



Onehouse Road, Stowmarket, Suffolk, IP14
Tel: 01449 613541
Email: enquiries@stowhigh.com
Web: www.stowhigh.com



· ACHIEVING SUCCESS TOGETHER ·

Headteacher's Newsletter

An Introduction from Ms Hernandez

23 May 2025

Work Hard, Be Kind



This half term has whizzed by, and the warmer weather has helped the mood around school seeing students really flourish as they approach the end of their school year.

We are really pleased with the new Year 7 intake and the increased popularity of the school for the second year running, meaning there was a large number of parents that did not secure a place for September and are currently on the waiting list. A reminder that if you have children or family in other year groups wanting to join us here at Stowmarket High school and would like to enquire about our waiting list please see our school website or email: enquiries@stowhigh.com

The Year 11 exams are now in full swing, and the students have had their leavers assembly which was a lovely send off for them into half-term as they approach the final month of school here at Stowmarket High.

We have welcomed Year 8 families to come in this week and meet their teachers and discuss the year so far and getting them ready for Year 9. We also looking forward to checking in with Year 7 families next term as they approach the end of their transition to secondary.

On Thursday 8 May students were reminded of the significance of VE Day and of the sacrifices that were made during the dark and challenging war years and the importance of remembrance.



As we hope for the warmer weather to continue into next half term the decision on uniform has been confirmed as:

- Students are *not required* to wear their blazers **at all** during the school day

This adjustment is optional; however, please note staff will continue to uphold expectations for shirts, appropriate footwear, and trousers in line with the school's uniform policy. We are extremely proud of how presentable and respectable our students are and that they set the tone locally for young people around Stowmarket.



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A reminder we have a staff inset day on 20 June 2025 and a half day on 22 July 2025 where students will be leaving site from 13.00pm.

Enjoy a sunny half term

Ms Hernandez – Headteacher

Yr 10 PRE Exams

Please be advised that the yr10 PRE exams will begin W/C 16 June 2025.

Further information and timetables will be sent to all Yr10 students in due course.

Thank you.

E Smith - Examinations Officer



The Suffolk School Nursing Service provides initial assessment, advice, sign posting and strategies to support children and young people with the following new and emerging concerns:

Emotional and mental health needs such as:

- Self-harm
- Self-esteem
- Low mood
- Anxiety
- Panic attacks
- Relationship difficulties
- Depression
- Behavioural difficulties
- Stress
- Changes in eating
- Bereavement
- Anger management
- Young Carer responsibilities

Sexual health needs such as:

- Healthy relationships
- Contraception



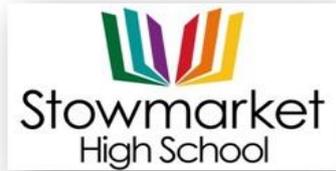
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- Sexually transmitted infections
- Sexual identity

Physical health needs such as:

- Sleep difficulties
- Day and night-time wetting (urinary incontinence or Enuresis Service)
- Healthy eating and weight management
- Soiling (faecal incontinence and/or constipation)
- Tobacco, alcohol, drugs, substance misuse
- Puberty

School Nursing You Tube video 'What we do':

<https://www.youtube.com/watch?v=hmrr9zFT6tk>

Referrals:

If a student would like a pre-arranged appointment with a member of the team, you can complete our referral form. Please use the link below and it will take you to our website, referral form and referral criteria.

www.suffolk.gov.uk/children-families-and-learning/childrens-health/school-nursing-service

Drop in:

Young people in secondary school can assess a confidential drop-in service delivered by the school nursing team. You do not need an appointment, just turn up.

School drop ins provide a range of information, advice and guidance including:

Sexual Health including C-Card condom scheme, Chlamydia testing, pregnancy testing and emergency hormonal contraception provision.

Emotional health including low mood, worries, self-harm, self-confidence and self-esteem.

Physical health – including puberty, healthy lifestyle, sleep and health conditions, smoking/alcohol and drug misuse.

Suffolk School Nursing Service



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A Night at the Musicals!

Stowmarket High School will be putting on a summer showcase of a range of musical numbers. Auditions will be on Monday 19 and Wednesday 21 May 2025. Auditions will take place after school and students will be given a specific time slot. To receive their slot, they must sign up (sign up sheets are on the drama studio door). Students may audition to be part of the ensemble, a soloist, duo, small groups and they can also audition with a piece of choreography if they have an interest in dance. Auditions should be well prepared and rehearsed. This show is an exciting opportunity for the students to have creative freedom and come to auditions with ideas which could be used in the final performances.

