



Onehouse Road, Stowmarket, Suffolk, IP14  
Tel: 01449 613541  
Email: [enquiries@stowhigh.com](mailto:enquiries@stowhigh.com)  
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## Headteacher's Newsletter

### An Introduction from Ms Hernandez

16 October 2025

Work Hard, Be Kind



Dear Families

We're delighted to share that the autumn term has begun with real energy and enthusiasm across the school. From the moment students walked through the gates, their positivity, commitment and strong standards to support R.I.S.E (Respect, Integrity, Success & Empathy) values has been truly impressive.

Our students have set the tone for a successful year ahead. Uniforms are smart, punctuality is excellent, and classroom behaviour has been consistently strong. Staff have commented on the respectful atmosphere and the eagerness to learn that's evident in every lesson. Thank you for your continued support in reinforcing these standards at home.

We've seen a fantastic uptake in extra-curricular activities this term with students benefiting from the wide range of clubs held during lunch time and after school. If your child hasn't joined a club yet, it's not too late—there's something for everyone! Our students have also enjoyed some brilliant off-site experiences from various visits including the Year 11 Battlefields visit, the Year 10 visit to a local bespoke kitchen manufacturing company, the Henry Moore Art visit and a visit to Wolsley Theatre to see the 'Teachers' production (sensational spelling!) With a wide range of visits also coming up from the German market to the skiing trip to a range of careers workshops.

#### Have Your Say

Just a reminder you will shortly be receiving a link for our annual Edurio survey, which gives you the chance to share your views on how we're doing and where we can improve. Your feedback is invaluable in shaping the future of our school. Please look out for the link in your inbox later this month. Also, a gentle reminder that if you have something specific of concern, please do reach out to us via [enquiries@stowhigh.com](mailto:enquiries@stowhigh.com) so that we can address as soon as possible to support you and your child.

Thank you for being such an important part of our school community. If you would like to get more involved, ***please see the information on page 8*** on how you can join our parent group, FOSH. We're proud of the positive start we've made and excited for what's to come.

**Ms Hernandez - Headteacher**



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## British Legion Poppy Appeal Awards Evening

Congratulations and well done to Maisie Ablett on her award from the Royal British Legion for her support of the Poppy Appeal.



## Lost Property

At the end of last year, lost property was completely emptied. Halfway into this term we have a large number of items that are unclaimed, namely:

- 5 x hoodies/ jackets of varying sizes
- Blazers boys 32", 34", girls 31", 33"
- School jumpers 36", 38", 40"
- PE top 30-32"
- PE Shorts 147-158 cm
- Black jogging bottoms 12 years
- White long-sleeved shirt 14-15 years
- Black shoes/trainers Nike 41/2, 9 ½
- Black/green trainers 4 ½
- 4 x lunch boxes
- Bag of various plastic food boxes
- 2 x glasses
- 2 pencil cases
- 1 pair of shin pads

The above items are unnamed. Please send your child to Student services if they have mislaid any of these items. Please remember to write students' names in jumpers, blazers, PE tops, trainers etc. These are expensive items to replace and this means that we can get them back to their owners very quickly. Thank you.

## Student Services



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## Year 10 Visit to Hart & Craftsmen

On Monday 10 October our Year 10 Resistant Materials students visited Hart & Craftsmen, bespoke kitchen manufacturers based in Combs. The students had a tour of the workshops and saw current and past projects as well as seeing the sawmill in action and learned about the processing and seasoning (drying out) of timber.

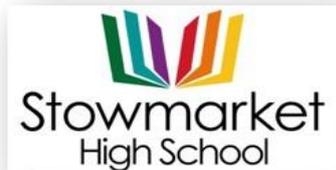


## Mr Hawkins – Curriculum Leader of Resistant Materials



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## Student Voice at Stowmarket High School – Empowering Our Learners

At Stowmarket High School, we believe students should play an active role in shaping their education and school experience. Our **Student Voice** programme ensures every pupil can be heard, valued, and involved in decisions that affect their learning and wellbeing.

### What Is Student Voice?

Student Voice gives pupils a platform to share their ideas, concerns, and feedback. It helps build confidence, leadership, and communication skills, while also improving the school environment and supporting emotional wellbeing.

### How It Works

We've introduced several ways for students to get involved:

- **Friday Morning Forums:** Led by senior staff, covering topics like teaching, behaviour, and safeguarding.
- **Book Studies:** Staff review student work and discuss progress openly.
- **Student Council:** A dedicated group of Year 11 students lead initiatives and fundraising for chosen charities.
- **SEND QA:** One-on-one conversations with SEND students to ensure their needs are met.
- **Access to Leaders:** Students can speak directly with Curriculum Leaders and Heads of Year.
- **MVA Leadership:** New this year, supporting vulnerable learners including those with SEND or eligible for Pupil Premium.

