

6th February 2026

Careers at Sedgehill Academy

Insight Talk Follow Up

Dear Parents & Carers of KS3 Students,

On Thursday morning, all students in KS3 heard from Simon Jeal, Labour Cllr. for the Penge & Cator Ward in Bromley.

Simon spoke of his career journey from law into working in local government and with a homelessness project. I would encourage you to speak with your child about the talk. To help facilitate this, I have included some links to useful pages which touch upon what was discussed today:

Options in Year 9: Simon spoke of how he wished he had kept his options more open when younger: in particular, keeping a science as a running thread through to the age of 18. It is never too early to have conversations about next steps, and guidance on the options process can be found [here](#).

If students maintain an English, Maths, and Science qualification (usually A-Levels) to the age of 18, then they have the broadest possible range of options.

Law: like Simon, many of our students have expressed an interest in Law. This is a prestigious, rewarding, and demanding career. Students who are interested in law are often eligible for support from the Sutton Trust – more information found [here](#).

Volunteering: whilst entirely dependent on the organisation, students can often volunteer time with organisations. Whilst we would always recommend volunteering with a group you are affiliated with (your local football club, for example), [Lewisham Local](#) has a broad range of opportunities available. Volunteering can lead to future work experience or employment, develops incredible life skills, and makes a future application stand out from the pack.

Apprenticeships: An apprenticeship is a paid job and training program where you learn a skilled trade or profession through hands-on experience with an expert, combining on-the-job work with formal study for a recognised qualification, allowing you to earn a wage while gaining practical skills for a career. It's a structured way to gain real-world experience and industry-recognised credentials, often taking up to 20% of working hours for off-the-job training. More and more young people are using apprenticeships as their way into work, and [Talking Futures](#) has a fantastic range of resources to help facilitate discussions at home.

Students are always welcome to talk to me about their careers in the **atrium careers office** or **D012**.

Yours sincerely,



Mr Stuchfield

Associate Assistant Principal

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