



Monday 4<sup>th</sup> December 2022 – Friday 8<sup>th</sup> December 2022

## Headteachers' Blog

### Money Makes the World Go Round

As we move into December, of course Christmas becomes an ever present theme on all media. For us too, students can't escape because we have installed a whopping great tree in the atrium! As the tree was installed and students gathered all the way around the atrium on every floor, I knew this was the right decision. We do have to bring a bit of joy to the place.

However, I am very conscious that this year will be pretty tough for many families. Our annual hamper competition could well go to supporting our own families this year. For those who are struggling – please, if you feel you can, let us know, because such strains do impact on the students. They bring that worry into school, and that can affect their behaviour, their academic performance and their health. One of the key things we can do to help is to provide a free breakfast for all those on the Pupil Premium list – if that applies to your child, please make sure they take advantage of this. It is very expensive for us, but we get extra funding for students on the list, and this is how we choose to spend a significant proportion of it.

### Fundraising

Despite the difficult economic situation around 40 students joined Mr Wise, the PE team and Miss Hewitt and Mr Rourke to take part in the sponsored run, in aid of the Royal British Legion. Over £200 was raised – a great effort, and much fun was had on the way. Well done to everyone who joined in.



## FOSH

Last week this wonderful band of parents joined forces again to plan how to raise funds to support the school – I really appreciate them taking the time to do this. If you would like to join this group and play your part, please contact us via [liaison@stowhigh.com](mailto:liaison@stowhigh.com)

### This week

More Year 11 Pre examinations, Celebration Breakfasts each day, The Lion King trip on Wednesday pm, and then we head into one of the busiest weeks of the year – the final week of the Autumn term, packed with performances, celebrations, competitions, non-uniform day, Hampers...

Thanks for your continued support

Mr Lee-Allan





## Year 10 PSHE Bereavement

During weeks commencing 5<sup>th</sup> and 12<sup>th</sup> December, students in Year 11 will be looking at Loss and Bereavement during their PSHE lessons. Whilst this is an important part of the curriculum and delivered with much sensitivity, we know that this may be a difficult subject for some students. If your child is in Year 11 and may find this a difficult lesson, please ask them to see their PSHE teacher in advance so that we can put appropriate support into place.

## SEND Focus Group

Thank you to the Parents who attending our SEND Focus Group Meeting on 20<sup>th</sup> of October to read the minutes of this meeting please follow the link below:

<https://www.stowhigh.com/statutory-information/send/families/>

## Lost Property

In lost property we have 2 pairs of football boots, 1 pair of black trainers, 4 x coats, 4 x hoodies, 3 x footballs, a cycling helmet, 3 x pairs of glasses, 5 x pencil cases, numerous rings, bracelets and door keys. After Christmas this will need to be cleared away and will be taken to a local charity shop if not claimed. If you think your child is missing anything, please send them to Student Services to look.

I have had a donation of 3 nice girls winter coats, if you need a coat for your daughter this winter from our pre-loved stock, then please email us on: [uniform@stowhigh.com](mailto:uniform@stowhigh.com)

## Diabetes Awareness



Bethany Deaves in Year 8 is type 1 diabetic, her and 5 of her friends this week have been raising money and awareness for JDRF. They raised £88.35 at the cake sale on Tuesday. Well done, Girls! Thank you to everyone who made a contribution to our cake sale.

## School Meals @Stowmarket High School

We would like to introduce you to our Catering Team in Lilies, who work very hard each day to produce delicious meals for your children. Our Chef Manager is Terri Dade, and her catering assistants are Rene King, Donna Thompson, Kelly Stead and Sarah Cox.



Since changing our school caterers to Edwards & Blake in October, we have seen a significant increase in the number of students having a school lunch. We have heard several children say how much they are enjoying the new menus and even the fact they we are serving more vegetables and salads!

Our kitchen staff have also commented saying “we are enjoying preparing the meals and the recipes are healthy and easy to follow”.

