

School Bulletin



From Mr Walker, Principal of Stowupland High School

Golden Tickets

I want to begin this week with a celebration of our Golden Ticket winners so far this term.

Golden Tickets are only awarded to one student per lesson - those who perform at a level that makes them stand out from their peers. Typically this will be for excellent effort, sustained contribution to class discussion or for being Stowuptastic in other ways. Students are delighted to share their successes with staff, and we love to find out about their achievements. Winners of the highest number of Golden Tickets so far this term are:



Taylor S (Year 7)	-	19
Poppy K (Year 10)	-	18
Connie B (Year 11)	-	17
Luke C (Year 7)	-	17
Ralph G-S (Year 7)	-	16
Finley S (Year 8)	-	16
Victor K (Year 8)	-	16

Netball Team

Well done to our U13 netball team who travelled to Castle Manor School in Haverhill on Wednesday 8th October. The girls played a variety of local opposition including teams from Stour Valley, Ormiston Sudbury and Thomas Gainsborough School. Their coach praised their teamwork in particular. Results were - won two, drew three and lost one game. Thanks to all the team (Poppy J, Ella, B, Poppy F, Evelyn F, Esme G, Lillie H, Tahiry H and Effy T) for their Stowuptastic determination and grit.

Karate Championships

We send our very best wishes to Toby Graver (Year 10) who will be representing England in karate at the WKU world championships in Trier, Germany, from October 26th to November 1st.

Toby will compete in the following events:

- 13-14 Traditional Kata
- 13-14 Hardstyle Kata
- 13-14 +65kg Traditional Kumite
- 13-17 Team Kumite for the England B team



This is obviously an exceptional achievement and we are really proud of him. He has a great chance to earn a medal, and has been training extremely hard. Have a great tournament, Toby - we are all so proud of you.

Flu Vaccinations

Suffolk Immunisation Team will be visiting Stowupland High School to offer the flu vaccine. You can choose between the quick, painless nasal spray or a pork gelatine-free injection.

Years 7 and 8 - will be seen on Tuesday 14th October

Years 9, 10 and 11 - Tuesday 21st October

Please give the consent or decline the offer to avoid further contact from the vaccination team.

For further information about the vaccines, please see the email sent by us. Alternatively, please click [here](#) The form is available in 10 languages – select yours when it opens.

Children with Care Experience

I am writing to you all about the sensitive subject of children who have had care experience. This includes:

- Adoption from care
- Special Guardianship Arrangements
- Kinship Arrangements
- Currently living in Care

Those children who have ever been in care for more than 24 hours (regardless of age).

If your young person falls into any of these categories please email me on awalden@stowuplandhighschool.co.uk This information will come solely to me as the Designated Teacher for Care Experienced Students and our safeguarding officer. It will also be kept highly confidential. This will enable me to put additional support in for those students and help families, if the need arises.

Mrs Amanda Walden



Punctuality - some reminders

For some students punctuality remains an issue. We insist on them being here on time because we want them to learn valuable skills for life. You can help us by ensuring that your child:

- Packs their bag the night before;
- Lays out clothes to save time in the morning;
- Sets a regular bedtime and wake-up time to ensure they get enough sleep and feel refreshed;
- Builds a morning routine: Follows a set order of activities, such as getting dressed, eating breakfast, and brushing teeth, to make the morning smoother;
- Sets alarms: use alarms or timers to help them wake up and stay on schedule throughout the morning;
- If they are walking or cycling, ensuring they are leaving in plenty of time.

Packed Lunches

If your child prefers to have a packed lunch for the day, we would kindly ask parents/carers to discuss with their child if they plan on eating everything that is packed for them. We have an increasing amount of sandwiches, fruit and yoghurt tubes that are not being consumed. Not only could this save time and money for families by not providing food that children are not eating but it will also help reduce litter around school site. All too often these items are not placed in bins but otherwise discarded on the school site either being thrown on the floor or in the case of yoghurt tubes, stamped on. If witnessed doing this students will be awarded demerits, have to clean up and risk spending time in our Internal Exclusion Room. We would want to avoid any such action and instead the students have an open and honest conversation with parents/carers about what they would like in their lunchbox each day.

Books and equipment

Please support us by ensuring your child has the correct books and equipment every day. It makes such a difference for them in the classroom. Can you also ask them to have a copy of their timetable with them at all times - otherwise they can be late to lessons and miss valuable learning time? Thank you