

# futures

## fortnightly

EDITION 11 | 1st October 2021



## Dear Parents, Carers and Students

**I wanted to say a big thank you to all the parents and students who attended the Next Steps Event last night. It was so refreshing to see a return to community involved events like this and to be able to present information to you all in person.**

I hope you all found it informative and supportive. The providers managing the stands were very complementary of the students and their attitude and questions and we hope that this leads to some secure and confident decisions for their future.

Please do remember that we encourage you to keep lines of communication with colleges open and that you visit them before applying, there is nothing better than seeing these institutions and talking to the staff who teach the subjects, in person.

I have attached the visual of suggested questions on the next page to help support you with this process, and it can be found in the Suffolk County Council booklet. If you were unable to attend or still have questions to ask please don't hesitate to get in touch and if the students are yet to see our careers advisor please talk to Mrs Mylrea to book an appointment.

Keep us posted via Unifrog and in person about who you are applying to and for what courses. We'd love to be able to spread the word across the staff about your chosen destinations and your next learning steps.

# Questions to ask....

Questions to ask at open events with Post 16 Providers (Sixth Forms, Sixth Form colleges, Further Education colleges or training providers).

## Application

- ▶ What GCSE grades do they need? Do they need grades in specific subjects?
- ▶ What happens if they don't get the right grades?
- ▶ What happens if not enough people apply for the course?
- ▶ Will they be invited to an interview?
- ▶ How long will they have to wait to hear if they have a place?

## Course Content

- ▶ What is the balance between taught lessons and independent study?
- ▶ How much will be taught online or face to face?
- ▶ What is the usual class size?
- ▶ What days of the week do students attend?
- ▶ What opportunities are there for work experience?
- ▶ Will this be virtual or in person? Is this mandatory or optional?
- ▶ Will there be help to find a placement?
- ▶ What happens if they don't get GCSE Grade 4 in Maths and/or English?

## Financial

- ▶ Are there extras costs for equipment, visits, uniform, books?
- ▶ What financial help is available?

## Progression

- ▶ What is the pass rate for this course?
- ▶ What do students go on to do next?
- ▶ If applying for a one Year course – what are the progression routes from this course?
- ▶ What careers guidance is available?

## Support

- ▶ What support do they get to make new friends?
- ▶ What support can they expect to receive? This could be learning support, pastoral support (e.g. a tutor), specialist support (counselling, mental health), personal support?
- ▶ Who can they speak to if they are struggling?
- ▶ What support do they get if they decide to leave?

## Transport

- ▶ How will they get there?
- ▶ Is there help with the cost of transport?
- ▶ Does the transport fit in with the timetable?

## Students with additional needs or concerns

- ▶ Can they come and visit and meet the tutors before they start?
- ▶ How will they be supported at college?
- ▶ Are there quiet places to go during the day?

## Leisure

- ▶ What other things can they get involved in? e.g., Sport, drama, charity events, clubs

## Parent/carer Contact

- ▶ What contact will there be about their progress once they have started? Will I be informed about attendance and progress?
- ▶ Who can I speak to if I am worried?

# Where are they now?

Welcome to our feature, "where are they now?". Featuring our past students, we spotlight where their career has led them and how their time at Stowmarket High School has impacted their career journey so far.

This week we focus on **Becky Jago** who attended Stowmarket High School from 1989 to 1994.

► **Where are you working now?**

For the last 15 years I've been working at ITV News Anglia - 13 of those as a newsreader. I've also worked as a presenter for BBC Newsround, and Capital radio among others.

► **What is your fondest memory of Stowmarket High School?**

I loved taking part in the school drama productions. As a violinist I was often in the orchestra, but remember fondly when they let me out of the 'pit' and onto the stage for productions such as 'Fiddler on the Roof,' and 'Kiss Me Kate!'

► **What advice would you give your Year 7 self now?**

Relax; follow a path you enjoy, and just see where it leads you. Also, work harder! School years are actually quite short, and you'll regret not trying your hardest.

► **What were your favourite subjects at school and how have they helped you in your job today would you say?**

Drama was my favourite subject, which has helped me to 'perform' in every job I've had in the media, but I also loved English. I remember loving creative writing classes in English Language - in particular writing a pretend article for a newspaper. Little did I know I would go on to use those skills in my career!

