



STOWMARKET HIGH SCHOOL

19 December 2025



AN INTRODUCTION FROM MS HERNANDEZ

Dear Parents and Carers

As we approach the end of a busy and exciting term, we are delighted to share some of the fantastic highlights, achievements and upcoming events that have made this season at Stowmarket High so memorable.

Drop Down Day Highlights

Our recent **Drop Down Day** was a wonderful opportunity for students to engage in hands-on, enriching activities:

Year 7 enjoyed *Maths extravaganzas*, bringing numbers to life through problem-solving challenges and competitions

Year 8 took part in *careers workshops*, helping them to begin thinking about their future pathways

Year 9 experienced *a day at work*, alongside *enterprise and engineering workshops*, inspiring the next generation of innovators

Year 10 ventured out on a *Geography field trip* and participated in *GCSE masterclasses* and *finance sessions*, preparing them for the next stage of their studies

Year 11 benefited from *mental health and revision masterclasses* and *coursework catch-up sessions* to ensure they feel confident and supported in the lead-up to exams

Supporting Others

We were proud to be taking part in the **Children in Need Charity Event on Thursday 14 November 2025, raising over £1000**. It's always inspiring to see our students showing such kindness, creativity and generosity for an important cause. A special thank you to Mr Stoneman and his student leaders for organising such wonderful events on the day including a bake sale, karaoke, name that llama to name a few...

Festive Celebrations

The Christmas season is fast approaching, and we had some exciting events lined up to celebrate together:

Christmas Dinner – Wednesday 17 December 2025

Christmas Hampers – Thursday 18 December 2025

Christmas Jumper Day – Friday 19 December 2025 Last day of term

Celebrations and Achievements

This term has been filled with moments of pride and joy:

We launched our **first ever Awards Evening**, honouring students outstanding contribution in line with our R.I.S.E values which welcomed all our Year 11s alongside 100 special students and their families to receive their certificates.

Students have also been recognised through **Celebration Breakfasts this term**, where we come together to share their successes and hopes for the term ahead.

Our **sports teams** have shown great determination, teamwork, and spirit, bringing home *endless wins, draws, and the occasional loss* (plus we have a new mini-bus to get us there!)

Ski lessons are in full swing as our students prepare for their exciting *upcoming ski trip*.

The **school production of *Frozen*** rehearsals is in full swing – and we can't wait to see all their hard work come to life on stage soon!



Trips and Adventures

Our students have been exploring and learning beyond the classroom with:

- The *Geography Field Trip*
- The *History Battlefields Trip*
- The *German Market Trip*
- Numerous *Duke of Edinburgh expeditions* and other enriching adventures

Your Voice Matters

The **Annual Edurio Survey** has now concluded for staff, students, and parents. This was an important opportunity to share your views and help shape the future of our school systems and functions. We greatly value your feedback and look forward to reviewing and sharing the feedback received.

Celebrating Attendance

We are thrilled to share that **Stowmarket High School has been named a high-performing school** due to our **strong attendance rates** and **positive start to the academic year**.

Research consistently shows that excellent attendance is closely linked to students securing stronger outcomes overall. We thank all our families for their continued support in ensuring students are in school every day, giving them the very best chance of success despite the sore throats and bugs that come up at this time of the year.

Looking Ahead

We are proud of the dedication, enthusiasm and resilience shown by our students and staff this term. From academic achievements to creative expression and community spirit, Stowmarket High continues to thrive.

We sadly say farewell and good luck to Mr Andrews (PE teacher) who is leaving us for his sunny adventure in Australia. I know he will continue to keep in touch with us here especially to his devoted tutor group 9I. We also say thank you to Mrs Chester (Maths teacher) and Mr Aysakov (Maths teacher) who have supported us this term. We wish them good luck in their new schools.

We wish all our families a joyful, restful, and *fun-filled festive season*. We look forward to welcoming everyone back refreshed and ready for the new term on **Tuesday 6 January 2026**.

DROP DOWN DAY

The school held its first DDD of the year on 11 November 2025. There was a full range of activities including educational, social, emotional and preparing for life post 16.

As previously mentioned by Ms Hernandez:

Year 7s participated in maths challenges supported by excellent year 10 and 11 student leaders.

Year 8s learn about a range of careers and met several employers.

Year 9s spent a day experiencing life in a workplace and ins school developed core employability skills.

