



ISSUE NUMBER 3 • JULY 2024

# TOWNLEY

## Careers Newsletter

FROM THE TOWNLEY CAREERS TEAM

### WHOLE SCHOOL NEWS

#### MEET OUR NEW CAREERS TEAM!

Welcome to the newest edition of the Townley Careers Newsletter brought to you by the new careers prefect team for this academic year!

##### **Romani P**

Deputy Head Girl | Head of Community

My A levels include Maths, Biology and Chemistry, and I am aspiring to study medicine! Within my senior prefect role, I look forward to working across the years for new initiatives to bring the community together.

##### **Yu Shen C**

Senior prefect | Careers

My mission is to provide an opportunity for all students to gain a better understanding of their desired career path through providing work experience, speakers from different types of careers and career-related assemblies; This would provide many opportunities so that you have the best chance of finding your desired future for a fulfilled lifetime. My A-Levels include Economics, Maths and Sociology.

##### **Chhavi S**

Senior prefect | Extra curriculars & societies

I am excited to share my vision for the year ahead! My aim is to enhance the role of clubs and societies in our school life and career development in order to make the most of these opportunities and develop essential skills while bringing the school together. My A-Levels are Maths, Chemistry and Biology.

##### **Norah D**

Senior Prefect | Eco/Sustainability

My A-levels are German, Geography and Politics and I hope to study Geography at university! I hope to use Geography to go into something related to climate change and I look forward to working with everyone in order to promote further sustainability at Townley.

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### Y9 GOSH TRIP TO GREAT ORMOND STREET HOSPITAL



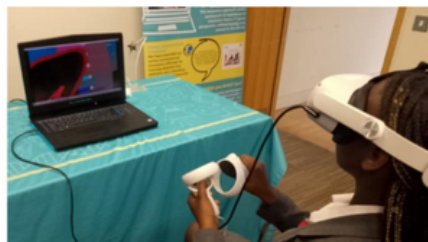
In July, 20 Year 9 students with an interest in a career in healthcare were invited to participate in the NHS Kickstart 'Going above and Beyond' event held at the Great Ormond Street Hospital Learning Academy.

GOSH have designed and implemented an initiative to support and educate young people on the many careers available to them across the NHS.



Their teams supporting this offering are Apprenticeships, Medical, Nursing, ICT, Healthcare Scientists, Pharmacy, Allied Health Professionals, Estates and Facilities (to name a few), all dedicated to giving helpful advice to young people about their journey and the pathway taken to join the NHS, as well as answer any questions they may have.

We were introduced to the many different careers within the NHS through a presentation which also highlighted over 80 apprenticeships currently available and growing. The group then visited an interactive exhibition where they met people with different jobs and tried out equipment they use in their day-to-day activities.



“The trip allowed me to experience healthcare simulations and fuelled my aspirations to go into the medical field”

DHYANVI P  
Y9



### Y12 FINANCE INSIGHT DAY AT KPMG

In June, 20 Year 12 students, with an interest in working in Finance, were invited to a 'Day in the Office' event at KPMG Canary Wharf, by one of our Alumni. KPMG operates in 143 countries and territories across the globe, offering audit, tax and advisory services.



After an introduction to the industry, and history of KPMG, Grace explained more about what KPMG does and where the company fits in the Finance industry. As an apprentice in her second year, Grace provided an insight into the type of work she does on a daily basis and how her career has developed. Introducing the different pathways available at KPMG, students were surprised to learn how many different types of apprenticeships were available. Asking questions about the application process and why Grace had chosen this route was useful to those considering apprenticeships. A graduate who had joined KPMG recently gave an insight into the graduate entry process and opportunities available. Another colleague who was co-presenting told us his career journey and why he was now at KPMG and the work he was currently doing.

The group then participated in an interview and CV workshop with the KPMG employees giving useful advice in preparing for interviews and assessment centres, the usual recruitment process for apprentices and graduates. After lunch, the students participated in an Investment Challenge where they had to select which company an investor should spend their £500,000. Given various facts about each company, they were tasked with producing a presentation on their recommended choice and for all in the group to present.

*“It was a very insightful day observing the daily life of someone working at KPMG, giving me a vision into my future in finance.”*

AGSHANA J  
12.3





There are many brilliant clubs, societies, and extracurriculars offered here at Townley, but today we want to focus on Townley's recently formed Asian Society.

A message from the team:

Our team of Year 12 students launched this society in September, initially as the Townley South Asian Society exclusively for the sixth form. We brought the sixth form community together with engaging discussions, games, quizzes with prizes, Asian snacks, and cultural debates, such as "Do you agree with arranged marriages?" Our final event as a South Asian Society was a lively movie night in the theatre to help everyone de-stress at the end of the term.

