



08.03.24

Year 11 school meals overdraft

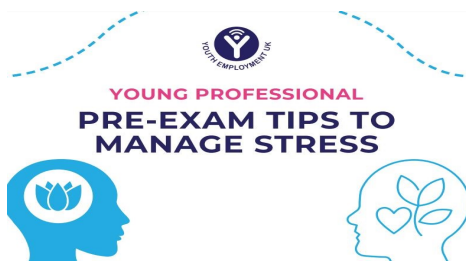
Please note, after Easter the facility of overdraft will be removed from all Year 11 students' accounts. This is due to the past experiences of issues with recovering the debt after leaving high school. Please make sure students' accounts are topped up when using the canteen.

Water bottles

We have noticed an increase in number of students who do not have a drink with them whilst at school. As we all know, staying hydrated helps kids stay alert and focused so could we please remind students to take their water bottles with them to school.

Pre-exam tips to manage stress

We understand that preparing for exams and revisions can be a stressful time for young people. This [handy guide](#) is full of tips and techniques to help support students during this busy period.



STOWUPLAND HIGH SCHOOL PROM BOUTIQUE 2024



DONATIONS WANTED

- ♦ SUITABLE PROM DRESSES
- ♦ SUIT JACKETS, TROUSERS AND SHIRTS
- ♦ SUITABLE SHOES, BAGS, TIES & ACCESSORIES

Donations to Mrs Nicky Wooldridge, Stowupland High School, Church Road, Stowupland IP14 4BQ

SPORT NEWS

Fixture	Date	Report
Under 13 Girls' West Suffolk Cup	07/03	We played OSA in the semi-finals (away). Due to a delayed KO we decided to play 2 x 25 minute halves. Approximately 15 minutes in, one of our players had a nosebleed as a result of being elbowed. So, we were forced to make a few amendments. We showed grit and determination to score. It was 1-0 to us at half-time. We made some more changes going into the second half. Despite the defence going back to its original state OSA scored to make it 1-1. We were forced to go straight to penalties which we sadly lost.

Upcoming fixtures

Date	Who	Sport	Vs.
11/03	Mulberry KS3	Tchoukball Event (A)	Bury St. Edmunds
12/03	Y9 and Y10 Girls	Rugby Festival (A)	Stowmarket Rugby Club
13/03	Y7 Boys	Rugby (A)	Ipswich School

IMPORTANT: If your child is taking part in any sports fixtures, please look out for an email to give consent for 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.**

Contact and Dates

DATES FOR THE DIARY		Contact Details:	
March			
13 Mar—Mulberry Parents and Carers evening		Main School:	01449 674827 (08.30am - 4.00pm)
14 Mar—YONEX All England Badminton Tournament trip		Pastoral emails:	year7@stowuplandhighschool.co.uk
15-17 Mar—DofE Silver practice expedition			year8@stowuplandhighschool.co.uk
20 Mar—Year 13 Parents' Evening			year9@stowuplandhighschool.co.uk
22 Mar—Y12 - Business, Computing & Games Taster Day			year10@stowuplandhighschool.co.uk
28 Mar—last day of Spring term			year11@stowuplandhighschool.co.uk
			sixthform@stowuplandhighschool.co.uk
April		General:	enquiries@stowuplandhighschool.co.uk
15 Apr—return to school after Easter break		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 2023-24		Half Term	Non Student Days
Autumn Term 2023	4th September - 20th December	23rd - 27th Oct	4th September 5th September
Spring Term 2024	3rd January - 28th March	19th—23rd Feb	24th November 3rd January
Summer Term 2024	12th April - 19th July	27th May - 31st May	12th April 19th July

Church Road Stowupland Stowmarket IP14 4BQ

Headteacher: Mr David Brewster

Chair of Local Board: Mr Andrew Fell