Stand Out:** Let your personality shine— some employers are conducting interviews at the event.
- **Get Your Questions Answered:** Talk directly with employers to learn about roles and work culture.
- **Free Career Workshops & Seminars:** Attend sessions that boost your job search skills.

## Important Note

***Please note: Sponsorship jobs are not available. All visitors must already have the right to work in the UK.***

Book your free place [here](#)



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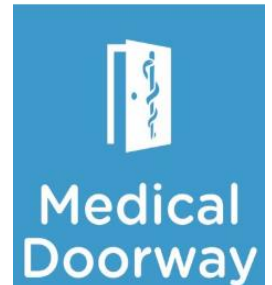
[School LinkedIn](#)

## For those wanting to go into Medicine, Dentistry or Veterinary Science abroad

**Sat 5th Dec, The Royal Society of Medicine, W1G 0AE**

Get Into Medicine UK (Medical Doorway's annual Open Day) is the UK's only dedicated education fair for students looking to study medicine, dentistry or veterinary medicine abroad.

Book your free ticket [here](#)



## For those interested in Law

Does a legal career within an international organisation sound like something you'd be interested in? Join us for an exclusive virtual event with Clifford Chance, one of the world's leading law firms, to gain valuable insights into the profession and explore the opportunities available to kickstart your career.

### Event Details:

- **Event:** Insight to Clifford Chance
- **Date:** Friday, 9th of October
- **Time:** 5:00pm - 6:30pm
- **Location:** Virtual
- **Who Can Attend?** Year 11, 12, 13 students (S4, 5 & 6)

### Why Attend?

Clifford Chance is renowned for its dynamic and inclusive culture, delivering exceptional law services to **businesses of all sizes across the UK and internationally**. With a global network operating in **23 countries** and **34 offices** worldwide, Clifford Chance offers unmatched opportunities for students to gain valuable experience in Law.

This event is a must-attend for students considering a career in law. It offers insights into life at Clifford Chance and how to join their **student programmes**, such as ACCESS, and their industry-leading **training contracts**.

To find out more about Clifford Chance, click [here](#) and to sign up for the insight session, click [here](#)

# Clifford Chance



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For those interested in biochemistry, medicine and healthcare



Sign up [here](#) for the free talk on Unravelling The Helix on Tues 6th October 10-12 (ideal if you have a Free or TSS)

Join Central and South Genomics for **Unravelling the helix: How genomics is revolutionising healthcare**, a webinar for key stage four and five students looking to move into healthcare careers.

Genomics is increasingly being adopted in routine medicine across a range of NHS professions, from scientists, midwives, and nurses through to pharmacists and doctors. Genomics can personalise medicine and be used to prevent disease.

Learn about genomic medicine and how it's changing the healthcare sector whilst enhancing your studies, preparing for interviews and boosting your personal statements for UCAS. This webinar will cover a range of topics, including:

- What is genomics/genetics and how is it used to diagnose and treat disease?
- Family history
- Generation Study: Using Whole Genome Sequencing to diagnose 200 treatable genetic conditions at birth
- Genomic research
- Genetics in medical specialties



**Central and South  
Genomics**