Rehearsals will take place after school in the lead up to the show. It is also important to note that students **must be available for all show dates** to take part, these include **Monday 30 June 2025 (afternoon performance to primary schools during school hours) and the evenings of Tuesday 1 and Wednesday 2 July 2025 (times tbc).**

Thank you

Miss Rea – Teacher of Drama



Lost Property

We have a variety of objects and clothing in our Student Services to be collected before the end of this half term please. Items include a bracelet and some ear pods.

Thank you
School Office

A Plea from Food Technology!

To any pupils that have had food lessons this year and borrowed cake tins and containers could you please make sure these are returned and not hiding at the back of your cupboards ready for pupils to use again next year.

Kind thanks

Mrs Brewster – Teacher of Technology



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Ski Trip

If any student still wishes to go on the skiing visit, please contact Mrs Harvey at school. There is currently one place still available. The letter with all of the details can be found under letters on our website.

Mrs Harvey – Visit Leader

Modern Foreign Languages

MFL student of the month: once again we celebrate our fantastic students in both French and German for their hard work and positive attitude. A big well done to them all!

Our nominations for ***April*** were:

German:

Ellie Lewis 9I

French:

Albert McSloy 7W & Pip Cook 10D



Our nominations for ***May*** are:

German:

Percy Powell 9T

French:

Lily Crawford 8S & Jack Rodgers 10D

Miss Pawsey - Curriculum Lead for MFL

F.O.S.H

At the beginning of May we had our 2nd painting evening, held at school it was thoroughly enjoyed by everyone that attended, with some great artwork created! Look out for our next painting evening in the Autumn term.

Preparations for our Stowmarket Carnival float are well under way, with students helping to create colourful animals and flowers for our rain forest themed float. If you'd like to get involved, please get in touch, it's a big job and the more hands the better!

Friends of Stowmarket High School



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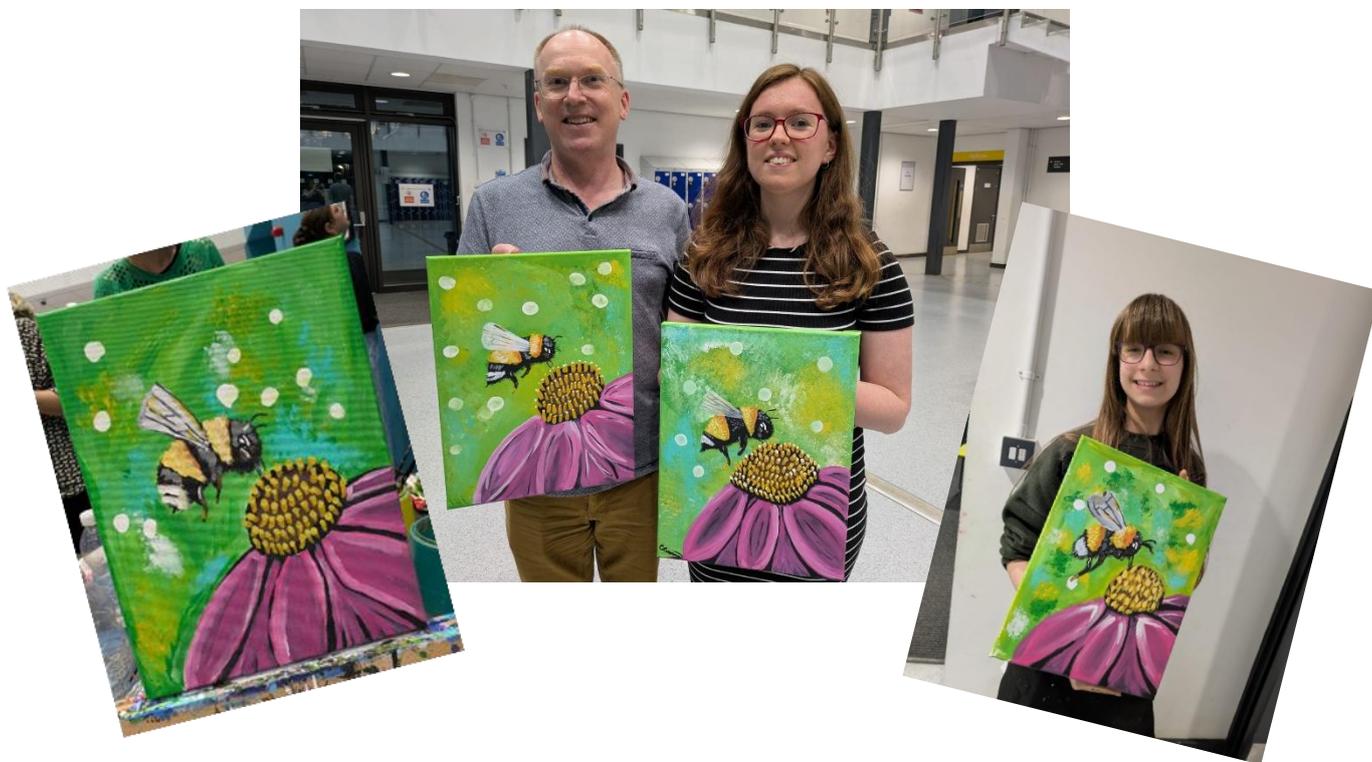




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Hey Families,

Year 10 Work Experience Week – What a Success!