### Why It Matters

Student Voice has a powerful impact:

- Boosts engagement and motivation
- Builds leadership and confidence
- Creates a more inclusive and respectful school culture
- Helps tailor learning to student needs
- Promotes fairness and equity
- Prepares students for life beyond school

We're proud of the positive changes Student Voice brings to our school and look forward to another year of listening, learning, and growing together.

**Mr Smith – Assisant Headteacher – [s.smith@stowhigh.com](mailto:s.smith@stowhigh.com)**



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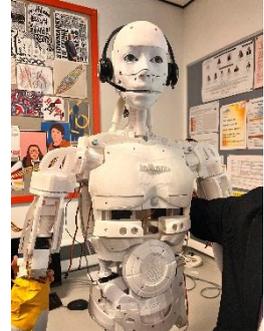
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## Robotics at Stowmarket High School

The Design & Technology Department would like to introduce you to FRED (Friendly Robotic Education Device). He has kindly been donated to the school from Mr Ian Morley, along with a range of other equipment including a 3D printer, scanner and synthesiser.



A group of students have now started attending the Robotics club on a Wednesday and Friday lunchtime to learn more about programming and the construction of robots. Starting with limited knowledge, our group has experimented with Lego Mindstorm sets, and built robots that are able to detect objects with the use of sensors to avoid bumping into them, before manoeuvring and finding an alternative route.

The plan is for the group to start using some of the Mindstorm software to develop their coding knowledge further before moving onto bringing FRED to life with commands and controls that will allow him to move and respond to human interaction.

The DT department would like to express its huge gratitude to Mr Morley for the opportunity he has provided the students at Stowmarket High School with. We hope to continue his passion for building, experimenting and programming to the students of Stowmarket High School for years to come.

We hope to post more updates of FRED and the team's progress throughout the year.



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In September, ten of our Year 10 Engineering students visited Timberwolf Ltd in Stowmarket as part of the National Manufacturers Day. The students had the chance to tour the facility, learning how the shredders are designed, manufactured, tested and marketed. The highlight of the tour was seeing the factory floor and learning how the products are assembled step by step to the high levels of precision required.

The visit gave the students an opportunity to see Timberwolf's very first machines and compare them to some of the latest and newest models with only a few units currently in action. Timberwolf were keen to share their company values and vision for the future with work experience and apprenticeship opportunities being made available each year for those interested in the wide range of careers available at the firm.

We'd like to say a huge thank you to Timberwolf who continue to support the school and the Engineering department on a regular basis and wish Trish & Holly at Timberwolf all the best as they move on to new opportunities.



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## Student and Police Cadet Helps with Historic Ipswich v Norwich Football Match

Student, Ava in year 8, only recently joined the Ipswich Police Cadets however the aspiring police officer has taken her first big step into community service and was asked to volunteer and help with the setting up of the security for the landmark football match between long-time rivals Ipswich Town and Norwich City on the 5<sup>th</sup> of October 2025.

Ava helped with the line markings, barriers and the police horses and obviously brought the ITFC fans amongst us good luck as after 16 years, they were triumphant with a 3 v 1 home win.

Well-done Ava!



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**Hello everyone,**

We hope the first half-term of school has gone well for you and your children!

As we begin planning for the year ahead, we wanted to take a moment to share everything FOSH (Friends of Stowmarket High) accomplished this year — and it was a lot!

We organised a school disco, adult craft evenings, and ran refreshment stalls at various school events. We also proudly created the @StowCarnival float!

In addition to all that, we made several valuable donations to the school — from a skeleton for the Science department, to microwaves for Food Tech, SEND equipment, and kits for the sports teams. These are the kinds of contributions that make a real difference, especially when the school budget can't quite stretch to cover them.

## **WE NEED YOU!**

Our AGM is coming up and with a couple of people stepping back we REALLY NEED SOME NEW FACES to come and join us this year so we can continue raising money for the extra things in your child's school. As you can see, together we really can make a difference by helping fund the extra things that the main school budget can't.

The posts of Chairperson, Treasurer and Secretary will all be available, as well as regular committee members, but we welcome any help that you can give.

**The AGM will be held at 3.20pm on Friday 7th November 2025 at school.**

***If you are thinking of helping but can't make it to our AGM you can still put your name forward, you will have already received a letter from FOSH with a nomination form to complete.***

Thanks for supporting your school through FOSH - here's to another fantastic year!

