

Stowupland High School

"Outstanding Progress for All"



3rd February 2023

Dear Parents/Carers

Welcome to our Home Bulletin this week. Please find some relevant information below and look out for our end of term Newsletter next Friday 10th February, which will contain much more information and highlights of the term.

Have a good weekend.

Year 9 Options Deadline

The deadline for Year 9 options is fast approaching! Please note, it is important that we are aware of the final decision by 23rd February. There is still time to discuss it with teachers and the progress team if you or your child need more information.

WELLBEING

One in ten young people experience a mental health issue at any one time according to Mental Health First Aid (MHFA). Would you know how to help?



Quoting MHFA website, *'the training will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.'*

PACT Parents and Carers Together CIC are running two Youth MHFA courses specifically for parents and carers of children and young people who may have a mental health issue. The venues are Ipswich (4th and 11th March) and Stowmarket (11th and 25th February). There are more details on the flyer to the right. If anyone would like to book a space, please email parentsandcarerstogether@gmail.com

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

At MHFA England we offer a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Each and every MHFA England course is delivered by a quality assured instructor.

Youth MHFA Two Day course

Completing our two day course qualifies you as a **Youth Mental Health First Aider**. Youth Mental Health First Aiders have:

- An in depth understanding of young people's mental health and factors that affect wellbeing
 - Practical skills to spot the triggers and signs of mental health issues
 - Confidence to reassure and support a young person in distress
 - Enhanced interpersonal skills such as non-judgemental listening
 - Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
 - Ability to support a young person with a long term mental health issue or disability to thrive
 - Tools to look after your own mental wellbeing
- The course is delivered in four manageable chunks:
- About mental health
 - Depression and anxiety
 - Suicide and psychosis
 - Self-harm and eating disorders

It focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting. Everyone who completes the course gets a Youth MHFA manual to refer to whenever they need it, and a certificate to say they are a Youth Mental Health First Aider.

Book onto a Youth MHFA Two Day course

Instructors: Bec & Clare

For PACT parents in Suffolk
Stowmarket Feb 11th & 25th

Ipswich March 4th & 11th

This training is fully subsidised and includes all training, materials, certification & refreshments.

Both days must be completed to receive certification to become a Youth Mental Health First Aider

Other Youth MHFA courses
In addition to the Youth MHFA Two Day course, we also offer shorter awareness courses. To learn more about training options, visit mhfaengland.org.



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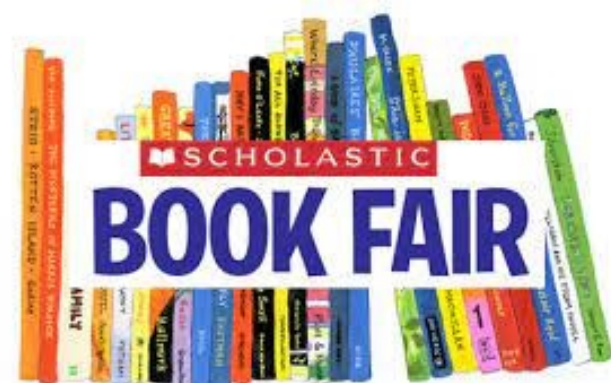


Our new school Literacy Champions met for the very first time this week and have come up with an idea for World Book Day. They would like students to create an original book character out of household items. As a school we are working with Get Suffolk Reading and they will be providing prizes for the competition winners. For more information see the poster they created during the session.

Stowupland is holding its first book fair since Covid in February. It is arriving in school on the 22nd and will be in the library for one week. This is the week before World Book Day so it is a good time for students to come along and choose a book. The school earns commission for every book that is sold and this in turn means more books for your children.

As the school is now cashless, if students would like to buy a book

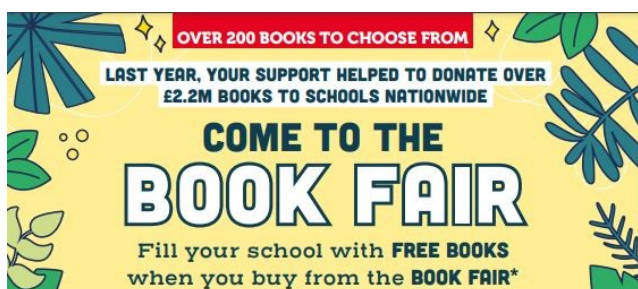
they have a few options. As parents/carers you can go to bookfairs.scholastic.co.uk/gift-vouchers and purchase gift vouchers to spend at the book fair. If students have a debit card they can use that as Scholastic will be providing a card machine.