What a buzz it's been around school this week! Last week saw over 85% of our amazing Year 10 students out on work experience placements – and what an incredible week it was!

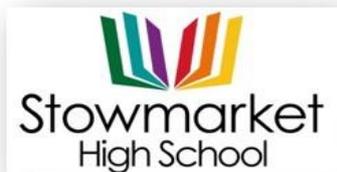
From local businesses in Felixstowe, Ipswich, Bury St Edmunds, Stowmarket, and surrounding villages, to big city experiences in Leeds, London, and Durham, our students spread their wings and embraced the world of work.

We want to say a huge thank you to every employer who opened their doors, gave up their time, and helped shape the future of our students. The feedback has been nothing short of outstanding – employers have praised our students for their professionalism, enthusiasm, and maturity. They truly were a credit to themselves, their families, and the school. You should all be incredibly proud!



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Work experience isn't just a box to tick – it is a vital part of preparing for life beyond the classroom. It helps students build confidence, explore careers, and develop the skills that will set them apart in the future.

→ **Next up – Thursday 18th July – Drop Down Day**

We are already looking ahead to our next drop-down day, where we will be hosting a careers fair for Year 10. We will also be holding a Work Experience and Mock Interview Rewards Assembly, celebrating students who received glowing feedback, went the extra mile, or overcame challenges to make their placement a success.

The future is bright – and Year 10 are already stepping confidently towards it.

🔔 **Coming Soon: Virtual Work Experience!**

From 30th June to 4th July, we're offering Virtual Work Experience Week, perfect for anyone who missed out on an in-person placement or wants to level up their skills even more. It's a chance to connect with real employers and dive into real workplace tasks.

Each day will include:

- ✨ Live webinars with top employers
- 🛠 Hands-on tasks via our Courses platform



Interested? Just pop by the Careers Office during break or lunch to sign up!

And of course, if you have any questions, whether it's about work experience, post-16 options, or anything else in this newsletter, drop me an email: m.mylea@stowhigh.com

Mrs Mylrea - Careers Support Officer



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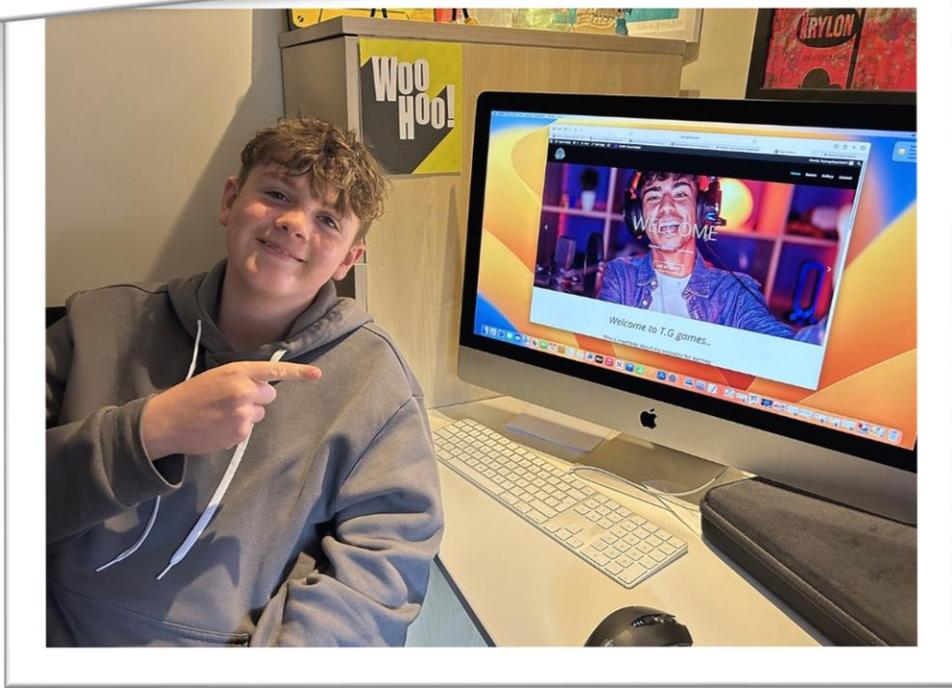




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Snapshot of Work Experience Week



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UPCOMING EXTERNAL EVENTS

FREEPORT EAST | SKILLS ESCALATOR

Join us at the Freeport East Roadshows, where students can explore exciting career opportunities, gain valuable skills, and be inspired by industry experts.

