

1 May 2020



Dear parents and carers

A warm May welcome to you all.

ACTION CALENDAR: MEANINGFUL MAY 2020

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
				29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

This week's home bulletin is a special bumper addition to mark the beginning of May! There is a whole section on new online learning resources, with a lot of information packed into it. Please do not feel that you have to read all of it, or indeed any of it. I hope though that you find at least some of it helpful as we all try to navigate living in lockdown.

There has been speculation in the press recently about how and when schools will reopen. I have no inside knowledge to share and all I know is what is already out there. It is, however, inevitable that when we start to go back to school, the daily school experience for students will be very different if we are to maintain government guidance on social distancing and handwashing.

The senior team has been planning for various scenarios and looking at the procedures we will need to have in place. When we will need to implement them remains the big questions.

In the meantime, there is a lot going on within our school community and beyond.

Mount Snowdon Challenge

The PE department is leading the challenge to climb the height of Mount Snowdon (1000m) from the safety of your own home! The challenge starts on Monday 4 May and will finish on Friday 29 May with weekends off to rest. Using any steps or stairs, students will need to complete 250 steps per day and the challenge will take 20 days to complete. It should take approximately 5-15 minutes to complete 250 steps per day.

We aim to raise money for our amazing NHS and local food banks. Students will stay fit and active, and will have the satisfaction of climbing the height of the highest mountain across England, Wales and Ireland! They will receive a certificate for completing the challenge.

Please encourage your child(ren) to take part and to post photos and video clips on Twitter (@stowuplandPE) to help us gauge how many students are taking part.



Donations can be made via the following fundraising page:

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=stowuplandhighschoolclimbsnowdon&pageUrl=1>

Free school meal vouchers

McColl's has now joined the list of supermarkets that will redeem vouchers secured through the free school meals national voucher scheme. Supermarkets available also include Aldi, Sainsbury's, Tesco, Waitrose, M&S, Asda and Morrisons.

Sharing information safely online

While the internet brings many benefits, we should be wary of increasingly sophisticated online threats relating to digital fraud and identity theft. It is therefore an ideal time to consider ways to share information safely online with your family.

I have attached some 'home learning lessons', created by the PSHE association, which may offer a way to open up discussions surrounding safe use of the internet. They look at what information should be kept private, and explain the risks of sharing personal information online in relation to fraud and identity theft.

Sixth Form

It was wonderful to welcome our building contractors back on site this week. They have recommenced work on the coach park, and started to prepare for the installation of electrical and fibre optic cables.

Art work

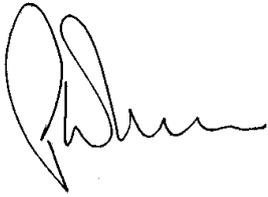
The Art department has set up an Instagram page to share the wonderful artwork being created at home by students. Find the work at *stowuplandhighschool* on Instagram. Please keep sending in photos of students' creativity via SMHW and keep an eye on Instagram to see if your work is featured.

Finally...

I was very pleasantly surprised to receive this lovely hamper from the Mayor of Stowmarket and Stowmarket Town Council this morning, thanking the staff at the school for their 'incredible hard work' in supporting the local community.

We are very grateful.

As always, my warm best wishes to you all



Peter Whear
Headteacher

What's out there online? Three resources you might want to look at.

1. Skills Toolkit

Free courses are available through a new online platform, the [Skills Toolkit](#). This platform signposts to free, high-quality digital and numeracy courses to help you build up your skills, progress in work and boost your job prospects and confidence whilst at home.

Courses on offer cover a range of levels, from everyday maths and the use of email and social media at work to more advanced training. All courses are available online and are flexible so that you can work through them at their own pace.

2. StarLine

[StarLine](#), a new home learning telephone helpline to support parents and carers who have concerns or queries about educating their children at home, is now up and running.

There is access to a team of qualified teachers, education and parenting experts, and they focus on providing practical ideas, support and reassurance. They also aim to support family wellbeing and mental health, and cover all phases of education and subjects plus behaviour, pupil wellbeing and SEND.

StarLine is available to parents and carers of students from all schools nationwide. Free, confidential advice is available six days a week by phoning the StarLine team on 0330 313 9162. For more information, visit www.starline.org.uk or [@StarLineSupport](#) on Twitter. They will also be broadcasting a weekly programme on YouTube.

3. FutureLearn

[FutureLearn Schools](#) is another new online learning initiative. It gives students aged 13 and above free upgraded access to over a hundred relevant short courses, in order to support their learning and expand their horizons. It will be available free from May until September 2020 to every eligible student in the UK and Ireland, and will be rolled out globally in due course.

Students learn from expert educators as well as in a peer-to-peer setting with other learners. They will be able to access tests, gain certificates upon successful completion of course assessments, and keep access to the course content.

Founding partners include the University of Leeds, The Open University, Coventry University, King's College University and the University of Sheffield.

Teachers, parents and students will also be able to access additional guidance and support for free through the initiative, such as the [Coronavirus support hub](#) from Tes and [support for parents and learners during Coronavirus \(COVID-19\)](#) from Pearson.