

FOOD BANK UPDATE

We would like to start with a huge thank you to the very charitable students who have donated food and household items to the tutor group hampers. Aimee and Olivia, our charity committee have collected up all of the donations, which will be delivered to the Sudbury Food Bank ready for distribution over the coming weeks.

SHOP LOCAL

A few weeks ago, we shared a flyer from the Sudbury Chamber of Commerce promoting their 'Shop Local' campaign ahead of Christmas. Our Head Boy George and Head Girl Milly had a photo opportunity with the Chamber's Chairman Robin Bailey last week, showing off the fantastic flyer. The Suffolk Free Press article and photo can be viewed [here](#). And don't forget...shop local and support Sudbury small businesses!

ALUMNI STORY - GEMMA DEACON – CAMBRIDGE UNIVERSITY

We were all immensely proud of Gemma Deacon when she managed to secure a place at Cambridge University after leaving us in July this year. Gemma has been settling in well at St Catherine's College (or Catz, as it's also known) and has even found time to write up her experiences for the Catz website. You can read Gemma's story [here](#).

UPDATE FROM THE HEAD BOY AND GIRL

This week we have been busy with festivities as well as university preparations. The community committee has been asking for help with their amazing garden proposal. If any of you can help with this, please get in touch with Hannah McGrath-Wells or Rosie Young. They have also been busy making plans for Christmas cards to send to care home residents. We held our Covid-secure parliament meeting with some amazing proposals, especially towards sustainability, coming soon.

TED TALK OF THE WEEK

'Sleep is your Superpower' – with Matt Walker. Click [here](#) to watch.

INVESTIN YOUNG DOCTOR PROGRAMME – A REVIEW

Year 12 student and aspiring doctor, Bradley Kirby-Taylor recently took part in an online session facilitated by InvestIN and aimed at those students wishing to follow a medical career. Bradley has kindly fed back his experiences of the programme. Here's what he had to say: "Over the weekend I took part in the Young Doctors Programme run by InvestIN Education. I would highly recommend this programme to anyone considering becoming a doctor. It was really helpful because they covered details about med school, informed you how to write a good personal statement, demonstrated good interview techniques, gave an idea of what a doctor actually is and gave us access to a lot of resources- PowerPoints and



doctors you can ask questions to etc. What I found most useful was the interaction between doctors/med students and us. You could answer polls and have your questions answered - this helps give you the best idea of what you will do for your job choice. If you want something more hands on and enjoy a fast pace, you could be a surgeon or a doctor in the ICU or A&E. Through the discussions I discovered that there are some key skills which are important if you are wanting to become a doctor. You need great communication skills, organisation, patience, passion and an ability to work under pressure. One example where great communication is absolutely key, is when you hand over at the end of a shift. You need to tell the incoming staff who's at high risk, who to watch and what you have done for the patients.

UNIVERSITY NEWS

This week's [Uni Taster Days](#) bulletin contains links to Psychology Expert Experiences, Modern Language and Translation graduate stories as well as Drama and Geography taster sessions amongst others.

Essex University online offerings

[University of Essex](#) are offering a whole host of online events over the coming months, including parent/guardian networking, History conference day and virtual open days. To register for any of these events along with many others, you will need to register [here](#).

CAREERS NEWS

Amazing Apprenticeships ASK

Amazing Apprenticeships ASK sessions allow students and parents to access bespoke careers support, workshops, careers fairs and much more. So, if you are considering an apprenticeship after leaving sixth form then [register now](#), as sessions are booking up quickly.

Economist Degree Apprenticeship Programme

Join an exclusive webinar on **Monday 14th December from 4pm-5pm** with the Government Economic Service to find out about their Economist Degree Apprenticeship Programme, opening for applications the very same day.

With 70+ vacancies available, this is the chance for students and parents & carers to find out how to apply. [Book Your Place](#)

Apprenticeship Opportunities with Willis Towers Watson

(Voted #1 Apprenticeship provider in the sector)

Insurance Apprenticeship Programme (Ipswich/London/Henley) [Click here for more info](#)

Technology Apprenticeship Programme (Infrastructure Technician) Ipswich [Click here for more info](#)

Pensions Administration Programme Apprenticeship (Welwyn Garden City) [Click here for more info](#)