

Headteachers' Fortnightly Newsletter

Monday 11 December 2023 – Monday 18 December 2023



Good Afternoon All,

The holiday season is upon us!

School life has been very busy with Christmas Hampers, Celebration Breakfasts, Rewards Assemblies, and many more special events to celebrate the end of this term.

With only a half a day to go until the Christmas break it is lovely to see students getting into the spirit with their Christmas jumpers, enjoying Christmas lunch, and engaging with their tutor groups to create their charity hampers. These hampers support the local Stowmarket Food Bank for those less fortunate than us, to ensure they can enjoy the holiday period.

In the UK, more than 14 million people are living in poverty – including 4.5 million children. As a school, we believe it isn't right that anyone should be left hungry or living in extreme poverty. Therefore, to make a difference, every tutor group has been designing and filling their Christmas hampers. These were then judged by local MP Jo Churchill and myself, ready to be handed over to the food bank on Friday 15 December. Congratulations to 10I who were crowned the overall winners!

Overall Winner



10I Mrs Gibson's form

We have also undertaken a whole school focus on 'spreading kindness and thanks' this Christmas period, to make an extra effort to acknowledge those that have supported us through any challenges and barriers so far this year.

Christmas is a great time for us all to slow down the pace and make the most of our time together. I hope you will join me in reflecting on your own personal challenges and successes you have overcome this year.

On another note, the staff have been receiving their personalised Christmas cards from myself this week- the design was specially created by the wonderful and talented - Helena in Year 10.



Finally, next term you will see special editions of the Newsletter, where you will hear from key members of the Senior and Middle Leadership Group to hear their key priorities and progress over the year.

1. 12th January 2024 - Mr Pickering and DOF English, Maths
2. 26th January 2024 - Mr West and DOF Science, Humanities
3. 9th February 2024 - Mr Smith and DOF Arts, DT
4. 23rd February 2024 - Ms Broxton and the HOY 7, welfare officer, Head boy/Girl
5. 8th March 2024 - Mr McLellan and the HOY 8/9
6. 22nd March 2024 - Mr Stoneman/Attendance Officer and HOY 10/11
7. 29th March 2024 - Easter end of term – Ms Hernandez

I hope you all have a lovely Christmas, and remember;

Rest Up, Be Kind!

Ms L Hernandez

Stowmarket High School Core Values – The Launch!

At Stowmarket High School, values are embedded in our vision. A value is a principle that guides our thinking and our behaviour, and is a representation of what we believe the school stands for and what our students should become.

Every student is valued for who they are and what they contribute to the school. Values support the personal, social, and spiritual development of every student throughout their time at our school.

Our revised mission statement and core values were created and chosen by the students and staff at Stowmarket High School and we are pleased to reveal our Core Values and Statements below!

Our Core Values We believe in:	Our Vision
Respect	<p>We respect one another's right to safety and dignity at school.</p> <p>We will speak to each other with calmness, politeness, and civility.</p> <p>We respect one another's right to clean, tidy and damage free environment.</p>
Integrity	<p>We are honest, transparent and promote ethical conduct in all interactions in school.</p> <p>Students with integrity strive to always do the right thing.</p>
Success	<p>We work toward a path to success from gaining a range of skills, a passion for what we are learning and a creative confidence both within school and beyond.</p>
Kindness	<p>We value being kind to one another. Using our manners and being empathetic and considerate of each other's feelings.</p>



**Christmas
Hampers
2023!**

Harley Davidson and rider



A light aircraft



**In total
we
donated
550kg of
food!**

Small car



A grand piano



**This is the
equivalent weight
to one of these**

Year 7 Winners



3rd 20 POINTS
7W



1st 25 POINTS
7S



2nd 23 POINTS
7T

Year 8 Winners



3rd 25 POINTS 8O



1st 33 POINTS 8H



2nd 26 POINTS 8I

Year 9 Winners



3rd 14 POINTS 9T



1st 33 POINTS 9S



2nd 20 POINTS 9O

Year 10 Winners



3rd 7 POINTS 10W



1st 32 POINTS 10G



2nd 29 POINTS 10H

Year 11 Winners



3rd 18 POINTS
110



1st 27 POINTS
11T



2nd 22 POINTS
11S



Welcome to our new look **Oasis** newsletter, we will now have a fortnightly exclusive section here in the Headteachers newsletter. As always, we will keep you informed of all top tips and places to look for support with all things mental health.

Podcast Recommendation

This Podcast celebrates the coziness of Christmas by sharing stories, memories, and classic tales of Christmas.



Blue Monday
Monday 17th January 2022
Let's turn it around this year.

The third Monday of January has been awarded the gloomy title due to a combination of post-Christmas blues, cold dark nights and the arrival of unpaid credit card bills. How can you ensure that your "Blue Monday" isn't so blue? Check out the wellness calendar and make plans for this day. Give yourself something to look forward to, reward yourself if you have stuck to your new year's resolutions.

Happiness calendar
<https://actionforhappiness.org/all-calendars>

WHATEVER YOU'RE GOING THROUGH, I'M HERE TO HELP.



A stunning blend of action-packed science fiction and love against the odds, perfect for fans of the DIVERGENT series

Book Recommendation



Coping with Christmas

Christmas isn't fun for all, and often it can be a very stressful or lonely time of year. Check out these links from the Lily Jo Project – our partner in the delivery of mental health mentor programme.

[Prioritising your mental health](#)

[Music, mental health and the holidays](#)



the *lily Jo* project



Help Lines

Anxiety UK: support@anxietyuk.org.uk/08444775774

MIND: info@mind.org.uk/03001233393

No Panic: admin@nopanic.org.uk/ 08449674848

Nightline: Nightline.ac.uk Samaritans: jo@samaritans.org/ **116123 (freephone)**

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>



WELLBEING

Well-being is a state of mind, body, and spirit that allows you to live a healthy and happy life.

Countdown to Christmas!

Please see below a summary of events we are holding in the run-up to Christmas.

- **Monday 18th December** – Celebration Breakfast for invited students (Year 11)
- **Tuesday 19th December** – Non-uniform day and **early finish at 1:10pm** (All the standard contract (non-public) buses can arrive early as requested at 13:10. Registered services 88, 384 & 985 will have to operate at the usual times as they are public).



Useful Contact Information:

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