
Stowupland High School

SCHOOL SPRING NEWSLETTER

27TH MARCH 2026





Dear Parents/Carers

This has been another exciting term at Stowupland High School. We started the term with two wonderful celebration events for students and parents (one for KS3, one for KS4) to highlight the students earning the most merits and golden tickets in the Autumn Term. It was fantastic to see so many parents and carers at these events, and I am increasingly impressed with the confidence and relish shown by students as they receive their awards. Our culture is one where students are increasingly happy to celebrate their successes which will set them up well for later life.

Year 11 completed their second set of mock examinations, and they are busy preparing for the real thing in the summer term. The exams begin in earnest in early May. Yesterday we have emailed the individual timetables to all Parents/Carers. For a full exam timetable, please click [HERE](#).

We welcomed the team from 'Maximise your Potential' to help Year 11 in their preparations. The session covered the principles of effective preparation - planning, note-taking, testing knowledge, exam technique and a good deal more.

At half term, 26 students enjoyed a memorable ski trip to Folgaria in Italy. They had lessons every day, grouped according to previous experience. I am reliably informed the snow was very good - it certainly looked like it was in the pictures. My thanks to Mr Sim, Mr Walters and Miss Brownsell for providing such a great experience for the participants.





Principal's Address

[Visit our Facebook page for a video message](#)



Earlier this month, 26 students went to the Phoenix Theatre in London to see 'Stranger Things - The First Shadow'. The notes taken at the performance will be used in the GCSE Drama written examination, and students looked at both the design of the production and the performance skills used. As ever, our students were impeccable ambassadors for the school and for their families.



Notable sporting successes are an 8-0 win by the Year 9 Girls' football team against Ixworth High School and bronze medals for the U15 girls' team in the Suffolk Schools futsal finals. I know that the weather has been atrocious on more than one occasion this term, and so students have had to draw on their reserves of grit and determination to win through. My thanks to the PE team for their dedication and commitment to sport this term.

At the end of the Spring Term we are saying goodbye to both Mrs Kowalska (Maths) and Mrs Knights (Music), with thanks for all they have done for the school and the very best of wishes for the future.



Principal's Report





As we move further into the spring term, I wanted to take a moment to share some reflections and important reminders with our Year 7 families.

Firstly, I would like to say how incredibly proud I am of our Year 7 students. Their attendance this year has been the strongest across the school, which is a fantastic achievement and a real credit to both the students and your continued support at home. High attendance is something we often see with our youngest year group, as students begin their secondary school journey with enthusiasm and positivity. However, what truly matters is maintaining this standard over time. Consistency in attendance across the years is key, not only for academic success but also for developing strong habits that will benefit students well into adulthood. Research consistently shows that good school attendance is directly linked to higher future earning potential, as well as improved life opportunities. Establishing these routines early really does make a lasting difference.

Most Merits - Maisie R, Tommy P and Maddie H

Golden Tickets Top 4 - Maisie R, Luke C, Tommy P and Ralph G-S

Spring Term Tutor Award Winners:

7NFA - James B
7SBR - David P A
7SGO - Jensen T
7TTA - Mallory W
7KCU - Noah H
7SWA - Maddie H



Spring Term Assistant Progress Leader Award: Isabel T

Spring Term Progress Leader Award: Maisie R

It has also been a pleasure recently to see students enjoying the school field during lunchtime, following the improvement in weather. The brighter days and fresh air have brought a lovely atmosphere to the school, and it has been wonderful to see students making the most of the space. With the summer term on the horizon, we are hopeful for continued good weather and many more opportunities for students to enjoy being outdoors.



As we approach the Easter holidays, I would like to ask all parents and carers to take some time to review their child's uniform. This is an ideal opportunity to ensure that everything is in line with our school expectations ahead of the summer term. While the weather may become warmer, students are still required to wear full and correct uniform every day, and it is important that our high standards are maintained.

Each year, we notice a small number of students arriving in items such as PE shorts on particularly warm days. While we understand the intention, this is not part of our daily uniform. For families who feel their child may benefit from a cooler option, we do offer black tailored shorts as part of our approved uniform policy. Additionally, in warmer weather, we ask that any students wearing skirts ensure they meet the guidance outlined on the school website, particularly regarding appropriate length and fit.

Thank you, as always, for your ongoing support. By working together, we can continue to ensure that our students are well-prepared, confident, and ready to succeed in the months ahead.

Mr Holden and Year 7 Team





This term has seen so many positive experiences offered to students in Year 8. Sports and dance clubs continue to be a real delight with a large number of students attending sessions at lunchtimes and after school. The Fusion sessions are always talked about by the students when we have a check in.

