



# GUIDE TO POST-NEWHAVEN

This guide has been created to support students and their families in thinking about the next steps after leaving Newhaven School.

Whether your young person is preparing for post-16 education, training or employment, the information here will help you explore pathways, understand the options available, and plan with confidence.

Our aim is to make the transition as smooth as possible, ensuring every learner has the support, guidance, and opportunities they need to move successfully into adulthood.

If you have any questions regarding planning for your young persons next steps please do get in contact with our Careers Lead, Paige Crosby.

***Your next chapter can be your best one yet.***



MAKING  
INFORMED  
DECISIONS

# THE NEWHAVEN CAREERS TEAM



## **Paige Crosby - Career Lead & Advisor**

Paige is Newhaven's dedicated Careers Advisor, supporting students and their families in planning for the future. Her role is to ensure that, by the time students leave Newhaven, they have received thorough careers guidance, gained relevant work experience, and developed a clear understanding of the wide range of post-school pathways available.

For students or parents seeking additional advice or support with future planning, appointments can be arranged through Mentors or the Pastoral team. Paige can also be contacted directly at [pcrosby@newhaven.greenwich.sch.uk](mailto:pcrosby@newhaven.greenwich.sch.uk) for guidance and queries.



## **Simon Connolly - RBG Careers Advisor**

Simon Connolly is a Careers Advisor employed by the Royal Borough of Greenwich, providing additional support to help students make informed decisions about their future beyond Newhaven. He works closely with students who have an EHCP, ensuring that their individual plans effectively support their transition and next steps. Simon's guidance is focused on helping each student achieve the best possible outcomes in their chosen pathway.

# THE NEWHAVEN CAREERS TEAM



## **Sue Ford - Transition Mentor**

Sue is the Transition Mentor at Newhaven, providing tailored support to help students move confidently into their next step after leaving school. This includes travel training, accompanying students on 1:1 or small group college visits, and assisting with the setup of work experience placements. Sue ensures that students are well-prepared and settled in their new provision, and continues to offer guidance and support until December following their departure from Newhaven. Her role is designed to help students and families navigate transitions smoothly, addressing any challenges along the way and promoting confidence and independence in post-school pathways.



## **Sharon McBain - Transition Mentor**

Sharon supports students in both Newhaven's outreach provision and on-site, helping them overcome specific barriers to progressing successfully after leaving school. She works closely with students to provide personalised guidance, including travel support, college and training visits, and assistance in arranging work experience or other opportunities. Sharon ensures that students are well-prepared for their next steps and continues to offer tailored support throughout their transition, addressing challenges as they arise and helping both students and families navigate the move into further education, training, or employment with confidence.

# UNDERSTANDING THE DIFFERENT COURSE LEVELS

Before you explore your post-16 options, it helps to understand how qualification levels work. Understanding the different course levels will help you feel confident about your next steps. These levels are designed to build skills gradually, allowing you to progress at a pace that suits your needs while still aiming high.

## Entry Level (Entry 1, 2 and 3)

### Who is it for?

Students who benefit from learning that is highly supported and practical.

### What does it cover?

Entry Level courses focus on building confidence in core skills such as English, Maths, communication, independence and basic vocational skills.

### Where can it lead?

- Foundation and Level 1 college courses
- Supported internships or training programmes
- Stepping stones to independent living and employability skills

This is a great starting point for students who learn best through small steps and hands-on activities.

## Level 1 (Equivalent to GCSE grades 1–3)

### Who is it for?

Students who are ready to build on their basic skills and explore vocational subjects such as construction, childcare, health and social care, catering, or motor vehicle studies etc.

### What does it cover?

Practical learning with some theory, helping students gain confidence and prepare for further training.

### Where can it lead?

- Level 2 vocational courses
- Traineeships
- Supported or entry-level employment

This level helps students discover what they enjoy and where their strengths lie.

# UNDERSTANDING THE DIFFERENT COURSE LEVELS

## Level 2 (Equivalent to GCSE grade 4/5 or Level 2 vocational)

### Who is it for?

Students who can work more independently and are ready to develop stronger technical, academic or employment-focused skills.

### What does it cover?

A mix of theory and practical work. Level 2 is often required for apprenticeships and many college pathways.

### Where can it lead?

- Level 3 courses
- Apprenticeships
- Employment with training

Level 2 opens important doors, especially for students who want to work towards a skilled trade or technical career.

## Level 3 (Equivalent to A Levels or advanced vocational qualifications)

### Who is it for?

Students able to manage more complex tasks, study more independently, and commit to a higher level of learning.