Year 10s spent time with different curriculum leads experiencing activities which add value to their option subjects such as engineering and computing.

Year 11s engaged in financial literacy preparing them for the responsibilities of adulthood and support for their exam revision.





MFL NEWSLETTER

DuoLingo challenge

We've had a full house on the Stow High leaderboard since the end of September. We've had both students and staff learning a range of languages. The names of students that have been in the top 3 this term will all be entered into the prize draw and the winners will be drawn this week. Let's see who is in the top 3 next term.

Well done to everyone that took part, we hope you've enjoyed learning a new language or improving a language!

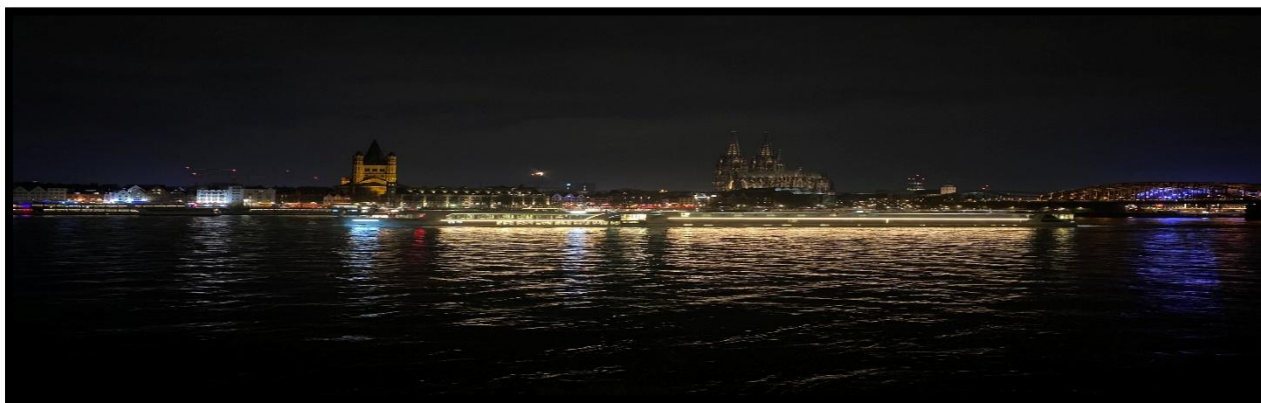
6. Dezember – Nikolaustag

At the beginning of December, 7S were asked to leave their shoes outside the classroom. They did so reluctantly, only to find a chocolate coin in their shoes at the end of the lesson. This month we have been learning about traditions in Germany and other German speaking countries at Christmas time. The students learnt about the children leaving their shoes outside their room or house on the night before 6 December, for St. Nicholas to come and fill them with sweet treats, if they've been good!

German trip. Cologne - December 2025!

Report written by Ellie P 100

From the 2nd-5th December, 40 students and 5 teachers visited Cologne, Germany, on a school trip to practise speaking German for their GCSE and to experience the magic of the Christmas Markets! After a 14-hour journey over, we finally arrived at our hostel, getting ready for the next day where we went into the city of Cologne and explored. In the morning, we went to the Lindt Chocolate Museum and learnt about the history of way out to pick up some chocolate. We then explored the Christmas Markets by the factory before moving over to the ice-skating rink at Heinzels Wintermärchen. We had a great time there and no one got injured, although there were a few funny falls on the ice. We then headed over to Cologne cathedral (of which everyone was stunned by the size and intricacy of the cathedral), where some people decided to climb the 533 spiral steps to the top of the tower. The views over Cologne were incredible and many photos were taken at the top. Once everyone met up again, we were given free rein to go and visit the market at the bottom of the cathedral, which was lit up by lights and had many fantastic stalls. Afterwards, we went back to the hostel and played games together before settling down for the night. After begrudgingly getting up to some (far too loud) alarms, we headed off to Phantasialand, where we rode the rides all day and had a great time speaking German. Coincidentally, when we met up, we saw the lights turned on and the fireworks lit a fitting end to the day. On the final day, we had another 14-hour journey with our incredible bus driver Chris, who kept everyone entertained every time we travelled, and we were all very sad to see him go as the trip came to a close. Everyone had a fantastic time on the trip, and we are all very grateful to the teachers who took us on the trip for helping us have a fantastic time.



