FRIDAY6th November 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 11 MOCK PREPARATIONS

Year 11 students took away plenty of inspiration from Maximise Your Potential when they visited the school to speak to every student on Tuesday. If you are a parent of Year 11, please talk to them about the booklet full of ideas they received. Their focus and engagement was brilliant!

Don't forget the website Mrs Morley has set up specifically for Year 11 parents, carers and students. The link was in the bulletin last week, and is here again GCSE Information

Well done to all students who have taken the French speaking exam and/or the Hospitality and Catering exam this week. These have both gone extremely well. There is a full programme of mocks next week, and the schedule is here Mock Timetable

## STUDENT ACHIEVEMENTS

Well done to two Stowuptastic students:

Congratulations to Phoebe W in Year 10, who over Half Term competed in the International Dance Organisation's World Hip Hop Championships in Poland. Phoebe's team, from Unity UK were crowned winners in the adult section of the competition - a fantastic achievement!







We are also very proud of Ruby H in Year 7 who was crowned both Player of the Match for Stowmarket U12s and Player of the Week at her Ipswich Town FC training session. Keep up the great work!

## LIBRARY NEWS

We are delighted to welcome our new Librarian, Miss Hudson, to Stowupland High School. Miss Hudson has already been busy reconfiguring the space to make it even more warm, welcoming and friendly, and we are delighted to announce five brand new lunchtime Library clubs as follows:



Monday - Creative Writing

Tuesday - Book Club

Wednesday - School Newspaper

Thursday - Board Games

Friday - Library Ambassadors

Please encourage your child to sign up for one or more of these - Miss Hudson is passionate about reading and creative writing and looks forward to sharing her passion and expertise with all of our students. Whether your child loves writing stories, discussing their latest read, reporting on school life, playing games with friends or helping to run the library itself, there is something for them.

Parents need to sign their child up for these groups via Arbor/ Clubs. Numbers are limited so please sign up fast to secure your child's place.

## CANTEEN REMINDER

Please remind your child that they must not purchase food or drink from the canteen on behalf of other students. Under Benedict's Law, we must strictly ensure that students with food allergies are not given inappropriate or unsafe items to consume.



FRIDAY 6th November 2026

# HOME BULLETIN

## ATTENDANCE

We are very pleased to report significant improvements in attendance at Stowupland High School, with the latest report from the DfE naming us in **3rd place out of 21 similar schools** for attendance in 2025-2026. Thank you to all parents for your continued support in ensuring your child attends school every day.

You can continue to help by:

- accessing the NHS Guidance on Pupil Illness. This explains when children should stay at home (e.g. if they have a high temperature of 38°C or above) versus when they can attend school with mild symptoms like a runny nose, slight cough, or sore throat;
- scheduling non-urgent medical and dental appointments outside of school hours;
- supporting our flu vaccination programme on the dates below (the NHS vaccination team will be contacting you directly for the authorisation for provision of the vaccines to your child/children).

12th November 2026 - Flu Vaccination Years 7-10

24th November 2026 - Flu Vaccination Year 11 plus catch up

6th January 2027 - HPV Year 8

4th March 2027 - MenACWY/DTP programme Year 9

## REMEMBRANCE



Next week students and staff will be taking part in a service of Remembrance in the yard on Wednesday 11th, as well as having special assemblies all week. These will be delivered by Mr Nash focusing on the armistice in 1918 and continuing conflict in the world.

## SUPPORTING YOUNG PEOPLE TO MANAGE THEIR EMOTIONS

Booking opens soon for a relaxed online session for parents and carers, hosted by SENDIASS, where specialist teachers from the Social, Emotional and Mental Health Service will explore ways to help children and young people to understand and manage their feelings and strategies schools may use.

The session will take place on 3rd December, 10.00-11.30am. Book a place from 8am Monday 9th November by following this LINK




STOWUPLAND HIGH SCHOOL

## LUNCH MENU — WEEK 2

WEEK COMMENCING 9 Nov · 30 Nov · 4 Jan · 25 Jan · 22 Feb · 15 Mar

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| MAIN | Pork meatballs in Mediterranean sauce | Carbonara pasta | Creamy chicken pie | Roast of the day | Chip shop day |
| VEGETARIAN | Quorn meatballs in Mediterranean sauce | Tomato pasta | Quorn pie | Vegetarian roast | Vegetarian chip shop day |
| SIDES | Spicy wedges or whole wheat pasta | Garlic bread · coleslaw · seasonal vegetables · salad | Mashed potato · seasonal vegetables · salad | Yorkshire pudding · stuffing · seasonal vegetables | Baked beans · curry sauce · salad |
| STREET FOOD | Katsu curry & rice | Fish finger bap & curly fries | Basil pesto & mozzarella ciabatta with lentil chips | Mexican bean wrap with savoury rice | Chips |
| PUDDING | Marble cake & custard · fruit | School cake · fruit | Fruit flapjack · fruit | Chocolate sponge & custard · fruit | Tray bakes · doughnuts · fruit |

STOWUPLAND HIGH SCHOOL • Lunch menu

Ask the catering team about ingredients and allergen information.

## IMPORTANT DATES

9-20th Nov - Year 11 Mock Exams

10th Nov - Year 9 Girls Futsal

11th Nov - Remembrance Day

12th Nov - Flu Vaccinations Years 7-10

18th Nov - Duke of Edinburgh

Year 10 Information Evening

24th Nov - Flu Vaccinations Year 11