### What does it cover?

Advanced knowledge in a chosen subject or vocational area such as engineering, health and social care, ICT, or creative arts etc.

### Where can it lead?

- Higher apprenticeships
- University or other higher education routes
- Skilled employment

This level is ideal for students who want to specialise and keep as many future pathways open as possible.

# UNDERSTANDING THE DIFFERENT COURSE LEVELS

## Higher Education (After Level 3)

Higher education includes higher apprenticeships, foundation degrees, and full university degrees.

It is suitable for students who have completed Level 3 and want to:

- Train for a specific profession (e.g., teaching assistant, ICT technician, nurse, social worker)
- Build advanced skills to access well-paid, skilled careers
- Continue slowly and steadily through higher-level apprenticeships while earning a wage

Higher education is an option for some students later on, even if they begin at Entry Level or Level 1. Progress is individual, and many students move through levels gradually.

Every student has their own journey. Some will start with Entry Level and grow steadily, and others may progress to higher levels as they gain confidence and experience.

What's most important is choosing the right place to begin and remembering that there are always opportunities to move forward.

We want students to aim high, but also to follow a pathway that helps them thrive, feel confident and move towards independence at a pace that works for them.

# UNDERSTANDING THE DIFFERENT COURSE LEVELS

QUALIFICATION LEVEL	COURSE LEVEL	FULL TIME STUDY PROGRAMME	APPRENTICESHIP ROUTE
6	Honours Degree	Honours Degree	Higher Apprenticeship
5	Foundation Degree or Higher National Diploma	Foundation Degree or Higher National Diploma	Higher Apprenticeship
4	Higher National Certificate	Higher National Certificate or Level 4 Diploma	Higher Apprenticeship
3	A-Levels or Access to Higher Education	Level 3 Diploma or NVQ or T-Levels	Advanced Apprenticeship
2	GCSEs A*-C/9-4	Level 2 Diploma or NVQ	Intermediate Apprenticeship
1	GCSEs below grade C/4	Level 1 Diploma or NVQ	Traineeship
ENTRY LEVEL	GCSEs below grade E/2	Entry Level or Foundation Learning	Supported Internship/ Traineeship

# CHOOSING THE RIGHT PATHWAY FOR YOU

After Year 11, you'll have more choice than ever before. Whether you're interested in further study, hands-on training, or heading straight into the world of work, there's a pathway that fits your strengths, interests, and goals. This section will help you explore your options, understand what each route involves, and feel confident about the decisions you make. You don't need to have everything figured out right now — this is simply your chance to discover what feels right for you and take the next step with clarity.

## Sixth Form

### **What it is:**

A school-based option where you study A levels or other Level 3 courses.

### **Who it works for:**

Students leaving Y11 who enjoy academic subjects, classroom learning, and want broad future options, including university.

### **What you get:**

Structured lessons, classroom based learning and the chance to study subjects in more depth.

## Sixth Form College

### **What it is:**

A larger, more independent post-16 setting offering both A levels and vocational courses often from Level 1 - Level 3.

### **Who it works for:**

Students up to the age of 19 who want hands-on, vocational learning alongside the option to study in a more adult, flexible environment.

### **What you get:**

Specialist facilities, varied course options, and greater independence to prepare you for higher study or work.

# CHOOSING THE RIGHT PATHWAY FOR YOU

## FE College

### **What it is:**

A further education college offers vocational courses, technical qualifications and apprenticeships often from Level 1 - Level 3.

### **Who it works for:**

Students who enjoy practical, hands-on learning and want to focus on a career or trade while gaining recognised qualifications.

### **What you get:**

Specialist workshops and equipment, real-world skills, and courses designed to prepare you for work, apprenticeships or further study.

## Supported Internships

### **What it is:**

A structured programme for students usually at Entry Level or Level 1 that combines work experience with learning, designed for those with additional support needs.

### **Who it works for:**

Students who want to gain practical work experience, build confidence, and develop skills for independent employment with support.

### **What you get:**

Real workplace experience, tailored support, and help to move into paid employment or further training.

# CHOOSING THE RIGHT PATHWAY FOR YOU

## Traineeships

### **What it is:**

A short, work-focused programme for students usually at Entry Level or Level 1, combining training with practical experience.

### **Who it works for:**

Students who want hands-on experience, build workplace skills, and gain confidence before starting full-time employment or an apprenticeship.

### **What you get:**

Work experience, employability skills, and support to move into a job, apprenticeship, or further study.

