

Stowupland High School Bulletin

Friday 5th December 2025



From Mr Walker, Principal of Stowupland High School

Principal's Address



Visit our [Facebook page](#) to watch a video summary of this week.

Lockdown drill

We practised our lockdown procedures today and our students engaged really well. It is important that everyone knows what to do in the event of an emergency, and I would like to thank all staff and students for their co-operation. In particular, thanks to Mrs Chittock-Nash for her co-ordination of the lockdown procedure, and to Mr Cook for all his support.

The Mix

This week we hosted a visit from two colleagues from the Mix in Stowmarket. Many of you will be aware of the work this organisation does to support young people in the area, and the events and activities that can be accessed via the Mix. Our visitors were impressed by the levels of engagement, respect and politeness from each class they visited, and each of the students they spoke with. I would like to thank Emma who works for the Mix and is in school every day to promote wellbeing and engagement on behalf of this superb charity.

We are recruiting

We are currently advertising for two roles within our academic and pastoral support team - a Teaching Assistant and Assistant Progress Leader. These are key roles, crucial in ensuring the academic progress and pastoral wellbeing of our students. If you (or someone you know) would like to be part of our team, please have a look at the vacancies page on our [WEBSITE](#)

Looking In On Learning

Year 7 students have been making Angels in their Art lessons this week. The Angels will be displayed in St Mary's Church, Combs over the festive period. Here are the artists of 7SBR during their lesson with Mrs Blake.



Year 8 Parents Evening

It is Year 8 Parents Evening next week. If you haven't booked appointments to see your child's teachers you can do so via School Cloud. The evening runs from 4-7pm in the main school. If you have any questions about Parents Evening please get in touch via email year8@stowuplandhighschool.co.uk

Sparx Stars

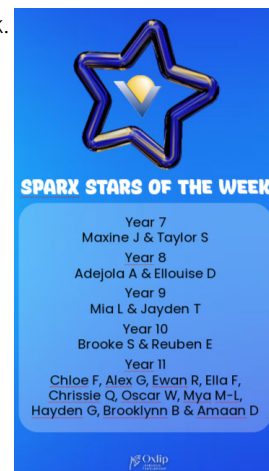
Congratulations to this week's stars!

Progress reports

Year 8 and 9 parents and carers will receive this term's progress check for their child next week. Year 7 Progress Checks will be emailed to parents and carers w/c 15th December.

Winter Showcase

Don't miss this year's Winter Showcase, a truly festive treat for the whole family. Our students are looking forward to celebrating the season with you, so come and join us on 17th December and enjoy watching our talented actors, singers, musicians and dancers shine on stage.



STOWUPLAND HIGH SCHOOL
WINTER SHOWCASE
WEDNESDAY 17TH DECEMBER
TIME: 6.30PM
LOCATION: DRAMA STUDIO

ENTRY: £6 ADULTS, £4 CONCESSIONS
TICKETS: BOOKINGS ONLY IN ADVANCE
[VISIT THE WEBSITE HERE](#) OR SCAN THE QR CODE TO BOOK

Refreshments available from 6pm on the Concourse ~ Donations warmly received

ALL PROCEEDS WILL GO TOWARDS NEW EQUIPMENT FOR THE PERFORMING ARTS DEPARTMENTS

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From Deputy Headteacher, Mr Sim

Attendance Matters

It is statically published that students who attended nearly every day were 1.8 times more likely to achieve the standard than persistently absent pupils who only attend 85-90% of the time (relating to 4 -6 weeks more time in school). In addition, students missing just 10 days of year 11 reduced the likelihood of achieving grade 5 in English and Maths by around 50%. (The link between attendance and attainment in an assessment year – March 2025).

Students above 95% stand the best chances of academic success regardless of circumstance and background. The benchmark of between 95%-100% attendance is what we promote to all students.

An academic year "usually" lasts for 380 sessions or 190 days. To obtain an attendance rate of 100%, a child needs to attend for 190 days. Each session (1/2 day) equates to 0.26% of that 100% total.

Therefore, one day of absence reduces attendance by 0.52%. To maintain attendance above 95% a student is not able to miss more than 9 days (4.94%) across the year. To maintain attendance above 90% a student can not miss more than 18 days across the year. Falling below 90% will categorise a child as being persistently absent. This presents various risks, not least lower academic achievement.

The school will inform all parents of their child's attendance at the end of term and will also be writing separately to those that are under 90% already.

Between now and the Christmas break we have 10 days remaining. If a student attends every day until Christmas they can raise or maintain their attendance significantly.

Fuel for learning

As students get older we are seeing more and more that are arriving at school without eating a nutritious breakfast. We are also seeing students arrive at school eating food which is high in sugar including ice creams, lollipops, energy drinks, high sugar carbonated drinks and family share bags of crisps, to name a few examples.

How breakfast benefits your body

Energy and metabolism: Eating breakfast breaks the overnight fast and signals your body to turn on its metabolism, helping it burn calories more efficiently throughout the day. A balanced breakfast provides the fuel your brain and muscles need to function optimally.

Cognitive function: A nutritious breakfast can improve memory, concentration, and problem-solving skills. By replenishing your blood sugar, you can avoid the feeling of being sluggish or having an energy crash mid-morning.

Nutrient intake: Breakfast is a prime opportunity to consume essential nutrients like fibre, protein, and vitamins from foods like fruits, whole grains, and dairy. Skipping this meal means you might miss out on vital nutrients, making it harder to meet your daily requirements.

The negative impact of not having a nutritious breakfast means that students can often:

- feel sick and request to go home
- become dehydrated and therefore experience headaches
- fall asleep in class due to low energy levels.

Students should have a water bottle each day to fill with water or squash to keep hydrated.

We ask that parents/carers talk with their children about fueling appropriately for the day in order to support their learning experience and maintain a healthy lifestyle.

Online Safety

Students have had an assembly this week with the the theme of online safety.

Information was shared from Internet Matters Pulse Survey - March 2025.

This is a Bi-Annual survey which looks into child and parental online habits and concerns. The following conclusions were gathered from the survey:

- Children spend over a day a week online, a total of 27 hours on average.
- 77% of children tell us they have experienced harm online – an 8% increase from a year ago.
- 75% of parents are concerned that their child spends too much time online – the top concern of parents.
- Girls are more likely than boys to come across unrealistic body image content (22% of girls compared with 16% of boys)
- Older children are more likely to be contacted by strangers than younger children (28% of 13- to 17-year-olds compared with 23% of 9 – to 12-year-olds).
- 9% of children report seeing pornographic content. This equates to approximately 663,000 of children aged 9 to 17 across the UK based on 2023 population estimates from the Office for National Statistics.

We discussed the most popular social media apps on the market which are as follows:

Whatsapp, YouTube, Snapchat, Instagram. When asking Y7 for a show of hands as to who accesses these apps, 2/3 of the room put their hand up. This was concerning as all of these platforms have placed an age rating of 13+ showing how many children under the recommended age are accessing social media sites. Age recommendations are placed on social media platforms to mitigate the risk of age inappropriate content being viewed.

The more time students spend online the higher the risk of exposure to inappropriate content or being contacted by strangers.

In light of the top concern being the amount of time children spend online we have provided some helpful advice Managing Screen Time and Adopting Safe Online Habits.