Quotes from the students:

"I had a great time and enjoyed every minute of the trip. This is the first residential that I have enjoyed, as I had such a great time and made some new friends whilst exploring Cologne (and playing UNO)!"

"I loved every minute of the trip and enjoyed the magical atmosphere of the Christmas markets!"

"I was amazed by Cologne cathedral and enjoyed the opportunities to practice my German speaking skills!"

"I enjoyed being able to experience the German culture, and I am grateful for the opportunity to speak German in Germany!"

"I loved the lights at Phantasialand, they light up the air with Christmas magic!"

"It was one of the best experiences in my time at Stowmarket High School"

My favourite part of the German trip was ice skating at the Christmas market. I really enjoyed it and would love to go again.



France, July 2026

Year 9 keep your eyes peeled for the letter about our exciting trip to France 13th – 14th July, staying in Chateau d'Ebblesham near St. Omer in the north of France. This is a joint trip with the MFL department and Hospitality and Catering, for pupils who are keen to take either GCSE next year.

Y0 Language Ambassadors

Our Language Ambassador club meet weekly and is open to year 10 & 11. This term we have had students from year 10 who come regularly and have been planning to deliver a Christmas themed activity with year 7 this half term. At the start of this week Lucy and Emelia came into a class to deliver their Christmas quiz to a year class, they did a fantastic job organising and engaging the students. Later in the week we have another 2 groups coming into year 7 to deliver another Christmas themed task!

SEN MULTI SCHOOLS COUNCIL

On 4 December the school hosted the second Suffolk SEN Multi Schools Council. We were joined by Claire McClusky and Catherine Fraser-Andrews from Suffolk County Council, along with the following students:

Ashley Bennett Yr7
Isaac Squirrel Yr7
Toby Thorpe Yr7
Ava Wysocki Yr8
Eva Murton Yr9
Ethen Hart Yr9
Scarlett Maceachen Yr10
Leon Blunderfield Yr11

The students were asked 'How do you know you are heard?'

Answers ranged from

- When change happens
- Eye contact
- Someone saying they will get back to you
- Asking questions
- Engage and stop what they are doing
- Smile, nod and make expressions



The students once again did both themselves and the school proud.

FOOD TECHNOLOGY DEPARTMENT

After the festive season, please would you send in any unwanted plastic chocolate tubs to the food department where we will make good use of them. Thank you!

SAFEGUARDING NEWSLETTER 2025



PLACES WHERE KIDS EAT FREE (OR FOR £1) CHRISTMAS 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE Kids under 8 eat FREE daily, 12pm to 5pm	MARCO PIERRE WHITE Kids under 12 Eat FREE daily with an adult spend
ASDA Kids eat for £1 daily, with no adult spend	MORRISONS Kids Eat FREE all day, every day with a £5 spend
ASK ITALIAN Kids under 10 eat for £1 during school holidays	PAUSA CAFE @ DUNELM Kids eat FREE with every £4 spend all day
BELLA ITALIA Children eat free Sunday - Thursday	PREMIER INN 2 kids eat for free with 1 adult breakfast
BILLS 2 Kids Eat Free on Boxing day 2025	PRETO Kids up to age 10 eat free with 1 paying adult
BEEFEATER & BREWERS FAYRE 2 Kids Eat Free Breakfast with one paying adult	PUREZZA Kids under 10 get free pizza with every adult meal
CAFE ROUGE Kids Eat FREE 12-4pm every day of the week	SA BRAINS PUBS Kids eat for £1 on Wednesdays
COCONUT TREE Kids eat FREE from Fri 19th Dec – Sun 6th Jan 2026	SIZZLING PUBS Kids eat for £1, Every Monday to Friday, 3 - 7pm
DOBBIES GARDEN CENTRES Kids eat for £1 with an adult breakfast or lunch	TABLE TABLE 2 Kids Eat free breakfast daily with 1 paying adult
FUTURE INNS Under 5s eat for free with any adult meal	TGI FRIDAYS Kids Eat Free with any adult meal (Via App)
GORDON RAMSEY RESTAURANTS Kids under 10 eat FREE all day, every day	THE REAL GREEK Kids under 12 eat FREE Sundays with £10 spend
IKEA Kids get a meal from 95p daily from 11am	TRAVELODGE 2 kids eat for free with 1 adult breakfast
LAS IGUANAS Kids under 12 eat FREE with 'My Las Iguanas' App	WHITBREAD INNS 2 kids eat for FREE with 1 adult breakfast
MARSTONS PUBS from 29th Dec - Jan 9th 2026 in selected locations	YO! SUSHI Kids eat free all day (weekdays) in school holidays