## Apprenticeships

### **What it is:**

A paid job that includes training, often at Level 2 or Level 3, and sometimes higher, letting you earn while you learn.

### **Who it works for:**

Students who enjoy hands-on, practical learning and want to gain real work experience while studying for a recognised qualification.

### **What you get:**

A salary, workplace skills, qualifications, and experience that can lead to long-term employment or further study.

## University

### **What it is:**

Study a degree (usually Level 6) in a subject you enjoy.

### **Who it works for:**

Students who want to specialise academically and open career opportunities.

### **What you get:**

A recognised degree, independence, and skills for future careers.

# 6TH FORMS

Below is a list of sixth-form schools in our area — each offering pathways for students ready to continue learning beyond Year 11. Use this list to explore where further academic study could take you next and find the place that feels right.

**Thomas Tallis**

**Harris Academy Greenwich**

**Plumstead Manor**

**Royal Greenwich Trust**

**Haley Academy**

**Eltham Hill**

**Woolwich Polytechnic**

**Blackfen School for Girls**

**The John Roan**

**Stationers Crown Woods**

**Harris Academy Falconwood**

**Welling School**

# 6TH FORM COLLEGE

Below is a list of sixth-form colleges in our area — each providing a range of courses designed to support your next steps after Year 11. Use this guide to discover where further study could lead you, compare the opportunities available, and find the college that feels like the best fit for your goals.

**Shooters Hill Sixth Form College**

**Christ the King Emmanuel**

**Christ the King St Marys**

**Christ the King Aquinas**

**Newham Sixth Form College**

**Leyton Sixth Form College**

**Capital College**

**New City College**

# FE COLLEGE

Below is a list of FE colleges in our area — offering a wide variety of academic, technical, and vocational pathways for students moving on from Year 11. Use this list to explore the different routes available, discover new opportunities, and find the college that best supports your future ambitions.

**LSEC Greenwich**

**LSEC Bromley**

**LSEC Orpington**

**LSEC Holly Hill**

**Capel Manor College**

**Hadlow College**

**Lambeth College**

**Newham College**

**Access Creative College**

**Big Creative College**

**Southwark College**

**Lewisham College**

**North Kent College**

# APPRENTICESHIPS

Below is a list of apprenticeship providers in our area and websites that can be used to find an apprenticeship— offering hands-on training, real workplace experience, and the chance to earn while you learn after Year 11. Use this guide to explore different industries, compare opportunities, and find the apprenticeship pathway that matches your interests and future goals.

**Gov.uk**

**LSEC Colleges**

**North Kent College**

**JTL**

**City & Guilds**

**Berkley Homes**

**E4S**

**TFL**

**HSBC**

**BT**

**HB Academy**

**MIT**

# PREPARING FOR THE TRANSITION

## Choosing Subjects Wisely

Pick subjects you enjoy and feel confident in. These are the ones you're most likely to succeed in. If you have a career idea, check if certain subjects are needed but it's also okay if you're still exploring.

## Linking Choices to Future Plans

Think about what interests you, what you're good at, and what feels comfortable. Talk to staff or a careers adviser if you're unsure. Your choices should support your strengths, not add stress.

## Understanding the Workload

Post-16 study usually means fewer subjects, but more depth. There will be regular tasks to complete and more focus during lessons. Some pathways are more practical, while others are more academic. Knowing this helps you prepare.

## Independent Study

You'll be expected to do some work outside of lessons. This might include short tasks, reviewing notes, or practising skills. Routines can help; small, regular study times are better than long sessions.

## Building Confidence and Organisation

Simple strategies make a big difference:

- Use a planner or phone reminders
- Break tasks into small steps
- Ask for help early if you're unsure
- Set realistic goals
- Notice what you're doing well

With the right support and steady routines, the move to post-16 can feel much more manageable.

# PREPARING FOR THE TRANSITION

We know that moving on to post-16 education can feel worrying. You don't have to manage it alone. We offer several types of support to help you feel ready and confident.

## **Visits During the School Day**

Open days can feel busy, overwhelming, and not always like a normal day at college. We can arrange quieter visits during the school day so you can see what the provision is really like, meet staff, and get a sense of the atmosphere at your own pace.

## **Travel Training**

Getting to a new place can be stressful. We offer travel training so you can practice the journey and feel confident about how to get there on your own. This might include planning routes, walking to bus stops, or travelling together until you feel ready.

## **Meeting Key Staff**

Sometimes it helps to meet the people who will be supporting you before you start. Where possible, we can arrange introductions to tutors or support staff so the faces and names are familiar when you arrive.