We then collaborated with other students to expand into an Asian Society, encompassing all cultures with our diverse team and extending our reach to the entire school. This allowed us to bring together the whole school through fun activities and cultural learning. Our sessions have included quizzes, origami, and learning different Asian languages, with more to come.

One of our recent events was a highly successful bake sale, where we sold pandan cake, jalebi, samosas, mogu mogu, cupcakes, donuts, and more. We raised over £210 and completely sold out! We have also planned a refreshing drinks sale for the end of the year, featuring mogu mogu, mango lassi, kulfi, and more.

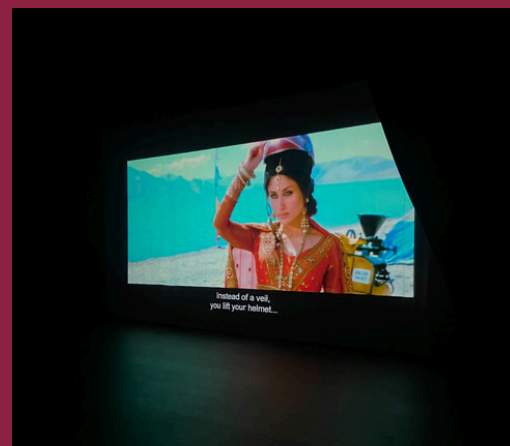
We welcome you to be a part of this community to learn and engage in fun activities every week!



## Social Prescribing: A Catalyst for Community- Centric Development?

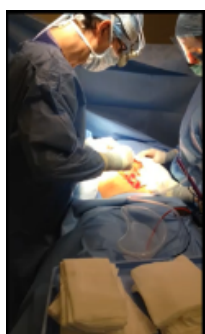
Engaging in extracurriculars and societies both enriches our school experience and contributes to our careers. Much like social prescribing, which enhances community well-being by referring individuals to non-medical activities within their community, these activities improve our health and well-being. For example, the property development industry now emphasises creating connected communities that enhance residents' well-being, making these spaces more than just residential spaces.

Our school clubs and societies build essential skills like teamwork, leadership, and communication. These skills demonstrate our initiative and commitment to balancing academics with extracurriculars, ensuring a healthy work-life balance.



### IMPERIAL COLLEGE VIRTUAL WORK EXPERIENCE

Between 24th-27th June, Divine, Nneamaka, Keira and Romani took part in the Medical work experience at Imperial. They explained how it was extremely important to work as a team as they acknowledged GPs have extremely important roles in order to provide holistic care for patients. A day of virtual medical work experience at Imperial consisted of occupational therapists, physiotherapists, pharmacists and nurses giving an insight on what it's like to be in their career, the skills you need and how they got to where they are.



14	21.00 - 24.00	08.00 - 0.00	08.00 - 0.00	08.00 - 0.00
15	0.00 - 17.00	21.00 - 24.00	21.00 - 24.00	21.00 - 24.00
16	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00
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23	21.00 - 24.00	08.00 - 0.00	08.00 - 0.00	08.00 - 0.00
24	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00
25	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00
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27	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00
28	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00
29	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00
30	21.00 - 24.00	08.00 - 0.00	08.00 - 0.00	08.00 - 0.00
31	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00
32	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00	0.00 - 17.00



From this work experience, Divine learned that there will always be different pathways to get to where you want to be; for those who are scared of failure, there are always different career paths which gives provides an opportunity to adjust and prepare for another career pathway if things 'don't' go to plan. She is looking to study pharmacy at a London University.

Nneamaka realised that after the medical work experience, she preferred to work in the emergency department since she found it difficult for her mental health to see a patient deteriorating over time. As a result, treating patients in one-time scenarios much better suited her.

Keira had learnt the process of taking blood as well as how doctors diagnose emergency situations when there is a very big time pressure. This allowed her to learn more about what a career in the different sections of medicine would look like. She is looking to study Medicine/ Biomedical engineering in the future.

Romani learnt that there was lots of teamwork involved in medicine, ranging from public health specialists and nurses working together to provide quality care for patients. It gave her an idea of what the job may consist of and a clearer idea of the pathway into it. She is looking to study medicine or a STEM related degree in the future.

“Life as an emergency consultant is hard, learn time management to prioritise healthcare work.”

NNEAMAKA O  
Y12



## ALUMNI BIOGRAPHIES

Once a student leaves Townley Grammar School in either Year 11 or year 13 they can opt to become part of the #We are Townley Alumni community. Alumni are always willing to give back to their school and participate in the school's activities, especially in Careers.

