

Stowupland High School Bulletin

Friday 24th April 2026



From Mr Walker, Principal



Principal's Address

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

It has been another packed and hugely enjoyable week at Stowupland. We were delighted to welcome the West Suffolk College SimVan to the school today, and we are honoured to have been selected as the first school in the country to experience this. Year 9 students had access to XR Lab technology to access virtual reality experiences such as the “Day in the life of....” to showcase careers, sectors and highlight jobs in the region including the major infrastructure projects such as G14 and the skills innovation centre, SZC, Freeport East and housebuilding.



Unifrog

Mrs Walden has been highlighting the importance of Unifrog - this time with toy frogs - in our morning messages. The tutor group in each year with the top weekly access figures for Unifrog will get to keep one of five very special frogs in their tutor room for the week. Unifrog is the one-stop careers and future progression platform for all of our students - designed to help and support them as they ‘pond-er’ their future!

The Sustainability Club

The Sustainability Club led by Miss Springings were planting in our raised beds this week. They dug in some buddleiah, sedums and sunflowers kindly provided by Mrs Elliott-James with the aim of attracting as many pollinators as we can to our site (and learning about how these plants grow and flourish in the conditions). There are some great photos on Facebook, and you can also see there that we are looking for donations to our club to help the group learn even more about horticulture and sustainability.



Earth Day

Wednesday was Earth Day and the morning message focused on this year’s theme ‘Our Power, Our Planet’. Students were encouraged to take small steps to help their community become more environmentally aware. We have named our two resident ducks Theo and Dora (suggested by students in Year 9) and we look forward to welcoming their offspring to the school in the coming weeks.

Celebrating the history

Mr Nash has been celebrating the history and mythology surrounding St George in this week’s assemblies, explaining the history of his martyrdom and fuelling the debate about whether 23rd April should be declared a bank holiday.

Surprise celebration

Mrs Morley and Miss Bird invited around 50 students from Year 9 and 10 to the Sixth Form Hall for a surprise celebration assembly in recognition of their superb feats this year - each of them has achieved over 500 merits which is a huge milestone. We told them how proud we are of them and gave everyone who wanted one an (edible) reward. They are fantastic ambassadors for the school, clearly embodying our motto of ‘always striving for success’.

Well done to Miss Dunsford

I am delighted to report that Miss Dunsford (our Stowuptastic Interventions Coordinator) has just passed her qualification to teach English as Foreign Language (TEFL). This is a superb achievement which will enrich the experience of each student in her care. Congratulations, Miss Dunsford!

Suffolk Speak Out Challenge

The moment had arrived to select our entrants for the Suffolk Speak Out challenge on Thursday, with a tense final involving five stand-out Year 10 speakers. Each prepared a 2-3 minute speech, delivered without notes in my office, covering a diverse range of topics. Well done to all 5 and good luck to our winners Poppy K and Conor B, as they progress to the county final in May.