All our sandwiches, baguettes and traybakes are prepared fresh each morning in school.

If your child has not tried a school meal yet, please encourage them to do so. If you need log in details for ParentPay, please contact [finance@stowhigh.com](mailto:finance@stowhigh.com)

In Lilies each day we also serve a hot breakfast, yoghurts & fruit.

On Wednesday 14<sup>th</sup> of December, we have our Christmas Lunch, please make your child has ordered theirs.





Example of today's Meal Deal, Sausage, Mash and a Traybake



Our school catering services is provided by Edwards & Blake <https://edwardsandblake.co.uk/>

We believe that lunch time is also a very important part of the school day. When students sit down with friends, enhance their social skills and replenish their energy levels.

In our dining hall Lilies, we offer a meal deal every day which is priced at £2.35 and includes:

- Hot Meal Deal – choose any hot meal and a homemade traybake or fruit pot
- Cold Meal Deal – choose a sandwich or baguette and a homemade traybake or fruit pot

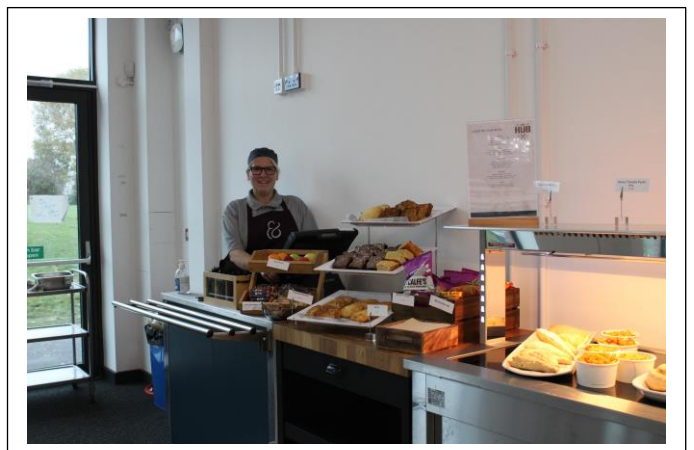
There is also a range of gluten free, vegetarian, and vegan products available daily. Our menus are exciting, nutritious, appealing and designed to educate students about how they can make healthy choices to support their health and wellbeing.

Keep an eye out for our regular theme days featuring fantastic flavours for students to try. To view our full menus please follow this link to our school website:

<https://www.stowhigh.com/parents/lunch-menus/>



Some examples of our 'Grab & Go' food options



### **Christmas Concert Thursday 15<sup>th</sup> December**

Please come along to support students this will be a lovely evening and FOSH (Friends of Stowmarket High School) will be here offering refreshments during the interval. There will be hot chocolate with marshmallows and tubs of ice cream.

We are asking for a donation of £3 per ticket and the funds raised will go towards our performance of Matilda.

### **Christmas Jumper Day Friday 16<sup>th</sup> December**

Non-Uniform day on Friday the 16th will be Christmas jumper day, with the donations going to the charity Save the Children.

### **Christmas Hampers Friday 16<sup>th</sup> December**

The foodbank will be coming in to judge the hamper competition during Period 1, they have asked for the following donations: Christmas cakes, tins of Salmon, gravy, and packets of stuffing. Tins or cartons of custard & Birds trifle mix. Tubs of chocolates, crisps, nuts & biscuits for cheese. Cartons of fruit juice, hot chocolate, boxes of cereal. Tins of ham and corned beef & packets of jelly and angel delight.



#### **Dates for your Diary**

5<sup>th</sup> – 9<sup>th</sup> December Celebration Breakfasts

7<sup>th</sup> December – Lion King Trip

15<sup>th</sup> December – Christmas Concert 18.30 – 20.30

14<sup>th</sup> December – Christmas Lunch

16<sup>th</sup> December – Non-Uniform Day & Christmas Hamper Competition

16<sup>th</sup> December – End of Term

3<sup>rd</sup> January – Students return to school



**Useful Contact Information:**

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

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