► **Shout out to anyone in particular?**

Drama teacher Mrs McCrae and also Miss LeGrice - I didn't ever have her for a lesson, but she found my uni course for me, and gave me words of encouragement when I really needed it.



We would love to hear from you and feature you in our 'Where are they now?' series, register your interest here: [futures@stowhigh.com](mailto:futures@stowhigh.com)

**REGISTER**





# CALLING ALL budding Year 11 Law Students

If you're thinking of Law as a possible career I have a really great opportunity to share with you.

On Tuesday October 26th from 9pm - 4pm we will be hosting a Virtual Law Work Experience with Clifford Chance.

Clifford Chance are one of the world's biggest law firms and we've teamed up with them to give students nationwide the chance to get an insight into the legal industry within a magic circle firm.

Hear from some of the most experienced lawyers and solicitors as they take us through workshops specifically designed for this event, as well as having the chance to ask your questions to the very best!

If you'd like to attend this rare opportunity make sure to apply quickly to ensure your spot is secured using the link below.

## Law Virtual Work Experience:

- Tuesday 26th October, 9am - 4pm
- Partner welcome talk
- An insight to law, their different departments and areas of work (including non law routes)
- Breakout rooms with solicitors in talking about different areas of law
- Workshops & interactive sessions
- Open to all Year 11
- FREE opportunity but limited spaces

**APPLY**



<https://www.surveymonkey.com/r/Clifford-Chance>

**C L I F F O R D**

**C H A N C E**

**V I R T U A L   L A W**

**W O R K   E X P E R I E N C E**



**26TH OCT • 9-4PM**

# COMING SOON...

## Open day events



### WEST SUFFOLK COLLEGE

Saturday 6 November 9.30am - 12.30pm  
Thursday 25 November 5.30pm - 7.30pm



### ABBEYGATE SIXTH FORM

Thursday 21st October 5.00pm - 8.00pm  
Saturday 15th January 9.00am - 2.00pm



### SUFFOLK ONE SIXTH FORM

Saturday 9th October 9.30am - 12.30pm  
Tuesday 14th October 5.00pm - 8.00pm  
Wednesday 10th Nov 5.00pm - 8.00pm  
Tuesday 8th February 6.00pm - 8.00pm



### SUFFOLK NEW COLLEGE

Thursday 7th October 5.30pm - 8.00pm

### SUFFOLK RURAL OTLEY

Saturday 16th October 9.30am - 12.30pm

**Did you or  
a family  
member  
attend  
Stowmarket  
High  
School?**

We want to reconnect with our former students. Amongst our alumni is a whole host of talented role models who we want to connect with in order to celebrate their success and inspire our current students. Alumni can be brought back to school to offer careers and education advice, mentor students, provide work experience placements and much more!

Please help us reach out to our former students using your own networks. From doctors to dancers, pilots to plumbers, we need alumni from a range of careers to open our students' eyes to what is possible.

If you are a former student or know of any who would like to stay in touch and give back to their old school, ask them to sign up.



**SIGN UP**

[futures@stowhigh.com](mailto:futures@stowhigh.com)

Paediatric Speech and Language Therapy  
Team would like to invite you to attend our....

## **‘Career as a Speech and Language Therapist’ Workshop**

**This workshop is an opportunity to:**

- Learn more about Speech and Language Therapy as a career
- Meet members of a Speech and Language Therapy team
- Find out how to become a Speech and Language Therapist
- Ask any questions

**Date: Wednesday 27th October 2021,  
from 11am-1.30pm**

**Venue: Virtual via MS Teams**  
**The link will be emailed to you ahead of the  
session**

**How to book a place:**

Contact the Speech and Language Therapy department on  
01473 321225 to book.

Please note spaces are limited and will be offered on a first  
come first served basis.

# NEW Virtual Work Experience Sessions



## VIRTUAL WORK EXPERIENCE OPPORTUNITIES

Speakers for Schools are working with top UK employers to offer students more meaningful work experience opportunities. We are now recruiting for several remote work experience placements and insight days that we think will be of interest to your students. **Please apply as soon as possible to have the best chance of success.**

### Hinckley and Bosworth Borough Council

Dates: 14th October 2021

Eligibility: 14- 16 year olds interested in physical and mental well being.