## **Handover of Information**

We always complete a full handover with the pastoral team at your new provision. This means they understand your needs, strengths, and what helps you feel safe and supported.

## **Work Experience Support**

If it's helpful, we can try to arrange work experience before you leave us. This gives you a taste of the type of work you're interested in and helps you start building contacts. It can also make future work-experience placements on your post-16 course feel less daunting.

# SUPPORT AFTER YOU LEAVE NEWHAVEN

Our support doesn't stop when you move on to your new course or college. We know the first term can feel like a big change, so our transition mentors stay involved to make sure you settle in well.

## **Transition Mentors**

Your transition mentor will continue to support you for the whole first term after you leave us. They visit your new provision regularly to check in, see how you're doing, and help with anything that comes up.

## **Support in Your New Setting**

Mentors can:

- Pop into your college to check on your wellbeing
- Support you in lessons if needed
- Help with attendance or timetabling issues
- Join any meetings that may happen
- Stay in the background and quietly check in with staff to make sure everything is going well

You choose the level of support you want. Some students need more help, others just need someone keeping an eye from a distance.

## **Easy Contact When You Need It**

Your mentor will give you their work mobile number so you can text or call if you need advice, reassurance, or help solving a problem. You're never on your own.

## **Support for Parents and Carers**

Our transition mentors are also here for parents and carers. If you have worries about how your child is settling in, or if something doesn't feel right, you can contact the mentor directly. They can speak with the new provision on your behalf, help explain any changes, and keep you updated. Their aim is to make the transition smoother for the whole family, not just the student.

# PARENTAL GUIDANCE

Parents and carers play an important role in helping students make good choices and settle into post-16 learning. Here are some ways to offer support:

## **Supporting Decision-Making**

Encourage your young person to think about their interests, strengths, and future goals. Listen to their ideas, but don't pressure them, helping them explore options calmly works best.

## **Questions to Ask at Open Events**

- What support is available for students?
- How is behaviour and attendance monitored?
- How do lessons and independent study work?
- What are the options if a student struggles with a course?

Asking these questions helps you get a realistic picture of the provision.

## **Signs a Student Might Be on the Wrong Course**

- Persistent stress or anxiety about lessons
- Falling behind or losing motivation
- Avoiding attendance or avoiding tasks

If you notice these signs, contact the provider or us early — we can help find solutions.

## **Encouraging Independence and Self-Management**

Support your young person to take responsibility for homework, travel, and planning their week. Simple routines, check-ins, and praise for small successes can boost confidence and independence.

# 16–19 BURSARY

The 16–19 Bursary helps students with extra costs while studying post-16, such as travel, meals, equipment, or course trips. It can make a real difference if money is a concern.

## Who Can Get It?

There are two main types:

1. Vulnerable Student Bursary – for students in care, receiving Income Support, or with certain special circumstances.
2. Discretionary Bursary – for students who may need financial support due to low household income or other costs.

Providers decide eligibility, so it's worth checking with the college or sixth form.

## How to Apply

- Ask your new provider for a bursary application form.
- Provide any documents they request (such as proof of income or benefits).
- Applications are usually considered before the start of the course, but you can apply later if circumstances change.

We can support you with the form and provide advice on what evidence is needed.

## What the Bursary Can Cover

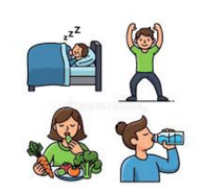
The bursary can help with costs related to studying post-16, such as:

- Travel – bus, train, or fuel costs to get to college or sixth form
- Meals – if you need support with food during the day
- Course equipment – uniforms, books, stationery, or specialist tools for your subject
- Trips or visits – if part of your course includes external activities
- Other essential costs – for example, exam fees, protective clothing, or childcare if applicable

Each provider decides exactly what support they can give, so it's important to ask when you apply.

# MANAGING REVISION & EXAM STRESS

1. Take a moment to breathe! Whether this is during the exam, before or after.
2. Keep it balanced. It is important to spend time revising but make sure you give yourself a break and time to relax and socialise.
3. The amount of revision may feel overwhelming. Try breaking it up into chunks and creating a daily/weekly timetable to know what you want to study and when. Be realistic about what you can achieve in a day. This can make revision feel more manageable.
4. Find a revision workspace and style that works for you. For example, working in silence or having background noise with sounds or music playing.
5. Work at a pace that suits you! Everyone is different in how they work. Some people prefer to read; others find it helpful to make notes or draw diagrams, while others prefer to talk things through.
6. Remember, you are allowed to ask for help! As a school we are here to offer support. Talk it through with a member of staff and they will be able to help you get the best support possible. You are not alone - lots of students are feeling similar!
7. It is important to keep healthy eating habits when revising and sitting exams. Drink lots of water and stay active. Even a short walk will help. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up. Breaking up revision with food and exercise will help you feel energised and keep concentration levels up.



