

# Stowupland High School Bulletin

Friday 13th March 2026



**From Mr Walker, Principal**



## Principal's Address

Visit our Facebook page for a Science Week themed chat with another special guest

## Speak Out

On Monday a group of 28 Year 10 students took part in the Speak Out Challenge, an exciting opportunity designed to develop their confidence, communication skills, and self-expression.

Delivered by the Speakers Trust, this programme empowers young people to find their voice and speak with confidence in front of others—an essential life skill that will benefit them in education, future careers, and beyond.

Throughout the day, students engaged in interactive workshops led by expert trainer, Joe Rowntree, learning how to structure a speech, present with impact, and overcome nerves.

At the end of the day 9 students (Matthew J., Toby G., Poppy K., Farrah J., Lotti H., Eloise S., Brooke S., Ruben P. and Conor B) were chosen to compete in a Speak Out Challenge in school. The winner and a reserve will go to the County Final in May.

## Late Bus

To support all students attending revision sessions and after-school clubs we have introduced a Late Bus service. The details are:

**Days:** Every Wednesday and Thursday

**Departure Time:** 4:55 PM

**Final Date:** Thursday 2nd July

If you would like your child to use this service please could you sign up on Arbor, under clubs.

The bus will be drop off as below:

Combs -> Cracknells chip shop -> Stowmarket

Football Club -> Needham Market Church/toilets ->

Old Newton -> Mendlesham Kings Head -> Bacton

Shop -> Haughley -> Elmswell

We reserve the right to cancel this service should there be insufficient take-up, and reserve the right to remove students from this service if their behaviour is deemed unacceptable.

We hope this additional transport helps more students engage with the revision sessions and extracurricular opportunities available this term.

## World Book Day

We enjoyed another celebration of reading, following World Book Day, with a THIRD author visit on Wednesday. Neil Jones is known for creating curated walking guides, including Norfolk: 40 Favourite Walks. He also focuses on fiction for young people based on real places of interest and historical buildings in East Anglia, with maps to help the reader visit the locations and find their way around having read the story. He curated two hugely successful workshops for our own budding writers (of whom we have many).



## Year 10

It was great to welcome so many parents & carers at school for the Year 10 Parents Evening on Wednesday. Thank you all for your positive feedback.

## Year 11

Year 11 have just 26 school days before their first exam in the Summer series. Core mock exam results have been shared in lessons. Please talk to your child about how they will move forward from this by practising exam questions in their weaker areas. T1 is open every lunchtime, with resources and technology that can be used for revision, and we have also secured free transport for any student attending after school revision sessions on Wednesday and Thursday. You can sign up via Arbor.



## Independence and Resilience Parent Workshop

We are holding an after-school information session to discuss an exciting new pilot project from the NHS that we will be running for children and parents/carers. This will be held at the school in the Sixth Form building on Wednesday 18th March at 4.15pm.

The session will cover:

- Understanding children's anxiety today and the rising rates of childhood/adolescent Mental Health challenges
- The impact that changes in society have had and how we now approach supervision, play, risk and independence in young people compared to previous years
- Avoidance and the long-term impact for both parents/carers and children
- Introducing ways of tackling some of these challenges that are fun and engaging for children and may help parents/carers with their own anxiety too!
- Questions and take aways

If you are interested in attending then please view the [flyer](#) and complete the Parent Sign Up [LINK](#)

If you have any questions please contact Mrs Fullman in the Progress Team who has been pivotal with the support of The Mix Stowmarket, in providing this opportunity to our parents, carers and students.

## FAME REHEARSAL REMINDER

THURSDAY 19TH MARCH - rehearsal will finish at 5.30pm.

## Merit Milestones

We have been celebrating a number of students awarded more than 500 merits in this school year. Yesterday, students from Years 7 & 8 enjoyed hot chocolate with their Progress Leaders. Years 9 & 10 will receive their invitations soon.

## BRITISH SCIENCE WEEK

This week we have been celebrating British Science Week. Students have been witnessing the electrifying-effects of a Van de Graaff generator, using distance to measure speed and using respirometers to measure the oxygen consumption of a Darkling Beetle.



## Elevate Education FREE webinar - how parents can support their child during exams

MARCH 17TH 6-7pm

There is a FREE webinar for parents this term from Elevate Education entitled 'How you can support your child during exams'. This takes place online and is highly recommended. You can sign up here: <https://go.elevateeducation.com/ukschoolwebinar>

## MENU FOR NEXT WEEK: Monday 16th - Friday 20th March

MENU – WEEK 2					
10th-14th Nov 2025, 1st-5th Dec 2025, 6th-9th Dec 2026, 26th-30th Jan 2026, 23rd-27th Feb 2026, 16th-20th March 2026					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Pork Meatballs In Tomato sauce	Bacon & Chorizo Pasta	Chicken pie	Roast Of The Day	Chip Shop Day
<b>Vegetarian Main</b>	Vegan Meatballs	Quorn & Chorizo Pasta	Vegetable Pie	Quorn Roast	Veggie Chip Shop Day
<b>Sides</b>	Diced Potatoes Seasonal Vegetables Salad	Garlic Bread Home made coleslaw Seasonal Vegetables Salad	Mashed Potato Seasonal Vegetables	Yorkshire Pudding Stuffing Seasonal Vegetables	Baked Beans Vegetables Curry Sauce Salad
<b>Street Food</b>	Sweet Chilli Chicken Wraps With Herby Diced potatoes	Katsu Curry & Rice	Beef Burger in a bun with Sweet potato fries	Tikka Wrap With rice and onion bhajj	Chips
<b>Pudding</b>	Muffin Fresh Fruit	Chocolate Sponge & Chocolate Custard Fresh Fruit	Oaty Cherry Slice Fresh Fruit	Sticky Toffee Pudding & Custard Fresh Fruit	Tray bakes and Doughnuts Fruit Fresh Fruit

