



FRIDAY 16TH OCTOBER 2026

HOME BULLETIN

Welcome to this week's edition of our Home Bulletin. I am pleased to bring you a round-up of what has been happening this week.

Mr Walker, Principal

YEAR 7 SETTLING IN EVENING

Thank you to all those parents and carers who came to meet with their child's tutor on Wednesday evening. It was a real pleasure to see you again and showcase how well your child is settling into life at Stowupland High School. My thanks to the Year 7 team and to Faith H, Elodie W and Maisie R for their superb help during the evening.

YEAR 11 HISTORIANS

Year 11 Historians spent two days at Castle Acre, the tranquil Norfolk village which boasts a rare and complete survival of a Norman settlement including a castle, village, parish church and one of the best-preserved monastic sites in England (Castle Acre Priory). Students took the opportunity to complete fieldwork at the sites and boost their revision for the upcoming History mock examination. My thanks to all of the staff who planned the visit and accompanied them over the two days.

MOCK EXAMS

Students in Year 11 are hard at work revising for their mock examinations which take place after Half Term. The schedule of the mock exams and other supporting information including the presentation from the 5th October can be found [HERE](#).

Parents might like to watch this TED talk with their child about the power of determination. [WATCH HERE](#)

NUT-FREE SCHOOL

Please remember that our school operates a strict nut-free policy to protect students and staff with severe, life-threatening allergies. Thank you for your cooperation.

NETBALL ACHIEVEMENTS

The Year 7 Netballers went to Thomas Gainsborough on Thursday playing 4 games in total versus Ormiston Sudbury Academy (1-0 win), County High School (4-0 win), Thomas Gainsborough (lost 3-2) and Stour Valley (lost 2-1). Well done to our Stowuptastic Year 7s for a super tournament and some great teamwork. They are: Pixie T, Isabelle M, Sophia W, Lola H, Jessica B, Emma D, Nettie F, Ella M, Rhea V.

FOOTBALL NEWS

This week has seen Year 11 boys, Year 8 boys and Year 8 girls in action on the football field. The Year 8 boys played 5 matches, winning one and drawing four to finish the tournament unbeaten. The Year 8 girls put up a brave fight against a very strong Hadleigh High School team but lost out in the end. Year 11 played against both Thurston CC and Stowmarket HS but sadly lost both matches despite some hard fought match play.

Well done to each of the teams for their grit and determination in the face of some tough opposition.

CROSS COUNTRY AREA TRIALS REPORT

There were some excellent performances in the Suffolk Schools Cross Country trials this week. We took 30 students overall, and they represented the school magnificently. 9 students have qualified for the next round - well done to:

Under 14 - Holly C, Ethan B, Alex L, Thomas M
Under 16 - Sophie W, Jessica S, Addison C, Ethan
Under 18 - Toby G

**THE PRINCIPAL'S
WEEKLY FACEBOOK
ROUNDUP
HOME BULLETIN**



WATCH IT HERE





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SPECIAL MERIT AWARD

I am VERY much looking forward to spending time with students who secured over 1000 merits last year at their afternoon tea celebration next Tuesday. Invited students, parents and other guests will gather in the Sixth Form Hall and the event begins at 2.30.

WARM, WELCOMING AND FRIENDLY

Well done and thank you to Blake B, William B, Joshua A and Harrison K, who did a fantastic job refereeing the popular and very busy Year 3 and 4 Primary Schools Football Tournament hosted at Stowupland High School on Thursday 15th October.

They did a super job!

WHAT'S ON - NEXT WEEK

Tuesday 20th October

Year 10 Girls Football
Year 10 Boys Futsal
Year 11 Girls Football
Afternoon Tea with the Principal (*by invitation only*)

Wednesday 21st October

Tea & Tour (with the SENDCo) - Information [HERE](#)

Thursday 22nd October

Year 10 Suffolk Future Skills Show
Year 11 Girls Netball

Friday 23rd October

Tea & Tour (with the Principal) - Information [HERE](#)
Year 11 GCSE Dance Trip

W/C MONDAY 26TH OCTOBER - HALF TERM

NEXT WEEK'S MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Variety Of Quiche	Creamy Chicken Pasta Bake	Beef Tacos	Roast Of The Day	Chip Shop Day
Vegetarian Main	Variety Of Quiche	Tomato Pasta Bake	Vegetarian Taco	Vegetarian Roast	Vegetarian Chip Shop Day
Sides	New Potatoes Seasonal Vegetables Salad Coleslaw	Garlic Bread Seasonal Vegetables Salad	Spicy Wedges Seasonal Vegetables Salad Coleslaw	Yorkshire Pudding Stuffing Seasonal Vegetables	Baked Beans Vegetables Curry Sauce Salad
Street Food	Chicken Burger Twister Fries	Chorizo Risotto With Herby Bread	Sausage & Egg Muffin With Hash Browns	Hoi Sin Noodles & Spring Roll	Chips
Pudding	Rocky Road Fruit	Lemon Drizzle Cake Fruit	Chocolate School Cake Fruit	Sticky Toffee Pudding & Custard Fruit	Tray Bakes Doughnuts Fruit

EXTRA-CURRICULAR CLUBS

EXTRA-CURRICULAR ACTIVITIES

	LUNCHTIME (12:50 - 13:35)				AFTER SCHOOL (15:45 - 16:45)			
MONDAY	Girls Football	Y7-9	Sports Hall	Miss Wardley	—			
	Fitness Suite	Y7-11	Fitness Suite	Mr Broom				
	Legally Blonde (Backstage)		Room C05	Mrs Shackleton				
TUESDAY	Fusion Dance Club	Y7-8	Dance Studio	Mrs Brand	Football	Y7-11	PE Dept	Mr Broom
	Basketball	Y7-11	Room C05	Mr Broom	Netball	Y7-11	PE Dept	Mrs Wardley
	Sustainability Club	Y7-11	Room T2	Mrs Sprigings	German	Y9-11	Room G12	Mr Goodchild
WEDNESDAY	Advanced Fusion	Y9-11	Dance Studio	Mrs Brand	Fitness Suite	Y10-11	Fitness Suite	Mr Garrett
	Fitness Suite	Y7-11	Fitness Suite	Mr Broom				
THURSDAY	KS3 Art Club	Y7-9	Room B08	Mrs Blake	Latin	Y7-11	Room T2	Mr Walker
	French Theatre Club	Y7-10	Room G13	Mrs D'Arcy-Hulsi				
	Boys Football	Y7	Room C05	Mr Broom				
	Fitness Suite	Y7-11	Fitness Suite	Mr Holden				
FRIDAY	Fitness Suite	Y7-11	Fitness Suite	Mr Holden	—			
	KS3 Football	Y7-9	Room C05	Mr Broom				

Students to be signed up by parents & carers via Arbor

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