Copyright of MONEY SAVING CENTRAL

As we approach the Christmas holidays, we hope that families and young people can enjoy a well-deserved rest, take time to recharge and, where possible, switch off from the digital world. The holiday period can be a valuable opportunity to spend time together, strengthen human connections and enjoy moments away from everyday routines. While school is closed, safeguarding does not stop during the holidays, and we therefore wanted to share some key information and signposting for issues that can become more common at this time of year, to help support the safety and wellbeing of our students and families.

Adults and families: December can be a particularly pressured time for families. With Christmas expectations, increased household costs and changes to routines, money can become a significant source of worry and anxiety for both adults and children. We recognise that financial pressure can impact wellbeing, relationships and family life. The image above highlights a range of national offers where children can eat free or for £1 during the Christmas period, which some families may find helpful. Please be reassured that there is no judgement in seeking support and that help is available locally if you are finding things difficult.

Money worries: If you are experiencing financial worries or concerns about debt, there is free and confidential support available. **Citizens Advice** provides guidance on money, benefits and debt

at www.citizensadvice.org.uk. **StepChange Debt Charity** offers free support with managing debt and budgeting at www.stepchange.org. **National Debtline** provides confidential advice and practical tools at www.nationaldebtline.org, and **MoneyHelper** offers impartial guidance on money, pensions and savings at www.moneyhelper.org.uk. Locally, **Suffolk County Council cost of living support** can help signpost families to further assistance at www.suffolk.gov.uk/costofliving.

If your financial circumstances change, please do contact the school in January. We can help signpost you to further support and review eligibility for free school meals and pupil premium, which may provide additional support in school.

Domestic abuse and family conflict: The Christmas period can be a particularly challenging time for some families, with increased time at home, financial pressure and changes to routine. Abuse is not limited to physical harm and can include emotional, controlling or coercive behaviour. Children are affected by what they see, hear and experience, even if they are not directly involved. Confidential support is available and help can be accessed at any time. The **National Domestic Abuse Helpline** is available 24 hours a day on 0808 2000 247, and the **Suffolk Domestic Abuse Helpline** can be contacted on 0300 111 4000. In an emergency, always call 999.

Online safety and gaming: During the school holidays, young people often spend more time online and may be using new devices or gaming platforms. This can increase exposure to online risks. Parents are encouraged to check privacy settings and age ratings, talk openly with their children about online strangers and inappropriate content, and remain alert to online scams and grooming. Helpful guidance and practical advice are available through the **NSPCC online safety guides**, **Internet Matters** and the **UK Safer Internet Centre**. December's online newsletter attached offers some further key reminders and sources of support.

Mental health and emotional wellbeing: The holiday period can be difficult for some young people and may heighten feelings of anxiety, loneliness or low mood. Parents are encouraged to look out for changes in mood, sleep or behaviour, as well as the impact of social media and pressure around expectations at this time of year. Keeping some routine, spending time together and checking in regularly can help provide reassurance. Support is available for young people through **Kooth**, a free online mental health service offering chat, messaging and resources at www.kooth.com. Young people can also access support by texting **KOOTH** to **85258**. **4YP Suffolk mental health services** also provide support for children and young people. **Childline** is available on 0800 1111 or at www.childline.org.uk.

Finally, as we head into the festive break, we hope families are able to enjoy some moments of joy, rest and togetherness. No matter how old your child is, they are never too big for a little bit of festive magic, and some families may enjoy tracking Santa's journey together on Christmas Eve via www.noradsanta.org. We wish all our students and families a safe, peaceful and happy Christmas and look forward to welcoming everyone back in the new year 2026.

Ms F Hubbard (DSL) and Miss I Gilbert (DDSL) Stowmarket Safeguarding Team

GRANT AWARDED!

Stowmarket High School are delighted to announce we were successful in a recent community grant application to Stowmarket Town Council and were awarded £400 to purchase some weighing equipment for the Science Department and sensory items for the SEN Department. These items will greatly improve the learning and overall school experience for our students. Thank you to Stowmarket Town Council!

