

April 2026

Dear Parents and Carers

As your child moves through Year 10, this is an important time for them to begin thinking more actively about their interests, strengths, and possible future pathways. To support this process, pupils in school use an online careers and progression platform called Unifrog.

Although major decisions are not made until later, Year 10 is a valuable stage for exploration and preparation, helping pupils feel more confident and informed as they move towards Year 11 and post-16 choices.

How Unifrog supports Year 10 pupils

In Year 10, Unifrog helps pupils to:

- Explore a wide range of careers and subjects, linking what they enjoy in school to future opportunities
- Reflect on their skills, interests, and achievements
- Begin developing an understanding of different pathways, including sixth form, college, apprenticeships, and university
- Record experiences such as clubs, trips, work-related activities, and responsibilities, which will be useful later for applications

This stage is about building awareness and confidence, not about committing to a specific career.

How Unifrog supports parents and carers

Parents and carers play a key role in shaping pupils' aspirations. Through your Unifrog parent account, you can:

- Access parent-friendly blogs and guides explaining careers pathways and qualifications
- Support informed conversations at home about interests and future ideas
- Learn more about routes such as apprenticeships and university, helping you feel prepared ahead of Year 11
- See your child's engagement with Unifrog and upcoming tasks

The guidance is designed to be accessible, clear, and supportive, regardless of your previous experience with careers or qualifications.

Recommended Unifrog blogs for Year 10 parents and carers

We recommend the following Unifrog parent resources, which are particularly helpful at this stage:



Principal: Mrs H Zakary

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What is Unifrog? – A guide for parents and caregivers

An overview of how Unifrog works and how families can use it together to explore future options and support decision-making.

What are apprenticeships?

A clear and accessible explanation of apprenticeships, helping parents understand this pathway early and challenge common misconceptions.

These guides are available through your Unifrog parent account and provide excellent starting points for conversations at home.

Looking ahead

Year 10 is an ideal time for pupils to start connecting their learning to future possibilities, while still keeping all options open. By engaging with Unifrog now, you can help your child:

- Develop confidence in their abilities
- Understand that there are multiple routes to success
- Feel supported as their interests grow and change

We encourage you to explore Unifrog with your child and use it as a tool for regular, low-pressure conversations about the future.

If you have any questions about accessing your parent account or supporting your child's use of Unifrog, please do not hesitate to contact Miss Smith:

Sophie.Smith@georgeeliotacademy.org.uk

Thank you for your continued support.

Yours sincerely

Miss Smith
Head of PSHE



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