

WIN AN IPOD SHUFFLE!

For your chance to win an i-pod shuffle fill out the form below 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.

Emma Deba, Credon Centre (Annexe), Kirton Road, London E13 9BT.

Show us how you've used the info in SUSSED to help you choose your options. The team suggest you bring a copy of this page to your options day/events at school and use it to discuss your options with teachers, career advisers and family.

✂ Cut out and send 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 no more than 100 words 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 do 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?

Name..... School

DOB..... e-mail.....

Address



HAVE YOUR SAY!

Young People's Voice for SUSSED

Share your options story with other young people in Newham. You could end up being featured in the SUSSED magazine or on the SUSSED website!



A number of young people in Newham have produced excellent articles for the magazine and we would like to build on this by getting your contributions for 2007-8. Your articles are very important to the magazine and really it make it what it is – real advice to help young people in Newham.

You can send your articles, of no more than 1000 words, to:

Emma Deba, Credon Centre (Annexe), Kirton Road, London E13 9BT

Make sure you include your contact details (telephone, address and e-mail). If you are 16 or under, we need your parent or carer's permission to print your article, so make sure you have them sign the slip below and return this with your article.

✂ Cut out and send form below to Emma Deba ✂

I give permission for my daughter/son to provide the information as described above to the London Borough of Newham for publication in Sussed magazine or on the Sussed 14-19 website. I understand that this information may be edited.

Signed.....

Name.....

Date.....