As Progress Leader it was great to take students on some of the fixtures especially the Sportshall Athletics event where the students showed fantastic team spirit against some very strong competition.

Well done to Maddi C and Scarlett B who competed for the Year 9 girls football team, both scoring a valuable goal.

Curriculum

Students have continued to work hard across the school with some fantastic outcomes. The Progress Team have enjoyed working with helping students across the curriculum, the practical subjects are always a pleasure to visit.

Most Merits

Charlie F, Finlay S, Lillie H

Most Golden Tickets

Finlay S, Esme H, Victor K

Mr Terry





This term has been exceptionally important for the Year 9s with several key events taking place. We had Options Evening which had an impressive turnout of over 80% of the students and then Parents evening with 78% of parents booked in. These events helped Year 9 students to feel more prepared to make the all important decision of their options. It has been wonderful to speak to so many Year 9 students about their choices and hear their discussions about future goals and career choices. We hope to share with all Year 9 students their final choices within the next half term.

This term, we were fortunate to have a workshop provided for several Year 9 boys on Progressive Masculinity. The boys who participated showed great maturity and represented the year group admirably. We look forward to the boys working with the rest of the year group to share what they have learnt, I know they have some fantastic ideas ready to go.

On Friday 26th March we held the Year 9 celebration assembly, were there were an impressive 1,460 nominations and winners to celebrate. It is always fantastic to celebrate all of the wonderful achievements of the year group and the students who are working hard each and every day.

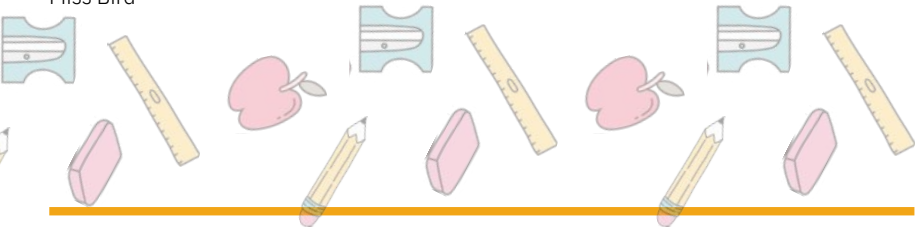
A big well done to Kaitlyn S and Ruth A-E who both received 20 nominations and Maisy L and Lily B who received 21!

There was competition as to which form group would come away with the awards for the highest form group attendance and total merits.

Well done to all in Mr Douglas' form group for winning the form group attendance and Mr Clarke's form for the highest merit totals!!

A special shout out to the many students who are hitting the various merit milestones, with several students achieving more than 600 merits so far this year. Particular praise goes to Hannah C (709), Laila- Mai B (745) and Maisy L (787) for receiving so many merits.

Miss Bird





This may have been a shorter term but it has been one full of highs and lows. Year 10 have had a great many achievements both academically and through extra curricular activities. However we have also seen Dylan F go through a medical emergency during a football match at the end of the half term break. Dylan F was injured during the match and suffered a cardiac arrest. Dylan was resuscitated at the scene and airlifted to hospital. After spending a few days in a medically induced coma Dylan was then transferred to Great Ormond Street Hospital where he underwent life saving open heart surgery. Dylan is recovering well and is hoping to return to school as soon as he is able to.

During this incredibly difficult time all of the students in school pulled together to support each other. A number of year 10 students, led by Jess J, are organising a charity netball tournament to raise money for Great Ormond Street Hospital, Addenbrooke's Hospital and Cardiac Risk in the Young; if you would like to sponsor the event please do so by clicking [here](#)

Spring Term Celebration Assembly

As part of the end of term celebration assembly students are nominated and awarded certificates of commendation in subjects where they have consistently shown hard work and dedication to their learning with nearly 900 certificates issued. A number of students have received awards in more than 1 subject with some students being awarded a dozen certificates.

Merits

Thousands of merits have been issued to year 10 over the course of the term with the highest number going to :

1st – Poppy K, 2nd – Amy N, 3rd – Farrah J

Well done to all, you should be very proud of yourselves, you have clearly shown a consistent approach to lessons.

Tutor Award

Each term, tutors nominate a tutee who they feel represents the form well and deserve recognition for their effort and the value they add to their form class. The students who received the tutor nomination this term were:

10JCO – Lilly P - 10JCO Mark O - 10KBL, Alexander N - 10KKN, Tinashe M - 10LBL, Kirsten H - 10NBR, Miley J - 10TPA, Logan H - Mulberry



Progress Leader Award

For my award I have chosen Finlay B who has made such an improvement in behaviour, attendance and attitude this year; it has not gone unnoticed.
Well done Finlay.