These engaging events are designed to upskill and empower young people, helping them take the next step toward their future careers. Schools are invited to book now and bring their students along for an interactive and insightful experience that supports regional skills growth and ambition. The following sectors will be highlighted at each event:

- Manufacturing
- Clean Energy
- Food processing and agri - tech
- Logistics, transport and warehousing
- Specialised Construction

TO BOOK YOUR PLACE
scan here

9th July 2025, 10.30am – 4pm | The Mix, Stowmarket

24th September 2025 | The Orwell Hotel, Felixstowe

3rd November 2025, 10.30am – 4pm | FutureSkills Fair, Ipswich

28th January 2026 | The Waterfront, Harwich

Supported by the Freeport East Skills and Innovation Fund

DANCE TRAINING FOR YOUNG PEOPLE AGED 10 – 18 YEARS

FOR ENTRY SEPTEMBER 2025

DANCE EAST

CENTRE FOR ADVANCED TRAINING

APPLICATIONS ARE NOW OPEN

STAGE ONE AUDITIONS TAKE PLACE ON:

- SATURDAY 17 MAY
- TUESDAY 27 MAY

You may be invited to a Stage Two Audition in June.

FIND OUT MORE

01473 295234

DANCEEAST.CO.UK/CAT

CAT@DANCEEAST.CO.UK

@DANCEEASTCAT



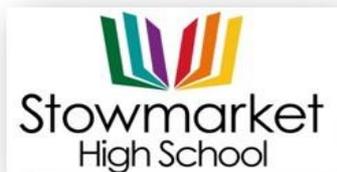
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Careers at Stowmarket High School – What’s Coming Up?

May 2025

- 6th Year 10 & 11
Young Professionals - Insight to Lloyds Banking Group Event: Discover How AI Is Shaping Finance
5.00pm – 6.00pm – Online
Sign Up: <https://www.surveymonkey.com/r/LBG-Gen-AI>
- 12th – 16th Year 10 Out on Work Experience
20th Advice & Slice – Open to All Years
 Lunch Time: 1.15pm – 1.55pm – LRC
Sign up with Mrs Mylrea in the Careers Office (Opposite 2.03) or outside Student Services
Brandon Brown – NHS Careers
- 29th Year 10 & 11
Young Professionals - Finance & Wealth Management Work Experience with St. James’s Place
9.30am – 3.30pm – Virtual
Sign Up: <https://www.surveymonkey.com/r/StJamesPlace-Virtual>

June 2025

- 10th Advice & Slice – Open to All Years
 Lunch Time: 1.15pm – 1.55pm – LRC
Sign up with Mrs Mylrea in the Careers Office (Opposite 2.03) or outside Student Services
Karen Bradford – Life and Careers in the Ambulance Service

July 2025

- 15th Young Professionals Summer Conference – Year 10 & 11
The O2 Arena, London – In Person
1.30pm – 5.00pm
- 18th Drop Down Day



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Upcoming Events/Examinations

| | |
|-----------------------------------|---|
| Friday 23 May 2025 | - Leavers Assembly |
| Thursday 8 May 2025 | - Summer GCSE Examinations begin |
| Thursday 8 May 2025 | - Alternate Year 11 Timetable begins |
| Friday 13 June 2025 | - Year 11 Official Last Day Year |
| Wednesday 18 June 2025 | - Examinations End |
| Friday 20 June 2025 | - PD Day (school is closed to students) |
| Saturday 21 – Sunday 22 June 2025 | - Duke of Edinburgh Assessment |
| Thursday 26 June 2025 | - Year 11 Prom |

Useful Contact Information

| | | |
|----------------------------|-----------------|--|
| Head of Year 7 | Miss S Durrant | s.durrant@stowhigh.com |
| Head of Year 8 | Miss R Harrigan | r.harrigan@stowhigh.com |
| Head of Year 9 | Miss O Hart | o.hart@stowhigh.com |
| Head of Year 10 | Mrs N Goss | n.goss@stowhigh.com |
| Head of Year 11 | Ms L Baker | l.baker@stowhigh.com |
| Finance | | enquiries@stowhigh.com |
| General Enquiries | | enquiries@stowhigh.com |
| Attendance/Student Absence | | attendance@stowhigh.com |



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