Application Deadline: 30th September 2021

### 3C Building Control

Date: 26th October 2021

Eligibility: 14 year olds interested in construction.

Application Deadline: 08th October 2021

### University of Derby

Date: 27th October 2021

Eligibility: 15 - 19 year olds interested in gaming and technology

Application Deadline: 13th October 2021

### Launchpad Academy

Dates: 12th November 2021

Eligibility: 16 - 19 year olds interested in media and marketing.

Application Deadline: 29th October 2021

### Kainos

Dates: 22nd October 2021

Eligibility: 14 -19 year olds interested in IT and cyber security.

Application Deadline: 14th October 2021

**For a full list of placements sign in below to search and apply.**



**SIGN  
IN**

<https://www.speakersforschools.org/experience-2/>



# INVESTIN

## FREE CAREERS EVENINGS FOR TEACHERS AND PARENTS

Expert advice to enhance your students' career potential



**INVESTIN** runs a series of bespoke, free-of-charge events for parents and teachers specifically designed to help you enhance your students' career potential. This term's schedule includes sessions on how to break into medicine, learning leadership skills, launching a career to fight climate change and much more.



**REGISTER  
NOW**

**TEACHERS**



**REGISTER  
NOW**

**PARENTS**





# Calling all Parents and Carers

## Could you be an Ambassador for Higher Education (HE)?

As a Parent and Carer ambassador you will be a part of a team of experienced parents and carers who can talk to families with pupils still in school or college and offer reassurances about HE. Being a Parent and Carer Ambassadors, you should have supported your own young people to explore studying in, and applying to, HE. This also includes Higher and Degree Apprenticeships.

We know that parents and carers often have concerns about their young people continuing to study after sixth form and we are looking to appoint Parent and Carer Ambassadors to share their 'real' experiences with other parents and carers to offer knowledge and reassure them about the process. Your young person does not need to be studying at the University of Suffolk, but we would like to recruit Parent and Carer Ambassadors who live in Suffolk.

### **What you can expect to do as a Parent and Carer Ambassadors:**

- Help parents and carers to understand the importance of their role in the HE journey.
- Help parents, carers and young people to make informed choices on HE.
- Enthusiating and reassuring by sharing your own experiences of your young persons HE journey.
- Attending neaco and University of Suffolk virtual/physical parent and carer events and activities.
- Speaking informally to parents, carers, young people and school or college staff on your own experience of supporting your young person.

**In return for sharing your story we will pay you an hourly rate of £8.91 plus holiday pay.**

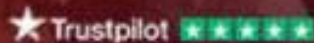
## Want to join us?

**If your are interested in the post please go to the**

**University of Suffolk Jobs Page**

**There you can find the full job description and how to apply.**

# STEM & MEDICINE CAREER EXPERIENCES



## Ages 12-18 | At UCL and around the UK

This term we are offering students aged 12-18 immersive weekend experiences in 13 different STEM and Medicine-related careers. Learn from top doctors, engineers, psychologists, investment bankers and more. You can attend in-person at UCL or online. Other options include the Universities of Bristol, Birmingham, Manchester and Edinburgh.

We expect to be fully-booked for many of these programmes by September 30th. You can click on any career below to see full details and register now.



**REGISTER  
NOW**

**MEDICINE**



**REGISTER  
NOW**

**ENGINEERING**



**REGISTER  
NOW**

**PSYCHOLOGY**



**REGISTER  
NOW**

**BANKING**



**REGISTER  
NOW**

**ALL STEM**

# All STEM & Medicine Programmes

Click on any career below to register for an experience that will supercharge your future.

**Architecture:** Use pioneering software to create 3D models

**Cyber Security:** Become a white hat hacker and pen-test a 'secure' system

**Data Science:** Use big data to salvage a business on the brink of collapse

**Dentistry:** Practise fillings and drill into decayed teeth

**Engineering:** Use AI to design the next autonomous vehicle

**Forensic Science:** Gather evidence, match fingerprints and analyse blood

**Investment Banking:** Build a winning portfolio and trade stocks live

**Medicine:** Read patient X-rays, ECGs and blood tests

**Nursing:** Watch a live wound care demonstration and try it out yourself

**Psychology:** Advise the police during a live hostage negotiation

**Software Engineering:** Discover the world of full-stack engineering

**Vet:** Experience a live veterinary surgery simulation

**Video Game Designer:** Build your own spellbinding game in Unity

## 28 BRAND NEW SUMMER EXPERIENCES



A 360-DEGREE EXPERIENCE OF YOUR DREAM CAREER STEM

## Summer Experiences in London

For students who want the ultimate, 360-degree career experience of up to 15 days in London next summer,



