

WIN AN IPOD SHUFFLE!

For your chance to win an iPod shuffle, fill out this form and return it to Emma Deba at the address below, or hand it into your school Aimhigher Co-ordinator and ask them to pass it on to the Sussed Team at Newham 14-19. **Closing date 2nd April 2010.**

Emma Deba, 14-19 Team (CYPS), The Credon Centre (Annexe), Kirton Road, London E13 9BT.

We want to know how you've used the information in SUSSED to help you choose your options. The team suggest you take a copy of this page to your options day/events at school and use it to discuss your options with teachers, careers advisers and family.

✂Cut out and send the form below to Emma Deba.....✂

Action Planning for your options:

Think about the subjects you enjoy most at school; things you enjoy in your spare time; what your ambitions are; who you could talk to, to help you make your choices; and what research you might do to help make up your mind – our tick list might help you with your choices...

Tick the things you enjoy most at school:

- | | |
|--|---|
| <input type="checkbox"/> Making things I have designed | <input type="checkbox"/> Working in teams |
| <input type="checkbox"/> Practising sport skills | <input type="checkbox"/> Taking part in school performances |
| <input type="checkbox"/> Working with numbers and statistics | <input type="checkbox"/> Using computers |
| <input type="checkbox"/> Designing using artistic skills | <input type="checkbox"/> Learning new languages |
| <input type="checkbox"/> Writing assignments and projects | <input type="checkbox"/> Doing science experiments |

● My favourite subjects at school are:

.....

● In my spare time I enjoy:.....

.....

.....

● My ambition:

.....

.....

● To help me with my choices I am going to talk to:.....

.....

● Other research I will do:

.....

.....

● In no more than 100 words, please give us some feedback on SUSSED.

Examples of what you might like to write include: What articles did you find useful? Are there any articles you didn't find useful? What did you like? What might you improve? What do you want to see more of? Is there anything not featured in the mag that you want info on?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

AMEENA CHOWDHURY
(Brampton Manor) with the iPod she won from Sussed.



Previous SUSSED iPod winner!

Other iPod winners included students from Rokeby, Little Ilford and Plashet schools.

YOU'VE GOT TO BE IN IT TO WIN IT! SO ENTER NOW!



Your contact details will only be used for contact purposes by the SUSSED team at the LBN.