



Monday 10th October 2022 – Friday 14th October 2022

Headteachers' Blog

Out of Action!

I am writing this week's blog as Mr Lee-Allan is at home recuperating following a small procedure. He is fine and doing well and we are all doing what we can to make sure that he follows advice and rests! He is not very good at resting! We all look forward to welcoming him back after the half-term break, which is rapidly approaching. In the meantime, please feel free to pass any correspondence to me as I do my best, deputising for him.

Open Evenings

Our Open Evenings have come and gone, and as I always am, I was bowled over by the efforts of our staff and students. I always think that our students are our best advertisement, and this year they did a particularly fantastic job. They represented us with enthusiasm and showed great social skills as they spoke to our prospective parents. The Yr. 7 students, even though they have only just joined us, did a brilliant job as they showed parents around the school and answered the questions.

I am so proud of our school and the journey that we are on, never more so than last week! Thank you to all our students who came in to help and not forgetting all you parents and carers who were taxi drivers for the evening!

Please have a look at some of the pictures taken during the evening.

School Tours

Open evenings lead to school tours and this week we will be showing families around our school so that they can see us in action. It is always great to show off the school in its normal modus operandi!

Mellow Yellow

Today is Mental Health Awareness Day, something which we are very keen to support. However, this fits much better on Friday for us, and so we will have our awareness day then and students will be asked to wear something yellow to show their support for it.

Take 10 to Read Literacy Day

Today, we celebrate our development of literacy across the school by taking part in the Take 10 to Read national programme which aims to encourage everyone to take just 10 minutes each day to read. Over the course of the day books will be 'hidden' across the school and may be kept by those lucky students who find them. Each lesson today will also start with the teacher reading a story to their class - one story which is continued throughout the day as students go from one lesson to another.

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The importance of being literate cannot be understated, and we as a school are completely focused on making sure that all of our students, if they are not so already, become literate and fluent readers. All the evidence shows that students who cannot fluently read, cannot then fully access their exam papers and that this is the case across all their subject areas. Opportunities in life also diminish with poorer reading skills.

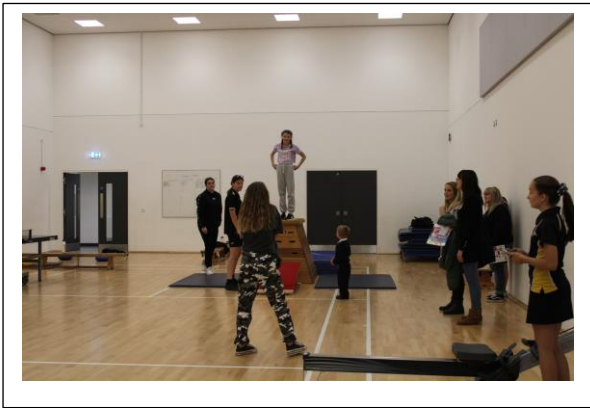
Literacy is one of our biggest areas of focus and is being led by Mrs. Arnold (Director of English). I am pleased to be able to inform you that numerous initiatives are already improving the reading skills of lots of our learners. If you wish to know more, then please contact Mrs. Arnold. We want every one of students to leave us with not only those essential skills of reading, but also with a love of books, too.

Karl Rourke-Beasley
Deputy Headteacher

Parent Voice Meeting on 17th of October – Postponed

Our parent voice meeting scheduled for 17th of October at 5pm will be postponed it will be re-arranged again after half-term.

Open Evening 2022





SEND Tea and Talk Event – Thursday 20th October

On Thursday 20th October we will be hosting our first SEND Tea and Talk event. This event will run from 3.30-4.30 and any family can come along and meet someone in the SEND team, to discuss their child's needs. If you would like to join us, please book a place with our SENCo Rachel Orton, email: r.orton@stowhigh.com.

At 4.30 on Thursday 20th October, we would like to host our first SEND families focus group, the session will focus on your experiences of SEND at the school.

If you would like to take part please email Katy Farrow, her email address is k.farrow@stowhigh.com

Pupil Data Collection Sheet

Could I please remind parents to return their pupil data collection sheet by Friday 14th October, these forms need to be returned even if there are no changes.

Thank you to all the parents who have already returned them.



Every half term we release a new Wellbeing Newsletter for your child. Previous issues are on our school website under the Parents page, then under our Emotional Fitness tab.

“Hello Yellow” Day

As today is World Mental Health Day and Young Minds "Hello Yellow" Day, we are organising a variety of activities this week in school over lunch breaks. Activities will be advertised on the main screen in the atrium for students to view what is on offer each day.

On Friday we will be holding a cake sale, in aid of Young Minds. If you would like to donate any "yellow" themed cakes, please could these be dropped off in the atrium before registration. Cakes will be on sale for donations at break and lunch time. Please remember we are a nut free school.

Also on Friday, we are inviting students to wear yellow accessories with their FULL school uniform. For example, yellow socks, leg warmers, hats, headbands, scrunchies, feather boa etc. Have fun and be creative! But please note, no face paints and students must still come to school in full school uniform.

Cake Sale

NO
NUTS

14th October there will be a cake sale in the atrium

Please drop any donations off before registration.

We're fundraising for
YOUNGMINDS
fighting for young people's mental health

#HelloYellow



Supporting young people's mental health Parent/carer workshops September - October 2022

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

Supporting our Young People Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children in managing difficult emotions

26 September - 13:00. [Book a place](#)

26 September - 18:00 [Book a place](#)

Supporting your Child to Attend or Get Back to School

Is it difficult to get your child to school? This workshop aims to develop parents' understanding and provide helpful strategies

27 September - 18:00. [Book a place](#)

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

27 September - 19:15. [Book a place](#)

18 October - 18:00. [Book a place](#)

Supporting our Young People with Challenging Behaviour

A workshop for parents who are concerned or want to learn more about child behaviour that can be difficult to manage

17 October - 13:00. [Book a place](#)

Supporting our Young People Manage Uncertainty

A workshop to support parents in helping their children manage uncertainty and the emotions that follow

17 October - 18:00. [Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager

18 October - 19:15. [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



Working together
for better mental health



Dates for your Diary

10th October 2022 – Take 10 for 10 Literacy Day and Book Hunt

12th October 2022 – Trip to the Design Exhibition in London (specific design students only)

14th October 2022 – Hello Yellow Day – Wear a yellow accessory and cake sale

19th October 2022 – Year 11 Fieldwork trip to Ipswich

20th October 2022 – Year 11 Fieldwork trip to Ipswich

20th October 2022 – SEND Tea & Talk Event

21st October 2022 – Non-Uniform Day – Pumpkin Carving Competition

24th October 2022 - Half term week

Useful Contact Information:

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| Head of Year 7 | Mrs T Goodman | t.goodman@stowhigh.com |
| Head of Year 8 | Mrs N Goss | n.goss@stowhigh.com |
| Head of Year 9 | Mrs A Hackett | a.hackett@stowhigh.com |
| Head of Year 10 | Ms Z Rudling | z.rudling@stowhigh.com |
| Head of Year 11 | Mrs R Dolby | r.dolby@stowhigh.com |
| Finance | | finance@stowhigh.com |
| General Enquiries | | enquiries@stowhigh.com |
| Attendance/Student Absence | | attendance@stowhigh.com |