**Support your child to enter to Step into the NHS primary schools competition** 



*National winner of the 2024-2025 Step into the NHS primary schools competition*

**Who is this guide for?**

As a parent or carer, we’d like you to encourage and support your child’s entry into the [Step into the NHS](https://www.stepintothenhs.nhs.uk/) primary schools competition so they can learn about the wide range of career opportunities in the NHS.

We are inviting Key Stage 2 pupils (ages 7 – 11) across England to choose up to three different job roles that stand out and creatively tell us what they’ve learnt about them. They can submit a piece of artwork or writing by **30 April 2026.**

**Why we need you!**

We understand that families at home have a huge influence over a child’s ambitions and what they think about jobs and the world of work. Your support at home can contribute significantly to your child’s education and aspirations.

Your child will have started thinking about their entry and their teacher would have shared the relevant resources with them, but there are lots of ways families can help.

**How do I support my child’s entry?**

1. Visit the Step into the NHS website (search ‘Step into the NHS’) to help them explore over 350 jobs. You can both:
   * Explore a ‘day in the life’ of different careers with our [careers A-Z](https://www.stepintothenhs.nhs.uk/careers)
   * Take our [fun quiz](https://www.stepintothenhs.nhs.uk/primary-school-quiz) to learn about the NHS
   * Watch our [new career videos](https://www.stepintothenhs.nhs.uk/careers/videos) to hear from people in the NHS
   * Take the [careers quiz](https://www.stepintothenhs.nhs.uk/careers/take-the-test) on the website which suggests NHS careers based on their skills and interests
2. Use the conversation starters below if you cannot access the website.
3. Encourage your child to be creative!
   * How can they best showcase their chosen NHS job role(s)? What creative things have they seen recently – maybe online, on TV or out and about?
   * What are they best at? Drawing, making videos, playing games, writing poems? Can they incorporate these skills into their entry?
   * Their entry can be made using materials around the home – paper, colouring pens, news clippings or paints
   * If your child chooses to film a video, they might need your help. Try to film in a space with lots of light, like near a window or a lamp.
4. Help your child send their entry to their teacher before **30 April 2026.**

**Conversation starters**

Here some questions to help your child discover the range of careers available in the NHS. Use positive language and take your time when exploring your child’s answers.

Remember that they can do any job in the NHS, even it is stereotypically gendered, e.g. nurse or plumber.

* **What is your favourite topic at school? What NHS staff use this subject in their jobs?** (Prompt: how about pharmacist or accountant for maths, or paramedic for science? Physiotherapists and porters use P.E. skills, and there are plenty of jobs in IT!)
* **What would you like to work as when you’re older? Can you do this job in the NHS?** (Prompt: most types of jobs are available in the NHS, from bricklayer to receptionist, and from chef to play specialist!)
* **Do you prefer working with your hands or doing lots of reading and sums?** (Prompt: jobs like electrician and dramatherapist are hands-on, but a librarian or HR manager might be less-so)
* **Would you like your job in the NHS to involve meeting lots of people?** (Prompt: roles like radiographers and receptionists meet lots of patients)
* **Can you tell me some jobs at the NHS?** (Prompt: think of any job – most likely you can do it in the NHS!)
* **Why do you think it’s important to show how many jobs are in the NHS?** (Prompt: doesn’t every job play a vital role in the NHS?)
* **Do you know anyone that works for the NHS?** (Prompt: do any of their friend’s relatives? Or any NHS staff they have met, like at their GP surgery?)

**Spreading the word**

Do you know parents of children that go to other schools than your child? Do you think they would like to take part in this competition? Share a copy of this guide with them or tell them to search ‘Step into the NHS’ and talk to their child’s teacher and help raise the career aspirations of children nationwide!

**Handy weblinks**

**Video introducing the competition**

<https://www.stepintothenhs.nhs.uk/primary-schools>

**Careers A-Z** <https://www.stepintothenhs.nhs.uk/careers>

**Careers quiz** <https://www.stepintothenhs.nhs.uk/careers/take-the-test>

**Careers videos**

<https://www.stepintothenhs.nhs.uk/careers/videos>

**NHS quiz**

<https://www.stepintothenhs.nhs.uk/primary-school-quiz>

Thank you and good luck with your entries!