

# Stowupland High School

*"Outstanding Progress for All"*



10.03.2023

Dear Parents and Carers

I am very pleased to announce that this year we have been selected to be involved in the Jubilant Arts & Culture Mini Youth Festival which is being run by the Stowmarket Culture Group. I attended the launch event on Thursday and had the opportunity to meet with our assigned artist Chris Jackson and our architect Matt Bell. They will be working with some of our students to produce sculptures from everyday articles to represent places in our local community. Chris will then put these together in a form that will be displayed in Old Fox's Yard in the summer. I am really looking forward to seeing our students applying their creative minds to the project.

We have also been in the press this week. The article, you are welcome to read by visiting [www.suffolknews.co.uk](http://www.suffolknews.co.uk), is about our Learning About Work Day, which I have previously written about. It was a good opportunity for our students to experience formal interviews and practice their interview skills. I know our guests were impressed with our students' attitudes and responses.

There have been a couple of letters sent out this week that I would like to draw your attention to.

## Cost of living support



Please find the [summary of support](#) available through the Babergh and Mid Suffolk Household Support Fund, which is currently able to provide financial support to households struggling with their rent and service charges.



## Polite Reminders and announcements

### Rewards Trips

Please be reminded that Wednesday 15th March is the deadline regarding this year's reward trip. Can you please ensure that you have paid the £10 deposit (which can be found within your ParentMail Shop) and completed the form advising which option your child would prefer. Further details will be advised after this deadline.

### Bus Passes

We have been advised by the bus companies providing transport for our students, that as of Monday 13th March, every child is required to carry a bus pass on them, please. For more information on school transport please visit [www.suffolkonboard.com](http://www.suffolkonboard.com)



Mrs Walden wrote to you about our procedure for collecting students during the school day if required. It is important that students are sharing their concerns with the trusted adults within the school, so we can support and manage the situation and also we can then make contact with you if needed. Students shouldn't be using their mobile phones in school, they should be turned off and kept in their school bags during the day.

I have also written to you regarding the next 2 days of industrial action by the National Education Union. Please make sure you have read these so you are informed about these key messages.

Finally, our first international trip since the March 2020 left for Paris this morning at 4am. I did not see them off but they have kept in regular contact and have arrived safely and enjoying their first day in Paris.

Next up will be our Battlefields trip in a couple of weeks. It is so good to be able to provide these memorable experiences for our students again.

Wishing you a wonderful weekend

D. Brewster  
Headteacher

## Library News

Just wanted to say a huge 'thank you' to all who supported the school book fair by purchasing a book/s.

The school earned £75.00 to purchase new books for the library.

Mrs Burns

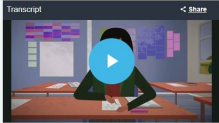
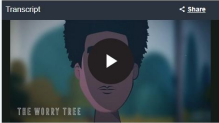




## WELLBEING

### Self Care

*There's loads of things we can all do to look after our mental wellbeing, and taking any time you can for self-care is massively important.*

*Knowing what steps we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us – and that goes not just for today but for the future too.*

 <p>Transcript &lt; Share</p>	 <p>Transcript &lt; Share</p>
<p><b>Sleep</b></p> <p>Sleep affects your mind and body more than you might think, so it's super important to have a healthy sleep pattern. Find out what you lose when you miss your snooze, and how to get enough of those all-important ZZZs.</p>	<p><b>Sweat</b></p> <p>Hear how MC Malik exercises to ease stress, and how setting goals with his mates helps him stick to a regular routine. Any exercise can really boost your mental health.</p>
 <p>Transcript &lt; Share</p>	 <p>Transcript &lt; Share</p>

Visit the [NHS website](https://www.nhs.uk) to view various videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media. The website is a great source of information and support.

# SPORTS NEWS

## 6.03.23—Year 9 and 10 Girls Football

Results: 0-4 at half time and 0-5 at full time.

We didn't have a designated goalkeeper, so Emily Middlemas and Izzie Palombo did a half each. We also had more Year 9 players than Year 10 players.

Players of the match, Hannah Jones and Tia Shenton.

*Miss Wardley*

## 07.03.23—Year 11 Girls Football

0-0 at half time and 2-0 at full time.

Our possession percentage was higher than the opposition (Stowmarket), but we were trying to walk the ball into the back of the net. At half time we spoke about our areas for improvement and focused on those for the second half. Charlotte (Lottie) Long scored to make it 0-1, assisted by Mia Lockwood. Then, Mia chipped the keeper to make it 0-2, assisted by Lottie. These 2 players in particular worked very well together. Millie Bloom and Megan Meadows also supported each other in defence. Thank you to the match officials as well as our spectators.

The girls are now through to the final of the West Suffolk Cup - date and venue TBC

*Miss Wardley*

## Next week's fixtures

Date	Who	Sport	Vs.
Monday 13.03.23	Y 10 Boys	Football (H)	County Upper
Tuesday 14.03.23	Y 13 Boys	Futsal Tournament (A)	At Stowmarket Leisure Centre

**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 10th March 2023

Y7	Y8	Y9	Y10	Y11	Overall
92.1%	91.2%	89.7%	88.1%	86%	89.4%

### DATES FOR THE DIARY

#### March

18th-19th—Duke of Edinburgh Expedition

22nd—HPV vaccination catch-up Year 8 and above

24th-27th—Battlefields Trip

29th—MEN ACWY/DTP vaccination Year 9

### Contact Details:

<b>Main School:</b>	01449 674827 (08.30am - 4.00pm)
<b>Pastoral emails:</b>	<a href="mailto:year7@stowuplandhighschool.co.uk">year7@stowuplandhighschool.co.uk</a>
	<a href="mailto:year8@stowuplandhighschool.co.uk">year8@stowuplandhighschool.co.uk</a>
	<a href="mailto:year9@stowuplandhighschool.co.uk">year9@stowuplandhighschool.co.uk</a>
	<a href="mailto:year10@stowuplandhighschool.co.uk">year10@stowuplandhighschool.co.uk</a>
	<a href="mailto:year11@stowuplandhighschool.co.uk">year11@stowuplandhighschool.co.uk</a>
<b>General:</b>	<a href="mailto:sixthform@stowuplandhighschool.co.uk">sixthform@stowuplandhighschool.co.uk</a>
	<a href="mailto:enquiries@stowuplandhighschool.co.uk">enquiries@stowuplandhighschool.co.uk</a>
<b>Cashless catering:</b>	<a href="mailto:accounts@stowuplandhighschool.co.uk">accounts@stowuplandhighschool.co.uk</a>
<b>Library:</b>	<a href="mailto:library@stowuplandhighschool.co.uk">library@stowuplandhighschool.co.uk</a>
<b>Attendance:</b>	<a href="mailto:attendance@stowuplandhighschool.co.uk">attendance@stowuplandhighschool.co.uk</a>
<b>Absence Line:</b>	01449 742428
<b>Website:</b>	<a href="http://www.stowuplandhighschool.co.uk">www.stowuplandhighschool.co.uk</a>

Term Dates 2022-2023		Half Term	Non Student Days
<b>Autumn Term 2022</b>	1st September - 16th December	24th - 28th Oct	1st September
<b>Spring Term 2023</b>	3rd January - 31st March	13th—17th Feb	2nd September
<b>Summer Term 2023</b>	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