

# Stowupland High School Bulletin

Friday 24th October 2025



## From Mr Walker, Principal of Stowupland High School

I am starting this week with a MASSIVE vote of thanks to everyone who made such a tremendous effort to sieve, measure, mix, shape, ice, flavour, cut and bake their way to a SUPERB Bake Off final on Thursday.

As a fan of all cakes, whatever the flavour, I was honoured to be one of the judges.

However, our task was almost impossible as the talent on offer was jaw-dropping.

Team Stowupland were superb and the winners can be so proud of their achievements in such a strong field. Huge congratulations too to Mrs Walden for dreaming up and co-ordinating the whole thing.

Our winners are:

STAR BAKER - Jenson M (Year 8)

RUNNERS UP - Sienna S (Year 11) Alenka G (Year 8)

STAFF WINNER - Mrs Fullman

We had over 50 entries for this competition and we have raised £188.80 for the Teenage Cancer Trust charity.



Year 11 once again proved how wonderful they are in this week's 'Walking Talking' Mocks. These are our highly active walk throughs of the kind of papers they will face in November when they have two weeks of practice papers. Thanks to the Maths, Science and English teams for getting everything and everyone ready for the experience.

As Half Term begins we are delighted to announce an MFL masterclass on Monday 27th November. Year 11 Languages students are warmly invited to join Mrs D'Arcy Hulusi for a day of preparation and savoir-faire in French. The sessions begin at 8am and run through until 1pm.

Everyone else in Year 11 should take the opportunity to get on with some serious preparation for the upcoming mocks. This is an ideal time to create and test yourselves on flashcards for every subject, complete some past papers and spend quality time learning the key facts your teachers have shared with you.

We have loved showing parents and students in Year 6 around our school over the last three weeks in our hugely popular 'Tea and Tours'. More and more people are visiting to look at our school in action, experience the Stowupland culture and see for themselves how warm, welcoming and friendly we are. My sincere thanks to all the teachers who have spent time explaining to visitors about their curriculum, the work the students are doing and answering lots and lots of questions. We hope that our visitors leave inspired and exhilarated.

## Which way now?

30 intrepid Duke of Edinburgh students had their navigation skills practice weekend in Norfolk and learnt to find their way without satnav, relying on compass and map only to reach their destination. Thank you to all the staff who supported them on their journey.

## Bon retour en Angleterre

We welcomed back our 63 students who went to Lille and enjoyed sharing in their stories of Musee de Palais des Beaux Arts, snail farms, bakeries, chocolate factories, Lens football stadium and nougateries. Confidence went through the roof in terms of speaking French.



## Supporting Children to Deal with Upsetting Content

The school has experienced a number of concerns with reference to students being exposed to explicit content online. For a majority of students they are simply bystanders to this content being posted but this doesn't mean they are not affected in some way. The likelihood is, they will not approach parents out of fear of being judged or restricted to online access.

We will always advise:

- having open and transparent conversations and monitoring of your child's online usage
- installing suitable restrictions to prevent age inappropriate content
- not allowing children under 13 to access social media applications including SnapChat, TikTok, Whatsapp, Facebook and Instagram

Please [find attached a useful guide](#) on how parents/carers can support their children to help deal with upsetting online content.

## The Stowupstastic 100% Team

We celebrated with all of those students who have secured 100% attendance (37 unbroken days of learning) today with a small token of our appreciation for them. They have made the best start to the year, and look set to make the next half term a 100% success too. If your child missed out this half term, there is always the next to show they can do every day. We have also been celebrating today with the 260 students who had ZERO demerits this half term. Well done to all of those students.

## Attendance Update

We are still riding high above the national attendance rate for secondary schools, so thank you for sending your child into school even when they might be feeling a little under the weather. It does make a huge difference, as it is only here that they can learn more, understand more and do more. A huge thanks too to our Attendance and Pastoral Teams (Mrs Wray, Mr Sim, Mr Holden, Mr Terry, Miss Bird, Mrs Morley, Miss Brownsell. Mrs Rolfe, Mrs Woollins and Mrs Fullman) who work so hard to encourage your children to be in school every day and look after them whilst they are here.




### GCSE DANCE

GCSE Dance students have participated in workshops at DanceEast today with professional companies from the GCSE Dance syllabus.

THANK YOU for having us DanceEast!

THANK YOU to the professionals we worked with today;

Wayne McGregor - Infa

The Boy Blue Company - Emancipation of Expressionism




## LUNCH MENU FOR FIRST WEEK BACK

<b>MENU – WEEK 1</b>					
3rd-7th Nov 2025, 24th-28th Nov 2025, 15th-19th Dec 2025, 19th-23rd Jan 2026, 9th-13th Feb 2026, 9th-13th March 2026					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork Sausages	Mac n Cheese	Cottage Pie	Roast Of The Day	Chip Shop Day
Vegetarian Main	Vegan Sausages	Mac n Cheese	Quorn Cottage Pie	Quorn Roast	Veggie Chip Shop Day
Sides	Mashed Potato Seasonal Vegetables Salad	Garlic Bread Home Made Coleslaw Seasonal Vegetables Salad	Seasonal Vegetables Salad	Roast Potatoes Yorkshire Pudding Stuffing Seasonal Vegetables	Baked Beans Vegetables Curry Sauce Salad
Street Food	Fish Finger Bap With Sauté Potatoes	Beef Kebab Pitta Bread & Rice	Chicken Nuggets With Twister fries	Bacon Loaded Wedges with Garlic Bread	Chips
Pudding	Marble Crunch Fresh Fruit	Chocolate School Cake Fresh Fruit	Muffins Fresh Fruit	Apple cake & Custard Fresh Fruit	A Selection of Desserts and Fruit