



Monday 4<sup>th</sup> October to Friday 8<sup>th</sup> October 2021

## Headteachers' Blog

### Natasha's Law

In 2016 Natasha Ednan-Laperouse ate a baguette at a Pret a Manger before boarding a flight with her family. Tragically, the baguette she ate contained sesame seeds, which were not listed on the packaging and to which Natasha was highly allergic to. Despite her father administering two EpiPen doses, Natasha died.

Led by her parents, a change in law has now come into place that requires all food outlets to have complete ingredient and allergen labelling on all packaged food and food made on site.

The combination of this law change and the supply chains being disrupted by the shortage of HGV drivers, has caused our service through Lillie's to be affected. The range and quantity of options being offered has been reduced, and the speed of service is also now a problem, as the previous process of food being boxed and ready for 'grab and go' service now technically cannot happen. Our kitchens are run by Vertas, and we are working with our wonderful kitchen staff and Vertas to mitigate as many of the new hurdles presented to the team. Ultimately the new law is there for very good reason, but its introduction at this specific moment in time is quite a challenge.

### Year 11 Next Steps Evening

Last week we held a very successful event for our Year 11 students, in which we helped provide some important signposts to what opportunities are available once students leave us at 16. Attendance was very high, and we were delighted to be supported by so many colleges, apprenticeship providers and advice groups. If you came to the evening, thank you for your support and do come back to us if you need further support or information.





## Open Evenings

It is a long time since we ran a traditional Open Evening, but due to concerns about the rising Covid numbers in West Suffolk, I have decided to not run our single event in which hundreds of families would squeeze into our building. This year we are running a total of six different events with the numbers limited on each occasion by being directed to specific primary schools. We are running three this week and three next. We have numbers of students helping us on these evenings, and I would like to thank them all in advance. The evenings will finish at 7pm.

## Staff Training 8 October

Don't forget this Friday is a staff training day, and so pupils are not in school.

Have a lovely week – I hope you can get some fuel.

Mr Lee-Allan

Our Year 8 STEM Club had a trip to the Biodiversity 100 Community Event. The pupils built 25 log piles, bird feeders and helped put up bird boxes, all to support our local wildlife in Stowmarket. All the pupils worked incredibly hard and were a credit to the school. A few brave pupils even sampled the mealworms that were used for the bird feeders!



## COLOUR RUN 21<sup>st</sup> OCTOBER

The Colour Run will take place on Thursday 21<sup>st</sup> October 2021 when we will adopt revised timings to allow for an earlier lunch break to enable the event to take place at 1.50pm. We are asking for a minimum donation of £4.00 per student which includes a donation to the Cardiomyopathy UK Charity and covers the cost of the paint for the Colour Run.

The powder paint used is the same used in Colour Runs in other primary/secondary schools across the country. It is safe to use with people, safe for the environment and easy to clean by brushing off or using water. Further information can be found on <http://www.holicolorpowders.co.uk> under 'cleaning and safety'.

If you are happy for your child to take part in the Colour Run, please ensure they come to school in light coloured tops/sports clothing ready for the run and bring a pair of goggles or sunglasses. Please send your child with a spare change of clothes for those getting the bus home. Should your child not be taking part they should wear their school uniform as normal.

Please pay your minimum £4.00 donation via ParentPay by Monday 11<sup>th</sup> October 2021. This will automatically enter your child into the run. If you need login details or require financial assistance, please contact the finance office at: [finance@stowhigh.com](mailto:finance@stowhigh.com). \_\_

In addition, this time we have set up a Just Giving page for family and friends to sponsor your child in this event. <https://www.justgiving.com/fundraising/stowmarkethighschoolcolourrun>



## Extra-Curricular Activities

We are very pleased to be able to offer students over 65 extra-curricular activities during lunchtimes and after school.

To view the full timetable please follow this link to our website:

<https://www.stowhigh.com/parents/clubs-timetables/>



8<sup>th</sup> October – PD Day

20<sup>th</sup> October – Flu Immunisations

21<sup>st</sup> October – Colour Run

21<sup>st</sup> October – Year 7 Tripod Evening

22<sup>nd</sup> October – Non-Uniform Day – Halloween Themed

25<sup>th</sup> October – Half Term



**Useful Contact Information:**

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To report a student absence please call **01449 613541** and select option: 1