We asked for Alumni to share their career pathways since leaving Townley and have had some very interesting responses to share. All were asked to give a brief summary of their journey since leaving, their current position with any notable accomplishments in their field.

To build on our 'Beyond Limits' provision, we also asked if they had any ideas for a podcast as we plan to provide Townley students with more opportunities to explore their subject further outside their curriculum. Here are a couple of our alumni's stories:

### Emily Griffiths 2012-2019

Emily left Townley in 2019 and is in the early stages of her career. She was at Townley from Years 7 - 13 and finished her A-Levels in summer 2019. She then completed a law degree at LSE between 2019 - 2022 and studied the Bar Course at the Inns of Court College of Advocacy between 2022 - 2023. The Bar Course is the academic component of training to be a barrister and culminates in the Bar Exams. Students are awarded a post-graduate diploma upon completion and referred to as 'unregistered barristers'.

Since completing her Bar Exams, she has been working as a senior criminal defence Paralegal at Langfield Law, a West-London based law firm. She independently caseworks around 50 Crown Court cases at any given time. Her job at the moment involves managing cases from the police station to trial and she often visits her clients in prison or in meetings at their office to review the evidence against them and prepare their defence. She is due to start her pupillage in October 2024.

She will be specialising in criminal law and taking cases both as the defence and prosecution advocate. A pupillage is the final stage of training to be a barrister and will involve 6 months of shadowing/assisting more senior barristers, then 6 months of appearing in court on her own cases with the supervision of a more senior barrister.

*"Be so good  
they can't  
ignore you."*

STEVE MARTIN



## ALUMNI BIOGRAPHIES

### EMILY GRIFFITHS CONTINUED..

...This second stage will involve her reporting back to her supervisor but she will be in court alone. Once she has completed her year-long pupillage, she will become a fully qualified barrister.

#### Current position and achievements:

At university she was named on the 2021/22 Dean's List for academic achievement in connection with a dissertation she wrote for her International Protection of Human Rights module. Her dissertation was titled "A Politics of Resistance and Counter-Resistance." How Effective are Human Rights Mechanisms at Preserving the Exercise of Indigenous Peoples' Land and Hunting Rights in Canada?'. She was awarded a fully-funded scholarship to complete her Bar Course. These scholarships are awarded based on merit after a written application and an interview with practicing barristers

#### Any ideas for a podcast

In terms of ideas for a podcast, an explanation of how to become a barrister with advice on improving one's cv would definitely have benefitted her when she was in sixth-form. She did not know anyone in the legal field let alone at the Bar and so she had to learn to navigate the complicated route to becoming a barrister alone through online research.

The process of researching what the relevant experience was and how to gain this experience was quite daunting at first. She was also told on multiple occasions (as many others are) that her lack of personal connections in the legal field and attendance at a state school would set her back. This was not the case at all.

Finally, she was concerned about funding the years of study required to become a barrister and the additional events/experience required for a strong application - she would have benefitted from reassurance about the wide range of funding opportunities and scholarships available

"If  
opportunity  
doesn't  
knock, build a  
door."

MILTON BERLE



## ALUMNI BIOGRAPHIES

**Funmi Olutoye 2000-2005**

An NCTJ-qualified multimedia journalist, producer/director and writer with 14 years' experience in the media industry. She attended Townley Grammar School from 2000 to 2005 before heading to be a boarder at St Edmund's College in Hertfordshire to complete her A-Levels.

Funmi attended the University of Birmingham and graduated with a 2.1 in English. She then went on to complete a National Council of Training Journalists qualification in Multimedia Journalism from the journalism school, News Associates.

Since finishing her studies, successful track record of filmmaking, Funmi has produced a variety of television shows, features and documentaries. She is passionate about telling powerful stories, particularly those who often escape the spotlight. Funmi has worked at numerous organisations such as BBC Radio London, South London Press, Birmingham Mail, The Voice Newspaper and more. She was a series 1 reporter for the Community Channel's London news magazine show, London 360. She has published articles in the Evening Standard, Stylist and Grazia. She has also written opinion pieces for The Independent and the Metro.

In 2012, she was one of four people selected for the ITV News Traineeship working in Leeds, Bristol and Southampton as a junior producer. Funmi then went on to spend more than 3 years at the local television station London Live from its inception - working her way up from the planning desk up to a video journalist and presenter of the channel's flagship live Notting Hill Carnival show. Since joining ITV Daytime in 2017, Funmi has worked on three of its shows: Good Morning Britain, Lorraine and This Morning. Funmi is currently a full-time Features Producer at Good Morning Britain; getting the nation talking about the show's most fiery and talked-about debates, lead producing on the GMB's Black History Month coverage and self-shooting films for the show's annual flagship Christmas campaign, One Million Minutes.