VIEW  
PROGRAMME  
&  
REGISTER  
NOW





**Level 2**  
**Supply Chain Operative**  
**Ipswich**

**INFO**



**Level 3**  
**Maintenance and Operations**  
**Engineer**  
**Ipswich**

**INFO**



**Level 2**  
**Commis Chef**  
**Framlingham**

**INFO**



**Multiple Opportunities**  
**Level 6**  
**Construction**  
**Quantity Surveyor**  
**Lowestoft**

**INFO**



**Multiple Opportunities**  
**Level 6**  
**Civil Engineering and**  
**Site Management**  
**Lowestoft**

**INFO**



**Level 3**  
**Business Administrator**  
**Ipswich**

**INFO**



**Level 3**  
**Business Administrator**  
**Ipswich**

**INFO**



**20 x Level 2**  
**Heavy Good Vehicles**  
**Driver**  
**Newmarket**

**INFO**



**2X**  
**Level 2**  
**Joinery Apprentice**  
**Martlesham**

**INFO**



**3 x Level 2 Lean**  
**Manufacturing Operative**  
**Levington**

**INFO**



**Level 2 Customer Service**  
**Practitioner**  
**Eye**

**INFO**



**Level 2 Commis Chef**  
**Witnesham**

**INFO**







**Accounts or Finance  
Assistant Lowestoft**

**INFO**



**Level 6  
Food Industry Technical  
Professional Leiston**

**INFO**



**Level 2  
Beauty Therapist  
Woodbridge**

**INFO**



**Level 2  
Accounts or Finance  
Assistant - Semer**

**INFO**



**Level 2 Customer Service  
Ipswich**

**INFO**



**Level 2 Supply Chain  
Operative Felixstowe**

**INFO**



**Level 2  
Autocare Technician  
Ipswich**

**INFO**



**Level 3  
Business Administrator  
Melton**

**INFO**



**CLICK the following logos  
to find more apprenticeship  
opportunities:**



**Apprentice Coach  
within our Work Well  
Suffolk Coaching team**

**INFO**



**Apprenticeships New  
Anglia latest opportunities**

**INFO**



**To apply for an Apprenticeship Suffolk vacancy,  
all interested candidates must be referred to the  
Apprenticeships Suffolk service.**

To refer yourself, or make a referral  
on someone's behalf please email  
**apprenticeships@suffolk.gov.uk** where you will  
receive a copy of the Apprenticeships Suffolk  
referral form. Upon completion a member of our  
team will be in contact to have a professional  
discussion. If the application entry criteria is met  
your CV will be sent to an employer if applicable.

**TO VIEW THE  
JOBS PAGE**

**SCAN  
OR CLICK BELOW**



**TO REGISTER YOUR  
INTEREST**

**SCAN  
OR CLICK BELOW**



**If you would like to add an opportunity to our mailing list please email  
**apprenticeships@suffolk.gov.uk** with details by mid-day Tuesday.**



# even more apprenticeships & opportunities

**CLICK  
ON LINK**

<https://www.gov.uk/apply-apprenticeship>

<https://www.findapprenticeships.co.uk>

<https://www.icanbea.org.uk/app/my-feed/>

<https://www.indeed.co.uk/Apprenticeships-jobs>

<https://www.getmyfirstjob.co.uk/>



**icanbea...**



**European Union**  
European  
Social Fund



**Suffolk**  
County Council

## Youth Pledge for Employers

The Norfolk and Suffolk Business Connectors have been creating inspirational opportunities for 16-24 year olds with a wide range of industry sectors.

If you are supporting a young person to become closer to the labour market, here is the Youth Pledge for Employers page on icanbea...

