

# School Bulletin



## From Mr Walker, Principal of Stowupland High School

### Fame - The Musical

Auditions have been taking place this week. It was very pleasing to see so many students from all year groups involved. We have a wealth of talent here at Stowupland, and I am looking forward to seeing how the show develops between now and March. Good luck to all who auditioned.

### Attendance

This has improved significantly compared to this time last year. Thank you for ensuring your child attends school every day. Excellent attendance is proven to significantly improve social skills, mental health, wellbeing and sense of belonging.

### Assembly theme - Learning habits

This week in my assemblies I have focused on the process of learning and the most effective learning habits. I used the slide below to explain the habits that will make a real difference to your child's learning. Please take some time to review these together with your child. Which areas do they need to work on, and how will they do this?

### Equipment

Students are making a real effort to bring the equipment they need each day, and the vast majority of equipment mats are full every tutor time. Please support us by checking your child has each of the items below:

- Black, blue and purple pen
- Pencil, ruler, rubber
- Glue stick
- Scientific calculator
- Geometry set
- Highlighters
- Water bottle

STOWUPLAND HIGH SCHOOL

## Wall of fame

We love to celebrate the achievements of our students - please get in touch if your child has news to share on our "Wall of fame" enquiries@stowuplandhighschool.co.uk

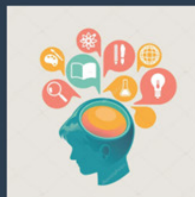
### Site update

The demolition of the old D and E Blocks is nearly complete. We hope that the front of school will be available once again in the next week or so. This is the first stage of what promises to be a spectacular new build at Stowupland High School. We have also had a plumbing issue in the yard which has meant part of it being closed. Again, this work is almost complete and the whole yard will be open again very soon. Please continue to park away from the front of school until all the works are complete - thank you for your understanding.

### Dates for your diary

- |                        |   |
|------------------------|---|
| Monday 29th September  | Year 7 Settling In Evening              |
| Thursday 2nd October   | Ski Trip Information Evening            |
| Thursday 9th October   | Year 11 GCSE Preparation Evening        |
| Wednesday 15th October | Year 11 Progress Check report available |
| Saturday 18th October  | D of E Navigation Walk                  |
| Thursday 6th November  | Careers Fair                            |

## Best Learning Habits for 11-16 Year Old Students



### Organization & Planning

- Create a weekly study schedule
- Break down large tasks into smaller goals
- Establish a dedicated study space

### Active Learning

- Take effective notes in your own words
- Practice retrieval with self-testing
- Use spaced repetition for better retention
- Teach concepts to others to deepen understanding

### Time Management

- Study in short bursts (25-30 min) with breaks
- Prioritize tasks by importance and difficulty
- Avoid procrastination by starting early

### Well-being

- Get 8-10 hours of sleep for memory consolidation
- Stay hydrated and maintain proper nutrition
- Take regular breaks and exercise
- Seek help when struggling with concepts