Tutor Group Attendance Award

Mulberry - 93.8 – Gold
10KKN - 93.7 - Silver
10NBR - 93.6 - Bronze

Tutor Group Merits Award

10LBL 4,358 – Gold
10NBR 4,110 - Silver
10JCO 3,851 - Bronze

Student Achievements

Ruben P has won the St John Ambulance Regional Cadet of the Year Award; congratulations what an achievement.

Wishing all students, parents and carers a Happy and restful Easter break.

Mrs Morley





As we approach the Easter break, I would like to take this opportunity to wish you and your family a restful and well-deserved holiday. This is an important time for students to recharge, but also a valuable opportunity for them to begin preparing more seriously for their upcoming GCSE examinations.

During our end of term celebration assembly, we recognised the achievements of Felix T, Gabby B and Chloe F, who were our top three students in Year 11 for merits and golden tickets. Tutors also nominated Keira A, Gabby B, Kieran T, Chloe S, Rocco T and Felix T for their outstanding efforts and contributions during tutor time over the last half term. In addition, Harvey G received the Progress Leader Award in recognition of his dedication, focus and hard work throughout the term. We are very proud of all students who were recognised.

As we look ahead, it is essential that students begin consolidating their knowledge and building confidence across all subjects. Consistent, focused revision over the Easter break will make a significant difference to their performance in the summer exams. Small, regular study sessions are far more effective than last-minute revision, so we strongly encourage you to support your child in creating and maintaining a manageable revision timetable. We will also be running Easter revision sessions in school, and student attendance is highly recommended. These sessions are designed to provide targeted support, clarify key topics, and give students the opportunity to work directly with their teachers.

Easter Revision Schedule

Monday 30th March	Science	SDO	T13	09:30-11:00 11:30-1:00	Session 1 F tier Session 2 H tier
Tuesday 31st March	French	ADA	G13	9-3	Session 1 writing and speaking prep. Session 2 continuation with verbs, tenses, sentence structures, developing language
Tuesday 31st March	Art	LBL	B08	9-12 and 12:30-3pm	Art portfolio work
Wednesday 1st April	Maths/Stats	VHO	T16 T17	9:30-12 1-3	Session 1 Y10 Stats and Foundation Maths Session 2 Higher Maths/Further Maths
Thursday 2nd April	RM/Design	JGA	B04	09:30-3:00	Invitation only.
Tuesday 7th April	H&C	JCO	A06	09:30 - 12:30	Exam Questions
Wednesday 8th April	Hist	MBA REI	D01/D02	09:30-12:30	USA / Norman England
Thursday 9th April	Geog	ASP KBL	T2/3	09:30 - 3:00	Physical / Human Environment
Friday 10th April	English Lit	JMA EGR	A01	09:30-12:30	A Christmas Carol and Poetry



We would also like to remind you that the deadline for purchasing Prom tickets on ParentMail is 16th April. We hope to see as many students as possible there to celebrate the end of their time with us and to wish them well for the future.

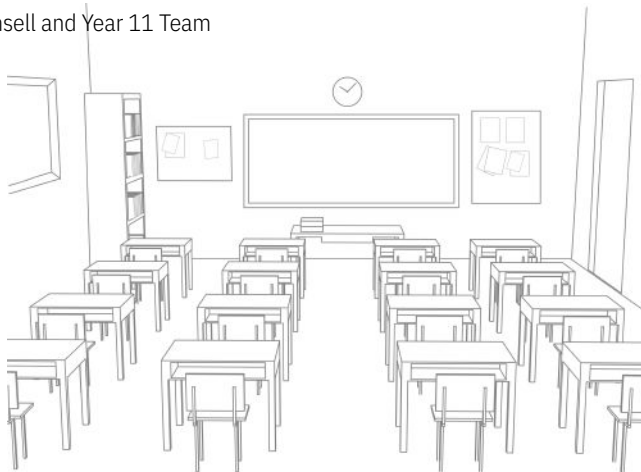
Looking ahead, please be reminded that study leave will begin after the May half term. From that point, students will only be expected to attend school for their scheduled exams. It is essential that all students attend each exam fully prepared and in full school uniform, as those not in correct uniform will not be permitted to sit their exams.

After the Easter holidays, there will be a few important timetable changes. Core PE lessons will be replaced with additional Maths and English revision sessions to further support students' preparation in these key subjects. In addition, students will return to their original tutor groups for the final half term, moving away from the intervention tutor groups they have been in recently

This is a pivotal stage in your child's education, and we are confident that with the right effort and support, they can achieve their full potential. We appreciate your continued support in helping them stay focused and maintain a healthy balance during this busy period.