**INFO**



[https://www.icanbea.org.uk/app/explore/organisations/?filter\\_type=all&sector=&org\\_type=all&tags=4&show\\_jobs=1&q=](https://www.icanbea.org.uk/app/explore/organisations/?filter_type=all&sector=&org_type=all&tags=4&show_jobs=1&q=)

For more information on The Youth Pledge please email  
**youthpledgeforemployers@  
norfolk.gov.uk**

The Suffolk County Council Into Work Team, including Work Well Suffolk, Apprenticeships Suffolk, Adult Learning Service and Youth Pledge for Employers are hosting a **Networking Event in November**, we would like to extend the invite to your teams.

Please  
register your  
place here:



<https://www.eventbrite.co.uk/e/skills-marketplace-event-tickets-166149119489>

Morgan Sindall

# VIRTUAL WORK EXPERIENCE

2021/2022



500  
STUDENTS  
HAVE TAKEN  
PART SO FAR

95% would  
recommend  
us to a friend

**Following the success of our 2020/21 VWEX Programme Morgan Sindall Construction are continuing to offer Virtual work experience nationally to students from Y10–13.**

Student engagement was amazing, with students maximising the chat function with guest speakers being asked more quality questions than in previous in person events.

The programme is inclusive of all abilities and we are encouraging students from all demographics to take part.

**The dates for 2021/22 are:**

4th–8th October 2021	9.30am – 3pm
14th–18th March 2022	9.30am – 5pm
23rd–27th May 2022	9.30am – 5pm
13th–17th June 2022	9.30am – 5pm
11th–15th July 2022	9.30am – 5pm



## What does the week involve?

The experience is delivered using Google Classrooms in partnership with Speakers for Schools. Students will work in virtual offices in teams. Each team member will have a job role to deliver the project

- Obtain a project brief
- Virtually meet job role experts
- Virtual site tour
- CV & Interview technique workshop
- #IamRemarkable workshop
- Presentations on the last day
- A packed week Mon - Fri

## Interested?

To be ready to for your students, please register via the following links:

Register as an Educator user: <https://www.s4snextgen.org/Sign-Up/Schools>

Register as a Young Person user: <https://www.s4snextgen.org/students/Take-Part>

**We will send out information approx. 8 weeks prior to your chosen week**

**MORGAN  
SINDALL**  
CONSTRUCTION



# NATIONAL POOL LIFEGUARD QUALIFICATION



ROYAL  
LIFE SAVING  
SOCIETY UK



## RLSS UK National Pool Lifeguard Qualification

Mid Suffolk Leisure Centre

*You must be aged 16 years or over and be a competent swimmer*

Monday 25<sup>th</sup> – Friday 29<sup>th</sup> October 2021, 9.00am-5.00pm

This Certificate includes Defibrillator Training

**£225**

For course details please email [lauraflowers@btinternet.com](mailto:lauraflowers@btinternet.com)

For booking contact Main Reception – 01449 674980



Facebook.com/RLSSUK



@RLSSUK



@RLSSUK





RECRUITMENT OPPORTUNITY

# LIFEGUARD (TRAINING PROVIDED)

at Mid Suffolk Leisure Centre in Stowmarket

Casual / part time hours, flexible including mornings, evenings, weekends

Rate of pay £6.56-£8.91 per hour

FREE gym and swim membership

Opportunities for training and development including Swim Teaching, Climbing and Fitness Instructing

*Everyone Active is currently seeking an ambitious and self-motivated Individual to take on this role and embrace our brand mission of 30 minutes of activity 5 times a week*

The successful candidate will be supporting health and safety operations, driving customer service excellence and be part of a diverse motivated team

## We need an Operations Assistant who will...

- Be focused on delivering excellent customer service standards
- Provide safe and effective pool supervision
- Be part of a motivated team fully embracing our company values
- Ensure high levels of cleanliness and housekeeping are maintained within the centre
- Support the varied programme of activities and sessions
- Effectively communicate with other team members

National Pool Lifeguard qualification is required but we can arrange training. First Aid at Work & coaching qualifications are desirable. This position will involve day, evening and weekend work including public holidays.

## What can we do for you?

Well, along with a competitive salary and opportunities for development, you'll also get to enjoy working in a vibrant, exciting and friendly environment. Furthermore, as an added bonus, you and a partner/children will also get to enjoy free membership to our 200 plus centres nationwide.

If this sounds like you, simply email your CV and covering letter to [connahlloyd@everyoneactive.com](mailto:connahlloyd@everyoneactive.com)

[www.everyoneactive.com](http://www.everyoneactive.com)

Everyone Active is an equal opportunities employer and an Investors in People organisation, who are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. All applicants will be required to undertake checks and references prior to appointment.