The FOSH Team



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## ASDA & Stow High Painting Collaboration

Last year the school were asked by Stowmarket ASDA's Community Champion, Emma if any students would like to come in and design/paint one of the walls in the store's 'Staff Well Being Room'.

We took this on with a group of students from the lunchtime 'FOSH Club', choosing a design that would suit the desired relaxing/calming atmosphere of the room, but also something that all the students could get involved in.

We settled on a view of fields and hot air balloons, the students designed a hot air balloon each and came into the store to paint them, along with a couple of mornings from us to paint the backgrounds - we hope you agree the result is fantastic!



The Stow High kids painting their hot air balloons



Organisers Emma Buton, Stowmarket Asda Community Champion, Mrs Shaw (FOSH/Star) and Mrs Durrant (FOSH)



The finished artwork!



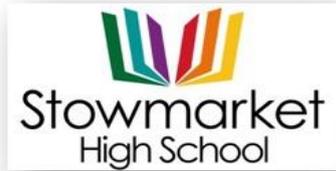
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## Non Uniform Days

Our first non-uniform day will take place on Friday 14 November 2025, to coincide with BBC Children in Need Day. We will share further details on each non-uniform day nearer to the day in question, as we aim to bring together the school community in aid of these chosen charities.

We invite families to contribute £2 for each child attending non-uniform day. We prefer that contributions are made via MyChildAtSchool and the contribution covers all the non-uniform days, totalling £6.00.

Alternatively, your child can make a £2 donation to their tutor on the day.

During non-uniform days, we remind you to check the appropriateness of your child's dress before they leave for school. The following are forbidden and will lead to your child being sent home to change or being placed in our Reflection Room: rude or inappropriate slogans or pictures on tops; tops that do not cover the whole midriff area; very short shorts or skirts; flip-flops or other backless footwear. We expect students who have PE on a non-uniform day to bring in their kit to change into as normal.

Thank you in advance for your support as we look forward to raising plenty of money for our chosen charities.



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## MFL News

During European week of languages, in assemblies, we talked about the opportunities that learning languages can offer you. We also encouraged students to try different greetings from around the world, these were on display in classroom doors.

During that week we also launched our **DuoLingo challenge**, to learn a new language. Students have busy learning or improving their language, whether that is Italian, German French, Korean or Chinese. Our top 3 students on the leaderboard last week were: Caelan.H in Year 11, Gracie.W in Year 8 and Dylan.H in year 8. They will be entered into our prize draw at the end of term. Well done to everyone who has been taking part!



We are getting excited for the **Christmas Market trip to Germany** in December. Remember that our Parent's Information Evening is taking place on *Monday 3<sup>rd</sup> November at 6pm* in the main hall. Please remember to bring your child's passport and GHIC card on the night.

We launched our new club this term, **Language Ambassadors**. We have a group of year 10 German GCSE students who are preparing to deliver some fun learning activities to Y7 German classes. This club is on Tuesday lunchtime, open to KS4 students of French and German GCSE.

**Year 7** have made a fantastic start learning German, we have been really impressed with their effort and enthusiasm in class. Their first homework set allowed them to try a number of challenges, such as watching a cartoon in German, learning how to sing Happy Birthday in German and research facts about German speaking countries.



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## MFL News

One of the challenges was to cook a typical dish, and some photos were shared with us of the fantastic dishes they had made:

Ollie.G: Wiener Schnitzel and Erdapfelschmarrn.

Jack.A: pork schnitzel

Jack.P: Currywurst.



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Good day Families,

The careers team are excitedly gearing up for our next drop-down day on 11<sup>th</sup> November with lots of exciting careers-based activities planned for Year 8 and 9 this time around.

Please can you read the following important information:



## Year 11

The following pages highlight the upcoming college and sixth form open events. These are open to year 11 students as well as those in Year 10 who would like to get an early jump on their Post 16 option choices. Please make sure you make your applications early as popular course do fill up quickly. Those needing support with applications can attend my lunchtime application drop-in clinic every Thursday lunchtime in the careers centre – bring your lunch!

For those Year 11 students applying this year, you may be aware that the application process for West Suffolk College, Abbeygate Sixth Form College and One Sixth Form college has changed this year.

**Please see the attached flyer at the end of this newsletter for the update.**

## Take Your Child to Work Day – Year 9!

On **Tuesday 11th November 2025**, Year 9 students have the chance to **shadow a parent or close family member** for the day as part of our **Careers Drop-Down Day**.

This is a great **taster for Year 10 work experience** and helps students:

- ✓ See what real workplaces are like
- ✓ Understand employer expectations
- ✓ Link school learning to future careers.