We look forward to welcoming students back after the break, ready for the final push.

Miss Brownsell and Year 11 Team





PE and School Sport Newsletter
'A spring term full of activities'

It has been another extremely busy term with lots of fixtures and events going on for our students to participate and compete in. Please see below a summary of our students' successes this term:

Cross Country

Round 2 of the Suffolk Schools Cross Country at Woodbridge School. Well done to all of the students that took part in this event. The conditions were extremely tough but all of our students showed great resilience on the day.

Addison Croft finished in the top 45 in the U14 race, which was a great result.

UV Dodgeball

Some of our KS3 students had the opportunity to take part in a UV dodgeball competition against some of our local high schools. This was a competition organised and hosted by our School Games Organiser. All students had a great time.

Sports hall athletics

We have also had students represent the school at the local indoor athletic competitions. All of our teams have competed well at these events and gained valuable experience.

Rugby

This term we have had a number of rugby teams that have had the opportunity to compete in both the West Suffolk and Suffolk Schools competitions. All of our teams have given an excellent account of themselves. Well done to all of those students that have been involved in representing our rugby teams this term.

Football

A massive congratulations to our U14 Girls Football team who are now through to the West Suffolk Cup Final after beating Ixworth 8-0! Can they go on to become back-to-back champions of West Suffolk in 2026!





Futsal

The U15 girls Futsal team this year reached the County Finals. The final took place at Suffolk New College. The team finished third overall, which is a massive achievement.

Around 25 schools began this tournament so the girls should feel proud of this achievement. Congratulations to:

Aimee B, Emily C, Maddiysn K, Freya L-J, Charlotte P, Lola T, Ruby W, Lois B and Izzy S

Congratulations to Isla S she competed in a regional gymnastics competition where the top 3 gymnasts go on to represent Suffolk against Norfolk, Cambridgeshire, Bedfordshire, Essex & Hertfordshire in a competition in a few months time. She placed:

Gold on vault

Bronze on Beam

Bronze on floor



PE Clubs and Activities Summer Term 2026

PE clubs and activities 2026 Lunchtime programme (12.50-1.30pm)				
Monday	Tuesday	Wednesday	Thursday	Friday
KS3/4 Cricket (SBR)	Fitness suite (SBR)	KS3/4 Cricket (SBR)	KS3/4 Cricket (SBR)	Fitness suite (RTE)
WKA HSC Intervention (TWA)	Fame dancers (NBR)	Advanced Fusion (NBR)	Fusion Dance (Y7/8) NBR	KS3/4 Cricket (SBR)
		Fitness suite (TWA)	Fitness suite (IHO)	WKB HSC Intervention (SWA)
Fitness suite (RTE)	Tuesday A/S (3.45-4.45pm) Rounders (SWA) Tennis (SBR) Fitness (JGA)			GCSE Dance Ambassadors (NBR)



PE Curriculum - Summer Term

Model-Based Practice/Teaching Approach: Command style and Cooperative Learning will be the two main teaching approaches for the summer term. <u>Competence should be assessed at the end of the summer term. Physical, Cognitive and Social Skills. Assessment Domains: Strategy, Designing, Mastering</u>					
Wk	P.1	P.2	P.3	P.4	
Week	9P 9P (P1) Cricket 79A (P2) Short tennis/Tennis 59A (P3) Athletics	9P 9P (P1) Athletics 79A (P2) Rounders 59A (P3) Short tennis/Tennis	9P 9P (P1) Athletics 79A (P2) Rounders 59A (P3) Short tennis/Tennis	9P 9P (P1) Athletics 79A (P2) Rounders 59A (P3) Short tennis/Tennis	11P <u>Stoking/Fielding options</u> P1 9P P2 9P P3 79A
Term	9G 9P (P1) Short tennis/Tennis 79A (P2) Athletics 59A (P3) Cricket	1P 9P (P1) Short tennis/Tennis 79A (P2) Athletics 59A (P3) Dance	9P 9P (P1) Athletics 79A (P2) Rounders/Tennis 59A (P3) Rounders/Cricket	9G 9P (P1) Rounders 9P (P2) Cricket 9P (P3) Cricket	1G 9P (P1) Short tennis/Tennis 79A (P2) Athletics 59A (P3) Dance
Week		11P <u>Stoking/Fielding options</u> P1 9G P2 9P P3 9P	11P <u>Stoking/Fielding options</u> P1 9P P2 9P P3 9P		
Term		1G 9G (P1) Rounders/Cricket 9P (P2) Dance 9P (P3) Athletics	9P 9P (P1) Rounders 9P (P2) Cricket 9P (P3) Cricket	9G 9P (P1) Rounders 9P (P2) Cricket 9P (P3) Cricket	9G 9P (P1) Short tennis/Tennis 79A (P2) Athletics 59A (P3) Rounders
Wk	10G 10P (P1) Rounders/Cricket 59A (P2) Athletics 9P (P3) Short tennis/Tennis	1P 9P (P1) Rounders/Cricket 9P (P2) Dance 9P (P3) Athletics	9P 9P (P1) Short tennis/Tennis 9P (P2) Rounders/Cricket 9P (P3) Athletics	9P 9P (P1) Rounders 9P (P2) Cricket 9P (P3) Athletics	11P <u>Stoking/Fielding options</u> P1 9G P2 9P