Visited No 1

Accreditations & Partners





## RECRUITMENT OPPORTUNITY

# RECEPTIONIST

## at Mid Suffolk Leisure Centre in Stowmarket

Casual / part time hours, flexible including mornings, evenings, weekends

Rate of pay £6.56-£8.91 per hour

FREE gym and swim membership

Opportunities for training and development including Lifeguarding, Swim Teaching, Climbing and Fitness Instructing

Everyone Active is currently seeking an ambitious and self-motivated Individual to take on this role who is ready to embrace our brand mission of 30 minutes of activity 5 times a week

The successful candidate will be responsible for providing professional customer service in an efficient and helpful manner

### We need a Receptionist who will...

- Be passionate about promoting our products
- Be able to work under your own initiative and work as part of a team
- Have an enthusiastic can do attitude and friendly personality
- Be confident in using computers
- Experienced in customer service, being the first points of contact, its' key you can provide a professional service to all our customers

You will be required to work days, evenings and weekends. Full training will be given on the centre's systems

### What can we do for you?

Well, along with a competitive salary and opportunities for development, you'll also get to enjoy working in a vibrant, exciting and friendly environment. Furthermore, as an added bonus, you and a partner/children will also get to enjoy free membership to our 200 plus centres nationwide.

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[www.everyoneactive.com](http://www.everyoneactive.com)

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Voted No 1

Accreditations & Partners





## RECRUITMENT OPPORTUNITY

# CLEANER

## at Mid Suffolk Leisure Centre in Stowmarket

Weekends – 10 hours per week

Rate of pay £8.91 per hour

FREE gym and swim membership

Opportunities for training and development including Lifeguarding, Swim Teaching, Climbing and Fitness Instructing

***Everyone Active is currently seeking an ambitious and self-motivated individual to take on this role and embrace our brand mission of 30 minutes of activity 5 times a week***

We require a highly motivated and results driven colleague to join our cleaning team to deliver a service which generates compliments and increases customers visits. This role will focus on the cleaning of general facilities within the centre

### We need a cleaner who will...

- Achieve high levels of cleanliness throughout the centre following the centres cleaning schedule
- Deliver an exceptional level of customer service
- Be able to work as part of a team
- Work using your own initiative

We need a colleague who can work either mornings, daytime, evening or weekends. Full training will be provided.

### What can we do for you?

Well, along with a competitive salary and opportunities for development, you'll also get to enjoy working in a vibrant, exciting and friendly environment. Furthermore, as an added bonus, you and a partner/children will also get to enjoy free membership to our 200 plus centres nationwide.

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[www.everyoneactive.com](http://www.everyoneactive.com)

Everyone Active is an equal opportunities employer and an Investors in People organisation, who are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. All applicants will be required to undertake checks and references prior to appointment.

Voted No.1

Accreditations & Partners



# More about us and what we can offer you...



200+ Employees



Team and Charity Events



20% of TMJ Workforce  
are Women



State Of The Art  
Machinery and Facilities



Occupational  
Nurse



Personal Training  
and Development



Workwear  
Supplied



Number one Joinery  
Contractor in the UK



7 Current Apprentices



40 Years of TMJ



## Did you know?

We are looking for 2022 apprentices... Apprenticeships are a great way of starting a career, working alongside experienced professionals whilst training at the same time.  
Gain new skills whilst earning!

Please contact:



Cheryl Hardacre, Training and Development Manager  
Chardacre@tmjinteriors.com | 07887 737819



01449 740518



info@tmjinteriors.com



www.tmjinteriors.com





# WHOLE



# HOG



# 10 OCT 2021

## OBSTACLE COURSE & MUD RUN

WATCH THE EVENT



# [www.wholehograces.co.uk](http://www.wholehograces.co.uk)

**mayday**  
• integrated office systems •



design **cresign**.co.uk



**Rushmere Physio**  
[www.ipswichphysio.com](http://www.ipswichphysio.com)

**liability & general**  
insurance brokers

Charity partner



East Anglia's  
Children's Hospices



Please visit [www.stowhigh.com](http://www.stowhigh.com) to see our school

Part of