Please ensure the workplace is **safe, suitable, and covered by employer insurance** (not home-based) as per the letter which can also be found on our website.

Once confirmed, complete the **online form [HERE](#) by Friday 31st October 2025**.

 Questions? Contact the Careers Team [m.mylrea@stowhigh.com](mailto:m.mylrea@stowhigh.com)

Mrs Mylrea  
Careers Adviser, RCDP/Careers Support Officer



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## UPCOMING EXTERNAL EVENTS

Come along to one of our

# OPEN EVENTS

Meet industry professionals  
 Talk to our tutors and find out more about learning at Suffolk New College  
 Learn about apprenticeships  
 Speak to some of our current students about their experiences

IPSWICH	RURAL	ON THE COAST
02 10 25 5.30pm - 8pm	11 10 25 10am - 12pm	11 10 25 10am - 12pm
25 11 25 5.30pm - 8pm	06 12 25 10am - 12pm	06 12 25 10am - 12pm
11 02 26 5.30pm - 8pm	07 02 26 10am - 12pm	07 02 26 10am - 12pm

To book, visit [www.suffolk.ac.uk/openevents](http://www.suffolk.ac.uk/openevents) | 01473 382200 | [info@suffolk.ac.uk](mailto:info@suffolk.ac.uk)

# Be OUTSTANDING Be at One.

## OPEN DAYS

Saturday 4 Oct 2025  
9.30am - 12.30pm

Wednesday 5 Nov 2025  
5pm - 7.30pm

Wednesday 26 Nov 2025  
5pm - 7.30pm

Wednesday 4 Feb 2026  
5pm - 7.30pm

**SIGN UP FOR AN OPEN DAY**

# GET THE ABBEYGATE ADVANTAGE!

## OPEN DAYS

Tuesday 7 October 2025  
5pm - 7.30pm

Saturday 15 Nov 2025  
9.30am - 12.30pm

Wednesday 28 Jan 2026  
5pm - 7.30pm

**SIGN UP FOR AN OPEN DAY**

# WEST SUFFOLK COLLEGE OPEN DAYS

Wednesday 1 Oct 2025 5.30pm - 7.30pm

Saturday 22 Nov 2025 9.30am - 12.30pm

Wednesday 11 Feb 2026 5.30pm - 7.30pm

Explore Your Options Wednesday 17 June 2026  
5.30pm - 7.30pm

**Be bold.  
Be you.**

**SIGN UP FOR AN OPEN DAY**



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I am pleased to confirm Ipswich Town Foundation Post 16 Football & Education Programme will be hosting the following recruitment and information events over the next few weeks as detailed below:

- Male Recruitment Event: Tuesday 28th October, 10am-12pm at St Josephs College 3G pitch (IP2 9DR)
- Female Recruitment Event: Tuesday 28th October, 1pm-3pm at St Josephs College 3G pitch (IP2 9DR)
- Information Event: Wednesday 5th November, 6:30pm-8:30pm in Beatties suite at Portman Road (IP1 2DA)

The Ipswich Town Foundation Post 16 Football & Education Programme is designed to lay the foundations for students to progress in either higher education, American scholarships, employment, or apprenticeships, with an overall aim of building professionals within sport.

The above events are for current year 11 students. The recruitment events are practical sessions and participants should come appropriately dressed for a session (black kit if possible), have appropriate footwear for a 3G and bring water. Participants and parents/carers should also attend the information event, where key staff from Suffolk New College and Northgate Sixth Form will be in attendance and there will be the opportunity to ask any questions.

To register for any of the events please click on the below link:

<https://forms.office.com/r/ipBiETzwKv?origin=lprLink>



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If you have any further questions please contact Robert Peace (Head of Education & Employability) via email [robert.peace@itfcfoundation.co.uk](mailto:robert.peace@itfcfoundation.co.uk) or visit the website [www.itfcfoundation.co.uk/post-16-football-education/](http://www.itfcfoundation.co.uk/post-16-football-education/)

**Robert Peace | Head of Education & Employability**

Find us at  
114 Magdalen St, NR3 1JD / 0160 398 5994

access  
creative college

**UNLOCK YOUR  
CREATIVE  
CAREER**

Book an open day

**COURSES IN MUSIC / MEDIA & DESIGN / GAMES / COMPUTING**

**Join us for an open day:**

Saturday 18th October 2025	11am - 2pm
Saturday 29th November 2025	11am - 2pm
Saturday 24th January 2026	11am - 2pm
Saturday 21st March 2026	11am - 2pm
Saturday 27th June 2026	11am - 2pm

**THURSTON SIXTH**  
BEYTON CAMPUS

Discover the Thurston Sixth community

**Open Evening**

**Thursday** **6PM to 8PM**  
16 October 2025

Drinkstone Road, Beyton, Suffolk, IP30 9AG  
 [www.thurstonsixth.org](http://www.thurstonsixth.org)

**Find more information at**



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### Application Process – Checklist Before Applying (WSC/ASFC/OSFC)

The application system has changed – students will now need to upload certain documents during the application process, if applicable to them.