STUDENT SERVICES

As we have several students in our school who suffer from severe nut allergies and require emergency medication. For those who have severe nut allergies, coming in to contact with a nut product, can cause life threatening consequences. It can be easily contracted from a simple handshake or touching of a pupil's table who may have had some nuts in their food. For this reason, we ask students and parents to support us and not to bring any products that contain nuts as a main ingredient in to school.

We do not claim to be a 'nut-free' school. As The Anaphylaxis Campaign advises that this is not a pragmatic approach, for the following reasons:

It would be impossible to provide an absolute guarantee that the school is nut free.

Students regularly bring in food from home and food bought on the way to school.

There would be a risk that children with allergies might be led into a false sense of security.

There is a strong case to be argued that children with food allergies will develop a better awareness and understanding of how to manage their allergies if they grow up in an environment where allergens may be present.

Despite being unable to guarantee a nut free school environment we would like to promote a restriction on these products, as much as is reasonably possible. We ask that you or your child does not bring any products containing nuts in to school. Some examples are:

- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Nutella
- Peanut butter
- Cakes made with nuts
- Museli bars
- Baklava
- Any loose nuts

Our school caterers provide us with nut-free products, however, they cannot guarantee freedom from nut traces. For more information please see caterers website Edwards & Blake <https://edwardsandblake.co.uk>.

Thank you for your support in this matter.

Mrs S Ward – Medical Administrator and EVC

Lost Property

There are various items still unclaimed in our lost property, namely:

One and a half pairs of ear pods in cases, numerous house keys, unnamed blazers, shoes, trainers and ten coats/jackets/hoodies.

CAREERS NEWSLETTER



Hello Families

Please can you read the following important information:

Year 10 – Work Experience Placements

Following our assembly on 11 December, it is now time to start securing your work experience placements for next year. Work experience will take place from 11 to 15 May 2026, and it is one of the most valuable opportunities you will have to explore careers, build confidence, and get a real taste of the working world. The earlier you start, the more choice you will have, so cast your net wide and contact employers as soon as possible.

Year 10 students will be searching for placements during their PSHE lessons in January, but you do not need to wait until then to begin. As soon as you confirm a placement, please upload the details to Unifrog so it can be checked and authorised. The deadline to upload placements is 1 April 2026, but please do not leave it to the last minute. Good placements get snapped up quickly, so getting organised now will give you the best possible chance of securing something meaningful and enjoyable.

Year 11 – Have you completed your College Applications?

The following pages highlight the last of 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 courses 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!

Mrs Mylrea

Careers Adviser, RCDP/Careers Support Officer

UPCOMING EXTERNAL EVENTS

Courses in Computing, Games, Media & Design,
and Music

**BOOK A
TASTER DAY**



Book now



Saturday 28th February
11am-1pm

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

 **access**
creative college

 **Suffolk
New
College**

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

 **Ofsted**
Good Provider



To book, visit www.suffolk.ac.uk/openevents | 01473 382200 | info@suffolk.ac.uk

 **EASTERN
EDUCATION
GROUP**

 **ABBEGATE**
Sixth Form College

 **Ofsted**
Outstanding
Provider

**GET THE ABBEGATE
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**

 **EASTERN
EDUCATION
GROUP**

 **WEST
SUFFOLK
COLLEGE**
SIXTH FORM

 **Ofsted**
Outstanding
Provider

**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**



Careers at Stowmarket High School – What’s Coming Up? December 2025

16



Advice & Slice – Open to All Years

Life as a Lawyer

Lunch Time: 1.15pm – 1.55pm – LRC

Sign up with Mrs Mylrea in the Careers Office (Opposite 2.03) or outside Attendance/Medical Office

January 2026

7

Year 10 & 11

The Army – Behind the CAMO –Joining the Army – What you need to know?

6.00pm – 7.00pm – Virtual

Sign Up: <https://jobs.army.mod.uk/meet-your-army/100027/>

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Advice & Slice – Open to All Years

Life as a Paramedic

Lunch Time: 1.15pm – 1.55pm – LRC

Sign up with Mrs Mylrea in the Careers Office (Opposite 2.03) or outside Attendance/Medical Office

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Years 7 to 11

Apprenticeships in Banking & Finance with BNP Paribas

6.30pm – 7.30pm

Sign up: [HERE](#)

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Year 10 & 11

The Army – Behind the CAMO – What's Army life really like?

