



CAREERS NEWSLETTER

Welcome

Welcome to the latest edition of our newsletter, part of the HMS Careers Programme! This is a way for us to stay connected with you, and through it, share our stories. We'll highlight upcoming services and events, moments from our community, and different ways to visit, explore and support us.

Subject of the month

Physical Education (PE)
Physical education (PE) is vital for holistic student development. It builds fundamental motor skills and physical health, enhances cognitive function to boost academic performance, and fosters critical life skills like teamwork and emotional regulation. At HMS, in each PE lesson, linked to the HMS curriculum, we try to incorporate careers/employability and transferable skills by allowing students to use their communication, problem solving, and teamwork skills, which are all crucial skills that play a massive impact in every aspect in life.



Where can studying PE can take you? Link [here](#). Jobs that use PE. Podcast [link](#). Real-life PE career videos and ideas for your future. Link [here](#).



June Events

• Sports Week

A big thank you to Chris T, HMS PE teacher, for overseeing a fantastic Sports Week with the highlight being the Sports Day held at the Hillingdon Athletics Stadium.



• Volunteer's Week



• KS4/5 Post-exam Apprenticeship workshop:



• KS3 Apprenticeship workshop: 23rd of June

Upcoming Events

- Pupil Progress Day - 3rd of July
- Work Experience 'Fire Engine project' presentation at Babcock - 7th of July
- Summer Market Day - 9th of July
- Pupil Transition Day - 14th of July

Useful Information

The Careers Team at HMS:

- Ms Mitzi Smith - EHCP & Transition Coordinator:
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- Mr Marcel Balaban - Careers Lead Teacher:
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