#### \*New\*

- **All applicants** will need a recent passport style **photo** (digital)
  - In colour
  - Pale background
  - Full face looking directly at the camera, including head and shoulders and centred within the frame
  - No filters or editing
  - No other people, pets or objects in the photo
- **If applicable:**
  - Current support information:
    - Digital copy of **EHCP**
- **If available:**
  - Digital copy of Access Arrangements (Form 8/9)
  - Digital copy of an Emergency Care Plan
  - Digital copy of IHCP
  - Details of PEEP
- If applicants haven't lived within the UK for the last 3 years – a digital photo of their passport or **Settlement Share Code**.

#### Reminder of other info needed

- Personal email address (applicants should select "I don't have access to my school email" to avoid having to include school email address too)
- Full home address
- Mobile number
- Parent/Guardian details (minimum of 1)
  - Their full name
  - Personal email address
  - Home address (if different to applicant)
  - 2 contact numbers (Mobile/Work/Home)
- Predicted grades/school report



Onehouse Road, Stowmarket, Suffolk, IP14  
Tel: 01449 613541  
Email: [enquiries@stowhigh.com](mailto:enquiries@stowhigh.com)  
Web: [www.stowhigh.com](http://www.stowhigh.com)

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

16<sup>th</sup>            **Year 11**  
**Young Professionals Parent & Guardian Information Evening**  
**Your Child, Their Future Event 2025**  
6.00pm – 7.30pm – Online  
Sign Up: [https://www.surveymonkey.com/r/Childs\\_Future\\_25](https://www.surveymonkey.com/r/Childs_Future_25)

28<sup>th</sup>            **Years 10 & 11**  
Young Professionals Law Work Experience with Browne Jacobson  
9.00am – 4.15pm - Online  
Sign Up: <https://www.surveymonkey.com/r/BrowneJacobson-VWEX-2025>

### November 2025

11<sup>th</sup>            **Year 7 to 11**  
Drop Down Day

17<sup>th</sup>            **Year 7 & 8**  
BAE Systems Careers Roadshow  
Period X – Main Hall

### December 2025

#### On The Horizon



**Advice & Slice – Open to All Years – Dates Coming Soon**



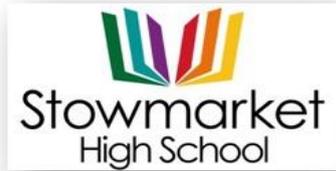
**Kingfisher Schools Trust**

Registered address: Prospect House, Little Money Road, Loddon Business Park, Loddon, Norfolk. NR14 6JD

Registered company number: 07682294

*Kingfisher Schools Trust is registered in England, is a charity and a company limited by guarantee*





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## Examinations

Please note that the first set of Year 11 PRE exams will commence on 19 November 2025.  
More information will follow shortly.

**Mrs Smith – Examinations Office**

## School Trip Consent via MCAS App

We've received several enquiries from parents regarding how to give consent for school trips using the new MCAS app. Please note that once you make payment for a trip through the app, this automatically confirms your consent for your child to participate.

### Upcoming Events/Examinations

Friday 24 October 2025	Inset Day School Closed to Students
Monday 3 November 2025	Parent Information Evening - German Visit
Tuesday 11 November 2025	Drop Down Day
Thursday 13 November 2025	Year 10 Parents' Evening 6pm – 7pm
Friday 14 November 2025	Children in Need Non-School Uniform Day
Monday 17 November 2025	VAE Roadshow (Careers)

### Useful Contact Information

Head of Year 7	Ms L Baker	<a href="mailto:l.baker@stowhigh.com">l.baker@stowhigh.com</a>
Head of Year 8	Miss S Durrant	<a href="mailto:s.durrant@stowhigh.com">s.durrant@stowhigh.com</a>
Head of Year 9	Miss R Harrigan	<a href="mailto:r.harrigan@stowhigh.com">r.harrigan@stowhigh.com</a>
Head of Year 10	Miss Hart	<a href="mailto:o.hart@stowhigh.com">o.hart@stowhigh.com</a>
Head of Year 11	Mrs Goss	<a href="mailto:n.goss@stowhigh.com">n.goss@stowhigh.com</a>
Finance		<a href="mailto:enquiries@stowhigh.com">enquiries@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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