**Current position + achievements**

I'm a television producer at ITV Good Morning Britain. I was recently named as a BAFTA Breakthrough talent for 2023 - one of 20 in the UK and one of 42 globally.

Podcast ideas:

How to break into the media industry

How to navigate corporate spaces as a black woman

How to network

Being an introvert in an extroverted world



“The number one reason why I wanted to enter TV journalism was to meet as many people from different walks of life as possible. I've found that the more people you speak to the more your horizons broaden and you understand them better.”

F OLUTOYE

## OBSCURE OCCUPATIONS

### “I DON’T KNOW WHAT I WANT TO DO!”

A Food Stylist is a job not many people have probably heard of, one of the more niche but incredibly important parts behind the making of all your favourite films and TV shows. They play a key role in almost every advertising campaign, whether food is the main focus or simply part of the background and so if you’re thinking about a less up-front role within media and love cooking, it could be an ideal path for you!

Typically, a food stylist’s job consists of baking, cooking and styling a couple of dishes up to hundreds. Before the actual day it also consists of lots and lots of planning about whether certain ingredients will hold up under harsh lights.



For example, on the set of the Midsommar, Food Stylist Zoe Hegedus replaced what was meant to be an egg yolk on screen with edible pieces of mango on orange that wouldn’t lose their colour over the long hours of filming. She also replaced the meat in meat pies with a mixture of cocoa powder and oats so that even after sitting in the hot sun for hours, the actor could still take a bite out of them for the shot.

Food Styling is a job that contains both aspects of science and culinary skills, and many food stylists didn’t begin as food stylists, instead starting from jobs ranging from Baker to Camerawoman. While it doesn’t need a degree, it needs a passion for food, an understanding of science and how something will appear on camera, as well as a good amount of planning ability in order to focus on things like recipe development or how long a dish will last before it’s inedible for the actors anymore.

All in all, Food Styling is an interesting career path for anyone looking to do something incredibly versatile including science, cooking and media. It’s a job that changes everyday, depending on if it’s a book, or an ad or a movie that is being worked. It allows you to dive deep into combinations most people wouldn’t have thought of and overall allows a large amount of creativity.

Author’s note: Hi! Are you someone that isn’t sure what they want to do in the future? You’re in the right place- this column will cover jobs you may not have heard of before, to help you find your perfect job.

It will cover a wide range of industries, so keep an eye on here, as there will be something for everyone.

Also, please feel free to visit Ms. Williams, our amazing careers advisor at townley- if you’re feeling unsure, she will help you find your perfect path. I hope that this column will help you in your journey towards your future!



## SIXTH FORM NEWS

### Y12 WORK EXPERIENCE PLACEMENTS

This month, Zayan and Jakub completed law work experience with Old Bailey, providing an opportunity to learn about the proceedings of court and skills needed to be a lawyer. The day consisted of going through security and witnessing a suspect found guilty of a stabbing from court 14. With career interests in history and corporate law, this work experience provided insights into the research and analytical skills needed for this role.

Recently, Diya completed a placement at Queen Elizabeth Hospital for 5 days. She learnt clinical skills through performing an ultrasound of premature babies and saw the daily responsibilities and realities of the career. She saw how crucial it is to have good organisation, time management and communication skills. Here is a brief account of what a day in the work experience looked like: "I started each morning with handover of the night shift to the morning shift where we went through each patients what meds they are on and treatments and what further steps are to be taken. I spent a day in different areas in paediatrics including neonatal, clinical, wards etc. did ward rounds each morning and spoke to patients and family about what is going on and the next steps. Shadowed doctors on doing different jobs like collecting blood tests etc and saw in appointment and saw what they did in diagnosing and well as a sickle cell clinic as it was sickle cell week."

Mojola also completed work experience at Darent Valley Hospital. She learnt about the importance of communication and teamwork in medicine. Her day started at 9am in the paediatric unit where she would shadow 2 consultants a day - the experience greatly helped her reaffirm her interest in medicine.

### HAVE A GREAT SUMMER BREAK!

## EDITOR'S NOTE

Thank you for taking the time to read Townley's Careers Newsletter!

If you have any feedback for us please email Mrs Williams at [wwilliams@townleygrammar.org.uk](mailto:wwilliams@townleygrammar.org.uk) or talk to one of the careers prefects - Romani P, Yu Shen C, Chhavi S, Norah C-D

"The road to  
success is always  
under  
construction"

ANON