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Finally, well done to all of the following students for being awarded a Sports Direct voucher for their outstanding contribution towards PE and School Sport this term:

- Year 7 - David P A and Hope L
- Year 8 - Jake W and Evelyn F
- Year 9 - Jude T and Charlotte H
- Year 10 - Matthew J and Immy R
- Year 11 - Lewis H and Gabby B
- Mulberry - William B and Toby G

Wishing you all a lovely Easter holiday.
Mr. Broom and the PE Department



This week there has been quite a buzz in the library as we have completed our three week reading challenge. Students were challenged to sit quietly and read. Anyone caught reading was given a ticket. The student with the most tickets got first choice from my prizes box. Forty-three students took part and were delighted to see the benefit of reading. We had a few lovely surprises from the year 10 students, readers Isla and Harry were picking up their book to read and enjoyed it. Jake in Year 7 was the overall winner and must have read the most books in the time. Lotti and Georgiana, both year 10, were second and third and really loved the quiet atmosphere.



Luke, year 7, wrote me a wonderful review on his book, The Hobbit. He missed out on getting more reading tickets as he and his friend Dexter, year 7 decided to start writing their own book. I can't wait to see the result. Looking forward to seeing even more people reading in the library. We will be doing games clubs for the first 2.5 weeks of the new term and reading challenge for the last half of the term.

Mrs. Shaw,
Librarian



Guest speakers as Mr Bartholomew (teacher of History) and James Wood (former student).

Book Fayre





This term, the Stowupland High School Sustainability Club has continued to grow, with a dedicated group of Year 7, 8, and 9 girls meeting every Thursday lunchtime to take positive action for the school environment. The group has begun work on improving the school grounds by de-weeding the flower beds near the sixth form area, with plans to plant pollinator-friendly flowers after the Easter break to support local biodiversity. In addition, the club is preparing to distribute paper recycling bins to classrooms after in the new term, aiming to increase the amount of paper the school recycles and promote more sustainable habits across the school community.



**Sustainability Club
Thursday lunchtimes
in T2 with Mrs Sprigings**



Safeguarding and wellbeing



From the BBC article:

Don't panic - five ways to stop your kids' endless scrolling

'If you're a parent, you may have felt somewhat validated by the US court ruling that Meta and Google intentionally built addictive social media platforms that harmed the mental health of a young woman.

Lawyers for the woman, known as Kaley, argued that features of Instagram, such as infinite scroll, were designed to be addictive.

Although the court ruling has been lauded as a "game-changing moment" for social media companies, it's of little practical use to parents across the world who are trying to cut down their kids' screen time.

We asked some parenting experts for their tips on how to pry those phones away from their offspring's hands – even if only for a short while.(...)'

Read more by clicking [HERE](#)



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"Join WeDrum to Perform at Carnival!"

Whether you've never picked up sticks or you're a confident drummer, WeDrum offers FREE weekly sessions where you can create your own beats, learn core grooves + make music with others in a high-energy group setting. They play samba parade drums & electronic loops/samples to create our own music inspired by music we love. No experience or equipment needed; just bring your energy. Sessions are led by experienced musicians + are always supportive, welcoming + collaborative. Their aim is to have fun, build confidence + connect through music + creativity.

On 19th July 2026, they will take it to the streets and perform in the Stowmarket carnival parade and in the arena at the rec. A day to remember! To check more info and sign up, scan the QR code or visit www.wedrum.co.uk



Free activities

There is a great selection of free activities for children and families entitled to Free School Meals during the coming Easter Holidays! To book any of the above activities please follow the link below: <https://www.abbeycroft.org.uk/HAF/>

Summer Menu

Please follow the link to our new summer term menu.