6.00pm – 7.00pm – Virtual

Sign Up: <https://jobs.army.mod.uk/meet-your-army/100027/>

On The Horizon

Drop Down Day – 26 March 2026

Year 10 Work Experience – 11 - 15 May 2026



SCHOOL COUNCIL

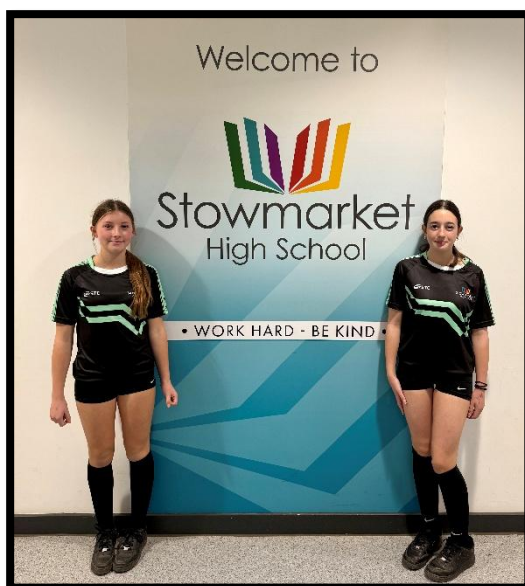


We are pleased to announce that £1,000 was raised in aid of BBC's Children in Need, following our non-uniform day on Friday 14 November 2025! The money has been donated and will help support children and young people struggling with challenges caused by mental health, poverty, social inequality and family-related issues. A big thank you to all staff and students who contributed to the day, most notably Darcy S, Bea H, Ellie P, Theo D and Eva M, our Student Councils in each year group, who put on various additional fundraising events including teacher karaoke, fitness challenges, a bake sale and guess the name of the llama! Next term, we turn our attention to fundraising for the students' next chosen charity, MacMillan Cancer Support. We look forward to raising even more!

Mr Stoneman – Assistant Headteacher

F.O.S.H.

A huge thank you goes out to Friends of Stowmarket High for supplying us with our brand-new football kit!



CHRISTMAS KITCHEN



The kitchen staff have been baking some extra special Christmas themed treats in the run up to the holidays.

SCHOOL PRODUCTION

Tickets are still on sale for our school production of Frozen Jr – please follow the link [here](#) to book yours!



CHRISTMAS LUNCH 2025



What an incredible celebration! Over 350 students and staff came together to savour a festive Christmas Dinner filled with joy and delicious flavours. A heartfelt thank you to our amazing catering team for making this a truly unforgettable day.

CHRISTMAS HAMPERS 2025

This festive season, every tutor group came together to design and create a beautiful Christmas hamper. As you can see from the photographs, the creativity and hard work from our students have been truly inspiring!

Once completed, all the food items were collected by **Stowmarket Food Bank** to be donated to families who are less fortunate than ourselves. Thanks to the generosity and effort of our school community, these hampers will help bring joy and make Christmas extra special for those in need.



CHRISTMAS HAMPERS 2025



Results for the Hamper Competition

Year 7 Winner – 7G

Year 8 Winner – 8S

Year 9 Winner – 9S

Year 10 Winner – 10H

**Pupils Choice – Chosen by Year 6 students from Wood Ley
Primary School – 8O**

Recognition Award – Year 11 Hamper

Overall Best in Show Hamper – 7G



NEW WEBSITE

We are currently working on a new website, which we will be launching on 2 February 2026.

EXAMINATIONS

Yr11 Health & Social Care and Child Development classes will sit a formal GCSE exam in January:

Health & Social Care – Wednesday 7 January 2026

Child Development – Friday 9 January 2026

Timetables will be issued to the relevant students during the last week of term.

Mrs Smith – Examinations Officer

CALENDAR OF EVENTS

Monday 05 January 2026	- PD Day - School is not open to students
Tuesday 06 January 2026	- Students return to school (week B)
Thursday 15 January 2026	- Year 9 Parents' Evening
Thursday 22 January 2026	- Year 11 Parents' Evening
Monday 3 – Friday 6 February 2026	- School Production of Frozen Jr, 7pm
Wednesday 4 February 2026	- World Cancer Day – Non-school uniform day

CONTACT INFORMATION

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