# MANAGING REVISION & EXAM STRESS

8. Keep a self-care routine. It is important that you feel as good as possible to be as productive as you can when it comes to revising.



9. Make sure you're getting enough sleep - you won't perform as well if you're exhausted.



10. If you feel nervous about the time pressure of an exam, practice timing yourself during revision, or even try out some test papers. Make sure you seek the advice of your teachers to find out the best way to do this.



**Remember that results do not define you and you can find success no matter the outcome!**

**Plan in some treats to reward yourself and celebrate when its over!**



# RELAXATION

Life can be very hectic, whether you're at school, college or work. There may also be other factors in your life which keep you very busy too. As a result, the pressures of it all can sometimes feel overwhelming. It is important to give yourself time out to relax. This will help to switch off your mind and body. Relaxation is an essential part of maintaining positive mental wellbeing. Here are some different relaxation techniques for you to try:

## Imagery

With this exercise you will need a quiet space with little noise or distractions.

1. Visualise a place you find calming (an example could be; going for a bike ride, playing with a pet, somewhere you have visited, like the beach)

2. Now imagine you're painting a picture of this calming place. Think about every detail! Use your senses; sight, sound, touch, taste and smell.

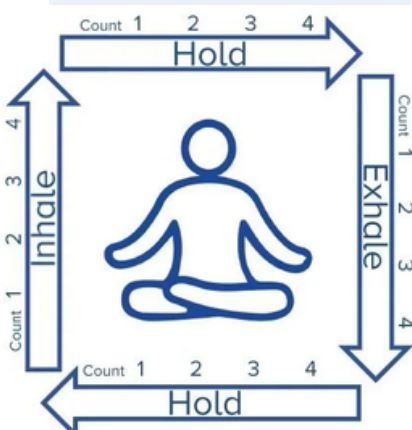


## Square Breathing

Repeat this process until you feel yourself becoming more relaxed.

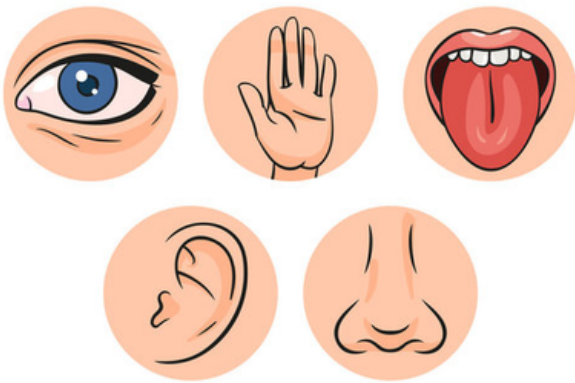
If you find it not working initially that is ok. Make sure you slow it down. A common mistake is to breathe too fast and rush through it. Take your time with each step.

Breathing exercises help you take your mind away and reduce stress. If your mind begins to wander (which is natural), return your focus to counting



# RELAXATION

## 5-4-3-2-1 Technique

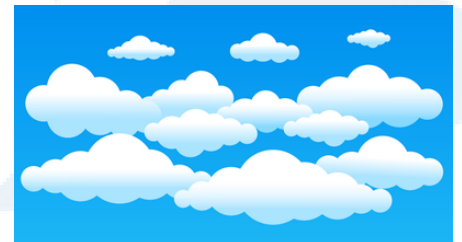


This is to get you to take in what is going on around you, using each of the senses. Try to pick out even the small details that you may not usually pay much attention to, e.g. distant sounds, or textures.

5. Things you can see
4. Things you can feel
3. Things you can hear
2. Things you can smell
1. Thing you can taste

## Cloud Watching

You can either find a shady spot outdoors where you can relax and look upward or a place by a window where you can watch the sky. Or, visualise the clouds in your mind.



## Body Scanning

This exercise gets you to focus your attention on the various parts of your body. You start with your feet and then work up. No need to tense any of your muscles, all you need to do is focus on how each part of your body feels, without thinking if it seems "good" or "bad".

As you're completing the exercise, let yourself be still. When your mind gets busy, gently bring your attention back to where you are focusing.

After completing the body scan, relax for a while in silence and be as still as you can. Then slowly open your eyes and stretch, if necessary.