Alternatively, if your child comes home with a wish list you can scan the QR code and make payment directly to Scholastic by entering our school details. You will be given a payment reference and this will need to be given to Mrs Burns who will provide the books.

Here is a sneak peak into some of the books that will be available:

<https://images.scholastic.co.uk/assets/a/af/c5/teen-fairs-invite-v4-2166836.pdf>



It goes without saying due to the cost of living crisis you may not be able to purchase a book at this time. With this in mind I am giving students the opportunity to win one of five £5 vouchers to spend at the book fair. All they need to do is to design a bookmark. The five best designs will not only win a £5 voucher but it will be created into bookmarks for other students to use. However, even if your child is not able to purchase a book this time, don't forget the benefit of having a school library means students can still read the latest books and can request books for the library to buy.

SPORTS NEWS

02.02.23 U12 Girls Futsal

The U12 girls football team travelled to Debenham to compete in their first ever Futsal competition. Despite losing both matches the girls acquitted themselves really well.

Stowupland v Horringer

1-0 Freya Landymore-James, 2-0 Summer Sands-Oliver, 2-1, 2-2 and 2-3. I made 2 roll on—roll off substitutions (Aimee Barton and Ruby Webb for Lola Thorley and Freya Landymore-James).

Stowupland v Debenham

0-1, 1-1 Aimee Barton, 1-2 and 1-3. 2 roll on—roll off substitutions (Charlotte Potter for Ruby Webb and Summer

Sands-Oliver for Freya Landymore-James).

Player of the Cup

Lola Thorley

Mrs Wardley

02.02.23 U14 Boys Rugby Festival

The Y9 boys rugby team competed in a festival at Stowmarket High School. They played in a 5 way 'round robin' tournament against Thurston, Stowmarket, Newmarket and Castle Manor. The boys were outstanding throughout this festival and went on to win every match.

Mr Broom

Next week's fixtures

Date	Who	Sport	Vs.
Monday 6.02.23	Year 12 1.30pm	Football (A)	Northgate
Wednesday 8.02.23	Year 10 1pm-4pm	Rugby (A)	Ipswich School
Wednesday 8.02.23	Year 10 Girls 2.30pm	Football (H)	Northgate
Thursday 9.02.23	Year 9 and Year 11 Girls 2.15pm-4.15pm	Rugby(A)	Stowmarket High School

IMPORTANT: If your child is taking part in any sports fixtures, please look out for an email to give consent for the student to take part. These can be announced very last minute so we would appreciate your prompt action. You will find the consent box within Arbor under activities/trips.

Attendance up to 3rd February 2023

Y7	Y8	Y9	Y10	Y11	Overall
92.1%	91.6%	89.6%	87.9%	86.2%	89.4%

DATES FOR THE DIARY

February

6th—Parent Forum

8th – Year 9 Parents' Evening

9th—Year 11 Learning about Work Day

13th -17th—Half Term

20th —Year 11 Drs Show

21st —Y9, 10 and 11 Theatre Trip

22nd—Paris Trip Information Evening

23rd —GCSE Dance Workshop

Contact Details:

Main School:	01449 674827 (08.30am - 4.00pm)
Pastoral emails:	year7@stowuplandhighschool.co.uk
	year8@stowuplandhighschool.co.uk
	year9@stowuplandhighschool.co.uk
	year10@stowuplandhighschool.co.uk
	year11@stowuplandhighschool.co.uk
General:	sixthform@stowuplandhighschool.co.uk
	enquiries@stowuplandhighschool.co.uk
Cashless catering:	accounts@stowuplandhighschool.co.uk
Library:	library@stowuplandhighschool.co.uk
Attendance:	attendance@stowuplandhighschool.co.uk
Absence Line:	01449 742428
Website:	www.stowuplandhighschool.co.uk

Term Dates 2022-2023		Half Term	Non Student Days
Autumn Term 2022	1st September - 16th December	24th - 28th Oct	1st September
Spring Term 2023	3rd January - 31st March	13th—17th Feb	2nd September
Summer Term 2023	17th April - 21st July	29th May - 2nd June	25th November
			3rd January
			21st July

Church Road Stowupland Stowmarket IP14 4BQ

Headteacher: Mr David Brewster

Chair of Local Board: Mrs Karen Hudson